

Elective Name:

Pain Medicine Rehabilitation

Prerequisite:

Required Medicine Clerkship

Institution:

Mary Free Bed Rehabilitation Hospital

Course Description:

This course is an outpatient clinical clerkship which offers students the opportunity to act as a member of an integrated multidisciplinary treatment team offering a biopsychosocial treatment for patients with chronic non-cancer pain, including chronic low back and other musculoskeletal pain, fibromyalgia, chronic headache, and complex regional pain syndrome. In addition, our team frequently sees patients with functional neurological movement disorders. Our approach is non-interventional focusing on rehabilitation and self-management training. The treatment team consists of Pain Psychologists, Physical Therapists, Occupational Therapists and Physician and Advanced Practice Providers. We use ACT (Acceptance and Commitment Therapy) as our primary cognitive behavioral approach and include training in Biofeedback, Mindfulness and other evidence based relaxation techniques.

100% Outpatient.

Objectives:

- The student will become familiar with the medical evaluation of chronic non-cancer pain patients and develop skills in pain assessment and evaluation.
- The student will observe psychological, physical therapy and occupational therapy assessments.
- The student will become familiar with medications used in treating pain, both opioid and non-opioid pharmaceuticals and with their indications and adverse effects and will observe the initiation and tapering of these medications.
- The student will be exposed to the use of biofeedback in the treatment of pain patients.
- The student will attend multidisciplinary conferences reviewing patients in treatment with a wide variety of disabilities and co-occurring disorders.

Evaluation:

Preceptors will be asked to submit a written evaluation at the conclusion of the rotation. Faculty are encouraged to provide ongoing feedback throughout the elective rotation.