

# Postgraduate Certificate

## Pain Management through Rehabilitation and Physical Activity for Nursing



## Postgraduate Certificate Pain Management through Rehabilitation and Physical Activity for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/in/nursing/postgraduate-certificate/pain-management-through-rehabilitation-physical-activity-nursing](http://www.techtute.com/in/nursing/postgraduate-certificate/pain-management-through-rehabilitation-physical-activity-nursing)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

In this university program of pain assessment and treatment, the student will learn to recognize and treat the different types of pain, according to their pathobiological mechanism. The corresponding clinical characteristics will be presented, as well as the most relevant aspects of physiology. Attention will also be given to the patient's perspective and the elements that determine prognosis in terms of pain and disability.





“

*Improve your knowledge in Pain Management from Rehabilitation and Physical Activity for Nursing through this program, where you will find the best didactic material with real clinical cases”*

Pain is one of the most frequent presenting symptoms of diseases and is one of the main causes of consultation to the health system. In addition, as healthcare professionals, it can be found in its most varied manifestations in any job within the healthcare system. That is why an adequate knowledge of its causes and its management can be an excellent working tool in the development of daily professional activity.

The design of this program is based on learning based on updated contents and practical cases that allow professionals to learn in an eminently practical environment. Throughout this training, you will address all the non-pharmacological tools for nursing practice in pain management.

This training provides the necessary knowledge for the holistic management of different types of pain in all care contexts; the ability to assess, evaluate, diagnose and intervene with a care plan; the ability to intervene in the pain of a nurse in a multidisciplinary team with specific skills, as well as autonomy in the patient's decisions and quality of life in the treatment of pain.

Take advantage of the opportunity and take this training in a 100% online format, without having to give up your obligations, from the comfort of your home. Update your knowledge and obtain the Postgraduate Certificate to continue growing personally and professionally.

“ Take the opportunity to learn about the latest advances in this area in order to apply it to your daily practice”

This **Postgraduate Certificate in Pain Management through Rehabilitation and Physical Activity for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ◆ The development of more than 75 clinical cases presented by experts in Pain Management through Rehabilitation and Physical Activity for Nursing
- ◆ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional
- ◆ Diagnostic-therapeutic novelties on assessment, diagnosis and intervention in Pain Management through Rehabilitation and Physical Activity for Nursing.
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Iconography of clinical and diagnostic imaging tests
- ◆ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ◆ Its special emphasis on research methodologies in Pain Management through Rehabilitation and Physical Activity for Nursing
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection

“

*This Postgraduate Certificate is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Pain Management from Rehabilitation and Physical Activity for Nursing, you will obtain a Postgraduate Certificate from TECH Technological University"*

Its teaching staff includes health professionals from the main areas of pain, who bring to this training the experience of their work, in addition to recognized specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive training experience designed to train for real-life situations.

This program is designed around Problem-Based Learning, where the nurse must try to solve the different professional practice situations that arise during the course. For this, the specialist will have the help of an innovative interactive video system made by recognized experts in Pain Management through Rehabilitation and Physical Activity for Nursing and with great experience.

*Increase your confidence in decision making by updating your knowledge through this Postgraduate Certificate.*

*This Postgraduate Certificate in Pain Management through Rehabilitation and Physical Activity for Nursing will help you keep up to date to provide personalized care to your patients.*



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the nurse can master in a practical and rigorous way advanced knowledge in Pain Management through Rehabilitation and Physical Activity for Nursing.







“ This Postgraduate Certificate will allow you to update your knowledge in Pain Management through Rehabilitation and Physical Activity for Nursing with the use of the latest educational technology, to contribute with quality and security to decision making”



## General Objectives

---

- Have updated knowledge on pain in any of its types focused on daily care practice
- Provide all the necessary tools to nursing professionals to assess, diagnose and intervene in the patient's pain in a holistic context
- Identify pain, its consequences and the best intervention according to the situation and needs of the patient
- Identify and plan care using all necessary nursing techniques
- Specialize in the most up-to-date pain management in a multidisciplinary context and from the nursing discipline



*Take the step to get up to date on the latest developments in Pain Management through Rehabilitation and Physical Activity for Nursing"*





## Specific Objectives

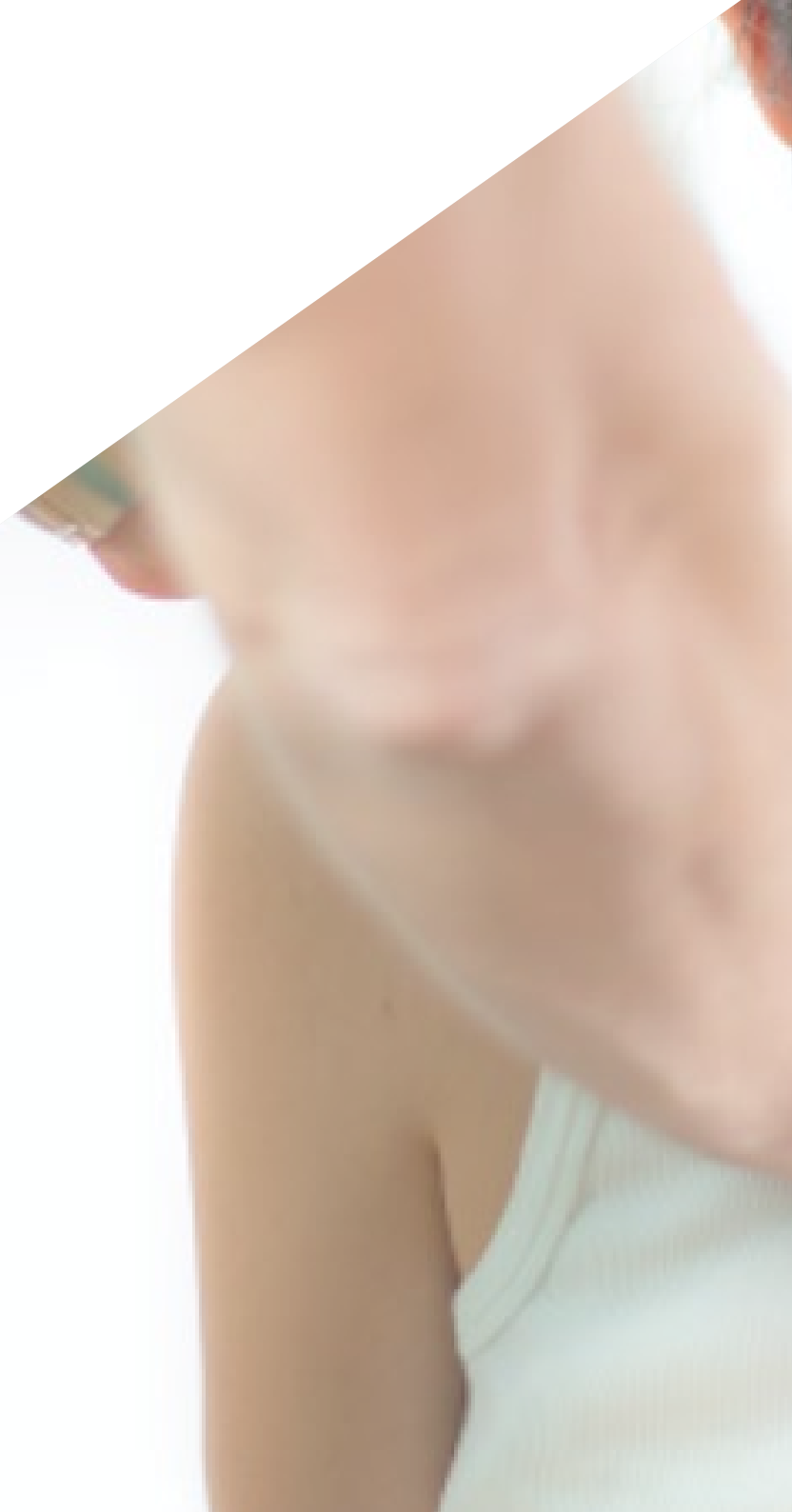
---

- ♦ Define clinical reasoning
- ♦ Delve into the pathobiological mechanisms of pain
- ♦ Specialize in the characteristics, implications and treatments of nociceptive pain
- ♦ Delve into the characteristics, prognosis and treatments of neuropathic pain
- ♦ Defining and managing fear of movement
- ♦ Specialize in the pillars of treatment from physical activity and rehabilitation: manual therapy, education and exercise
- ♦ Holistic approach to complex chronic pain: characteristics, theories and treatments

03

# Course Management

The program includes in its teaching staff reference experts in Pain Management through Rehabilitation and Physical Activity for Nursing, who pour into this training the experience of their work. Additionally, other recognized experts have participated in its design and preparation, complementing the program in an interdisciplinary manner.





“

*Leading professionals in the field have come together to teach you the latest advances in Pain Management through Rehabilitation and Physical Activity for Nursing”*

## International Guest Director

With nearly two decades of professional experience, Jay Horton has devoted his career to **Palliative Care for Nursing**. In this branch of care, the expert holds a **doctorate** that endorses the quality of his practice and healthcare competencies.

Specifically, the specialist has researched the impact of these **techniques in the hospital environment** and the intensity with which these treatments should be applied in **patients with serious illnesses**. Likewise, he has mastered the methodologies for assisting terminally ill geriatric cases. At the same time, he holds **several licenses of activity** among which a **Certificate in Executive Nursing Practice** granted by the **American Organization for Leadership in Nursing** stands out.

He is also accredited in **Safety and Quality** by the **Institute for Healthcare Improvement**. She also holds an **Advanced Hospice and Palliative Care Certificate** from the **Hospice and Palliative Care Nurses Association**. He has also been recognized by the **American Nurses Credentialing Center** as a **Family Nurse Practitioner**.

All these recognitions to his work are the result of his excellent management of nursing methodologies for the approach of **Chronic Pain** in patients and the implementation of the most innovative strategies in **Mental Health**. Horton also stands out for her knowledge of **administration and management** of hospital environments.

Among other responsibilities, Dr. Horton has served as **Director of Palliative Care Nursing** at **Mount Sinai Beth Israel Hospital**. He is also an academic assistant at the **Icahn School of Nursing** and the **Mount Sinai Phillips School of Nursing**. In this space, he contributes to the development of accelerated training programs for nurses. In addition, he is a collaborator at **Columbia University** and has been part of the care team at **New York Presbyterian Hospital**.



## Dr. Horton, Jay

---

- Director of Palliative Care Nursing, Mount Sinai Beth Israel Hospital
- Director of Safety, Quality and Nursing Performance Improvement, Mount Sinai Hospital Network
- Assistant at Icahn Mount Sinai Mount Sinai Hospital School of Nursing
- Assistant at Mount Sinai Phillips Hospital School of Nursing
- Adjunct Faculty Assistant at Columbia University School of Nursing
- Nurse Assistant, New York Presbyterian Hospital, New York
- PhD in Nursing Research and Theoretical Development from NYU Rory Meyers School of Nursing
- Masters in Family, Pain Management and Palliative Care Nursing from Yale University
- Master's degree in Health Policy and Administration from Yale School of Public Health
- Fellowship at Memorial Sloan-Kettering Cancer Center
- Bachelor's degree in Microbiology from the University of Iowa
- Certifications: Executive Nurse Practice from the American Organization for Leadership in Nursing, Advanced Certificate from the American Hospice and Palliative Association, Family Nurse Practitioner by the American Nurses Credentialing Center and Accreditation in Safety and Quality by the Institute for Healthcare Improvement

“

*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Cano García, Laura

- Dr. Health Sciences, University of Malaga (2014) Nurse and care coordinator of the Rheumatology CMU
- Master's Degree in Health Sciences News (2009)
- Rheumatology Nurse Specialist (2015)
- Nurse trainer (SAS, Spanish Society of Rheumatology and pharmaceutical industry trainings) and coordinator of 2 advanced practice nursing trainings (2018 and 2020)
- Vice President of OPEN REUMA
- Member of working groups on autoimmune diseases and continuity of care of the Ministry of Health, Social Policy and Equality
- Research Award 2019 of the College of Nursing of Malaga and research line in IBIMA D-03-04 Nursing care in osteoarticular diseases

## Professors

### Mr. Such Sanz, Arturo

- ♦ Physiotherapist. Health Movement Physiotherapy Centre
- ♦ Lecturer at the Cardenal Herrera University of Valencia





04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best educational centers and universities in the country, aware of the current relevance of innovative training, and committed to quality teaching through new educational technologies.





“

*A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning that is compatible with your personal and professional life"*

## Module 1. Approach to Pain from Rehabilitation and Physical Activity for Nursing

- 1.1. Introduction to Pain
  - 1.1.1. Introduction to Pain
  - 1.1.2. Definition of Pain
  - 1.1.3. Pain Models
  - 1.1.4. Clinical Implications of Each Model
- 1.2. Introduction to Clinical Reasoning
  - 1.2.1. Definition of Clinical Reasoning
  - 1.2.2. Clinical Reasoning Models
  - 1.2.3. Hypothesis Categories
- 1.3. Pathobiological Mechanisms of Pain
  - 1.3.1. Mature Organism Model
  - 1.3.2. Input: Nociceptive Pain
  - 1.3.3. Inflammatory Pain
  - 1.3.4. Peripheral Neuropathic Pain
  - 1.3.5. Processing: Maladaptive Pain
  - 1.3.6. Output: Organism Response
- 1.4. Nociceptive Pain
  - 1.4.1. Clinical Characteristics
  - 1.4.2. Characteristics of Tissues
  - 1.4.3. Healing Capacity
  - 1.4.4. Basic Principles of Treatment
  - 1.4.5. Clinical Implications
- 1.5. Neuropathic Pain
  - 1.5.1. Clinical Features: Negative Signs vs. Positive Symptoms
  - 1.5.2. Physiology of Nerve Injury
    - 1.5.2.1. Prognosis
    - 1.5.2.2. Principles of Treatment





- 1.6. Complex Chronic Pain
  - 1.6.1. Clinical Characteristics
  - 1.6.2. Pain Identifiers
  - 1.6.3. Theories of Complex Chronic Pain
  - 1.6.4. Specificity vs. Peripheral Pattern
  - 1.6.5. Neuromatrix Theory
  - 1.6.6. Organizational Theory
  - 1.6.7. Dynamic Connectome Theory
- 1.7. Risk Factors for Chronicity
  - 1.7.1. Psychosocial Factors
  - 1.7.2. Social and Cultural Factors
- 1.8. Fear of Movement
  - 1.8.1. Fear-Avoidance Model
- 1.9. Treatment
  - 1.9.1. Manual Therapy
  - 1.9.2. Educational
  - 1.9.3. Exercise
- 1.10. Treatment of Complex Chronic Pain
  - 1.10.1. Pain Education
  - 1.10.2. Gradual Exposure to Motion
  - 1.10.3. Behavioral Changes



*A unique, key, and decisive training experience to boost your professional development”*

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: A way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.



“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

**The effectiveness of the method is justified by four fundamental achievements:**

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*

At the forefront of world teaching, the Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a high socioeconomic profile and an average age of 43.5 years old.

*Re-learning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: A direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high-quality pieces in each and every one of the materials that are made available to the student.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: A clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

The student's knowledge is periodically assessed and re-assessed throughout the program, through evaluative and self-evaluative activities and exercises: in this way, students can check how they are doing in terms of achieving their goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Pain Management through Rehabilitation and Physical Activity for Nursing, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH Technological University.



“

*Successfully complete this training program and receive your diploma without travel or laborious paperwork”*

This **Postgraduate Certificate in Pain Management through Rehabilitation and Physical Activity for Nursing** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** diploma issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained through the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Pain Management through Rehabilitation and Physical Activity for Nursing**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
online training  
development language  
classroom



**Postgraduate Certificate**  
Pain Management through  
Rehabilitation and Physical  
Activity for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate Pain Management through Rehabilitation and Physical Activity for Nursing

