



Funded by  
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UPPSCALE

Undergraduate Physiotherapy  
Pain Science Augmentation Project

# Reflective Journal

# Reflective Journal

This journal belongs to

.....

This reflection journal will be your companion. Its aim is to invite you to catch what you experience and learn, and reflect on it. The journal is more than just a log of events but uses questions to help you write down thoughts that come up during the classes and connect these to your own learning objectives.

It is important to know that this is not a test but a helpful tool. Feel invited to use it in a way that helps you reflect. You may add questions, comments, drawings, etc.

Enjoy!

## Ahead of the lessons

Describe in a few sentences what your current role is concerning treating and / or teaching on pain.

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Concerning treating and teaching on (chronic) pain: what are you comfortable with / good at?

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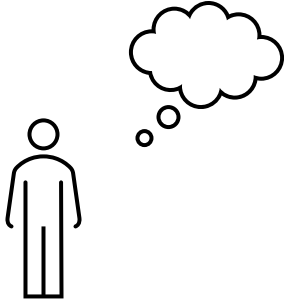


# **Module 1**

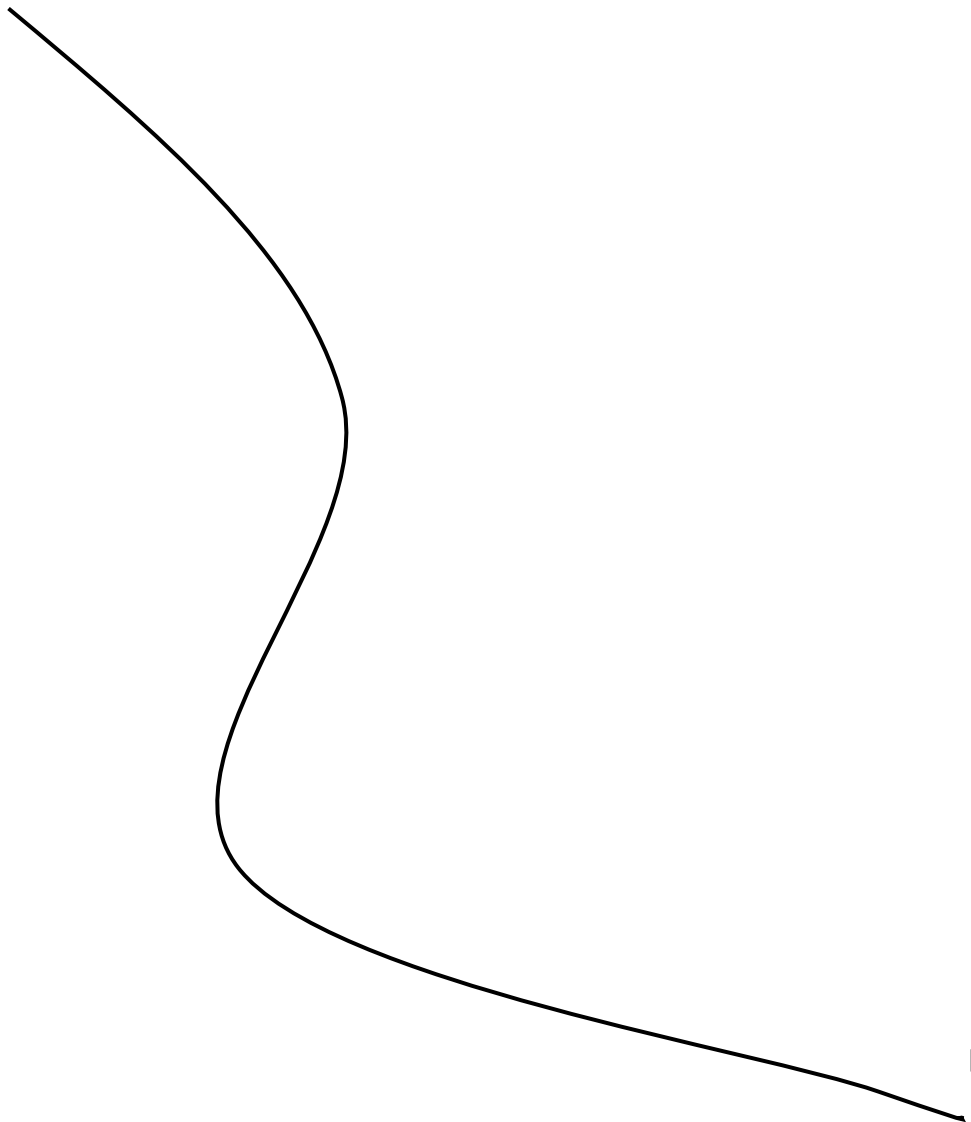
## **Pain Science**

## Module 1. Lecture 1. Pain mechanisms and phenotypes

Dr. Keith Smart



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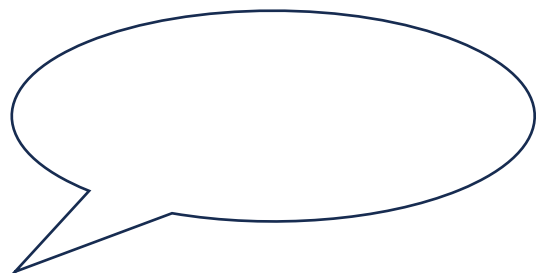
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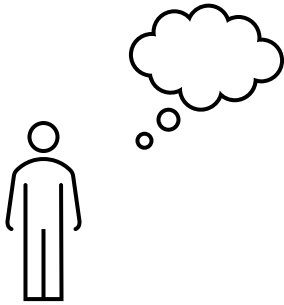
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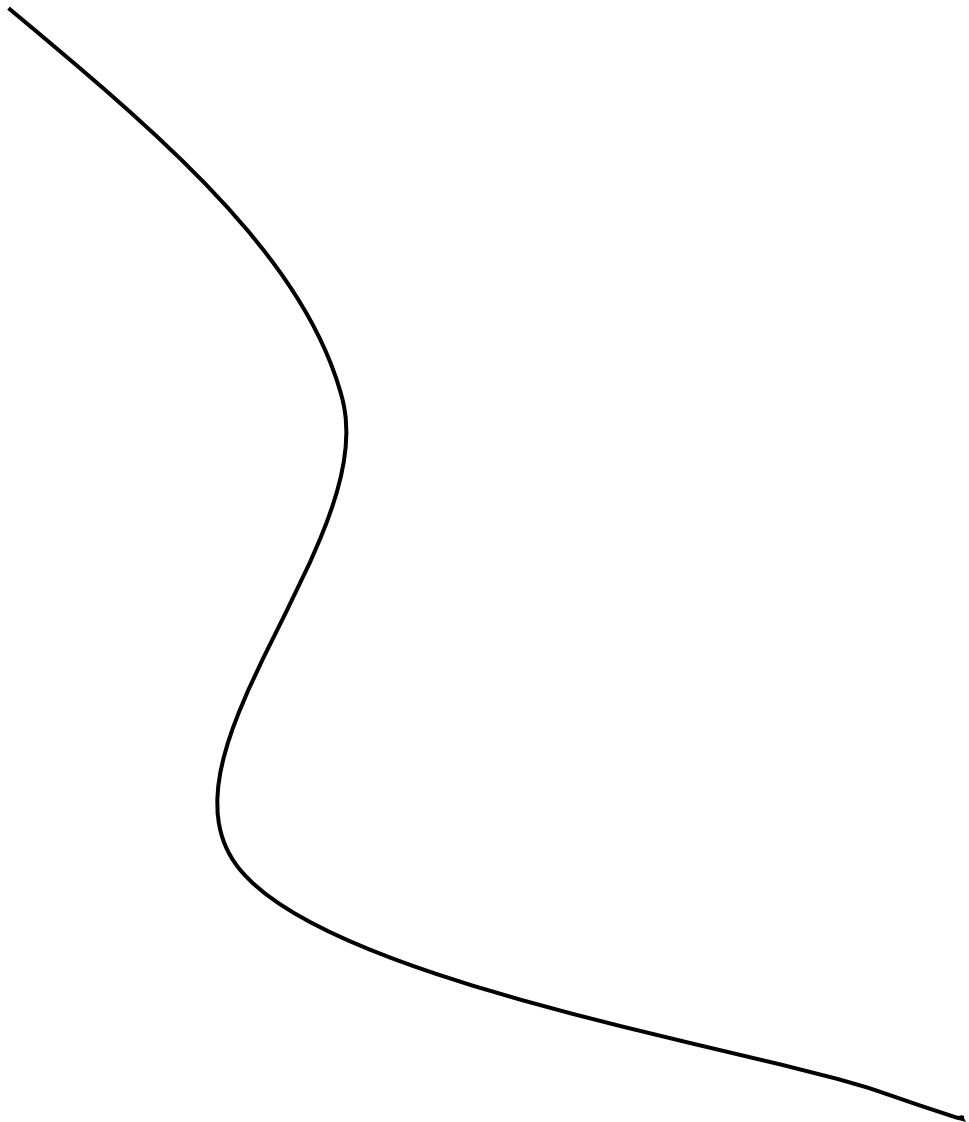


# Module 1. Lecture 2. Pain driven orthogenic muscle inhibition- mechanisms, part 1

Dr. Alan Kacin



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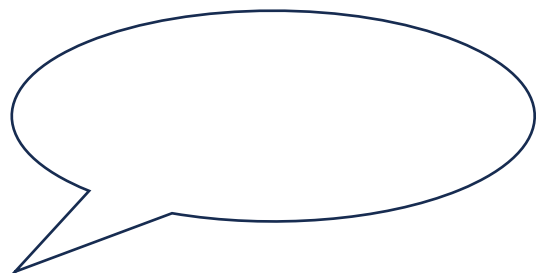
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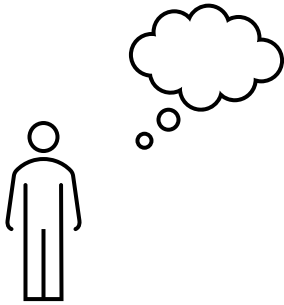
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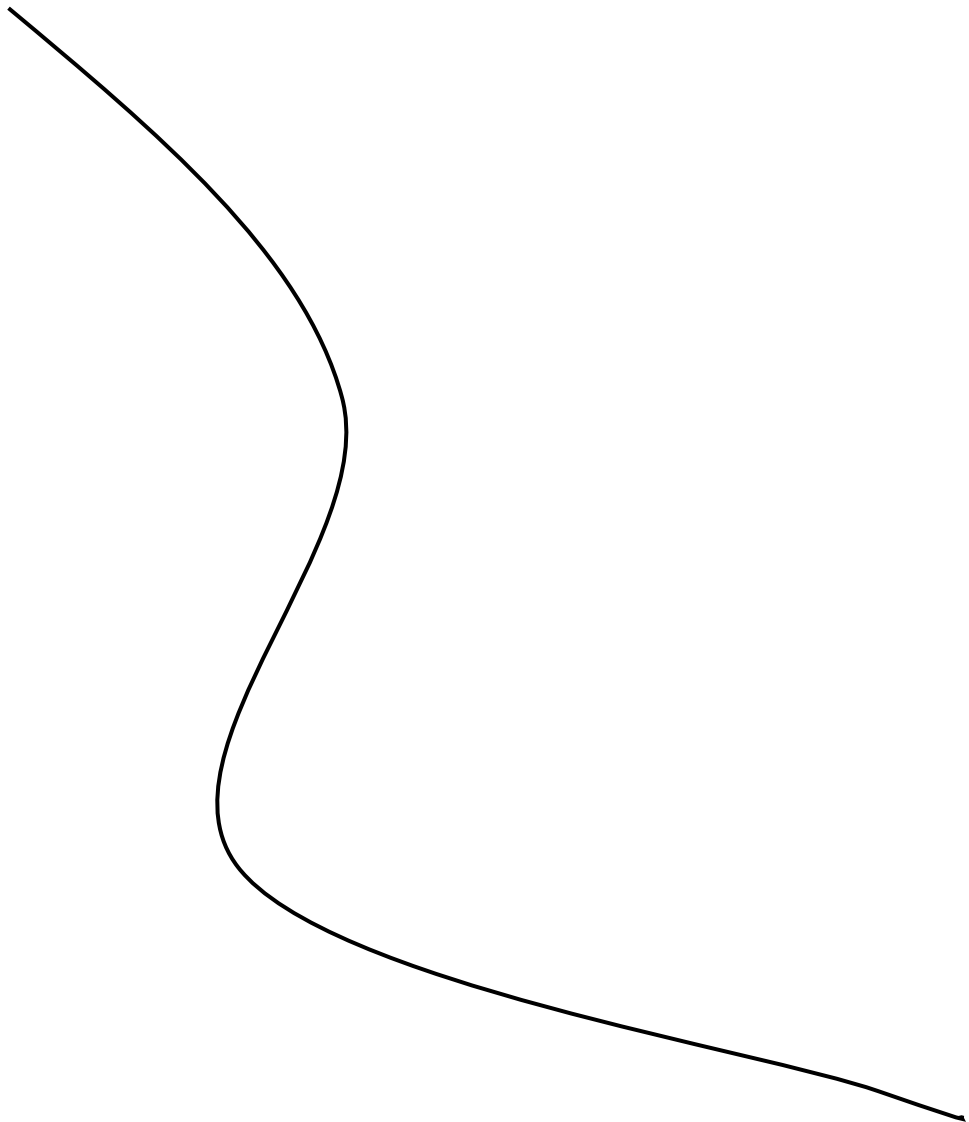


# Module 1. Lecture 3. Pain driven orthogenic muscle inhibition- mechanisms, part 2

Dr. Alan Kacin



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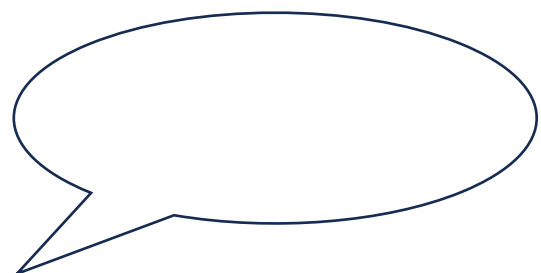
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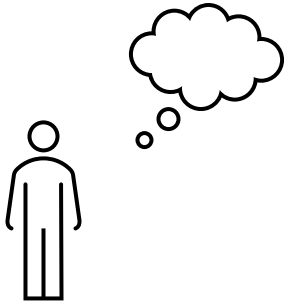


# **Module 2**

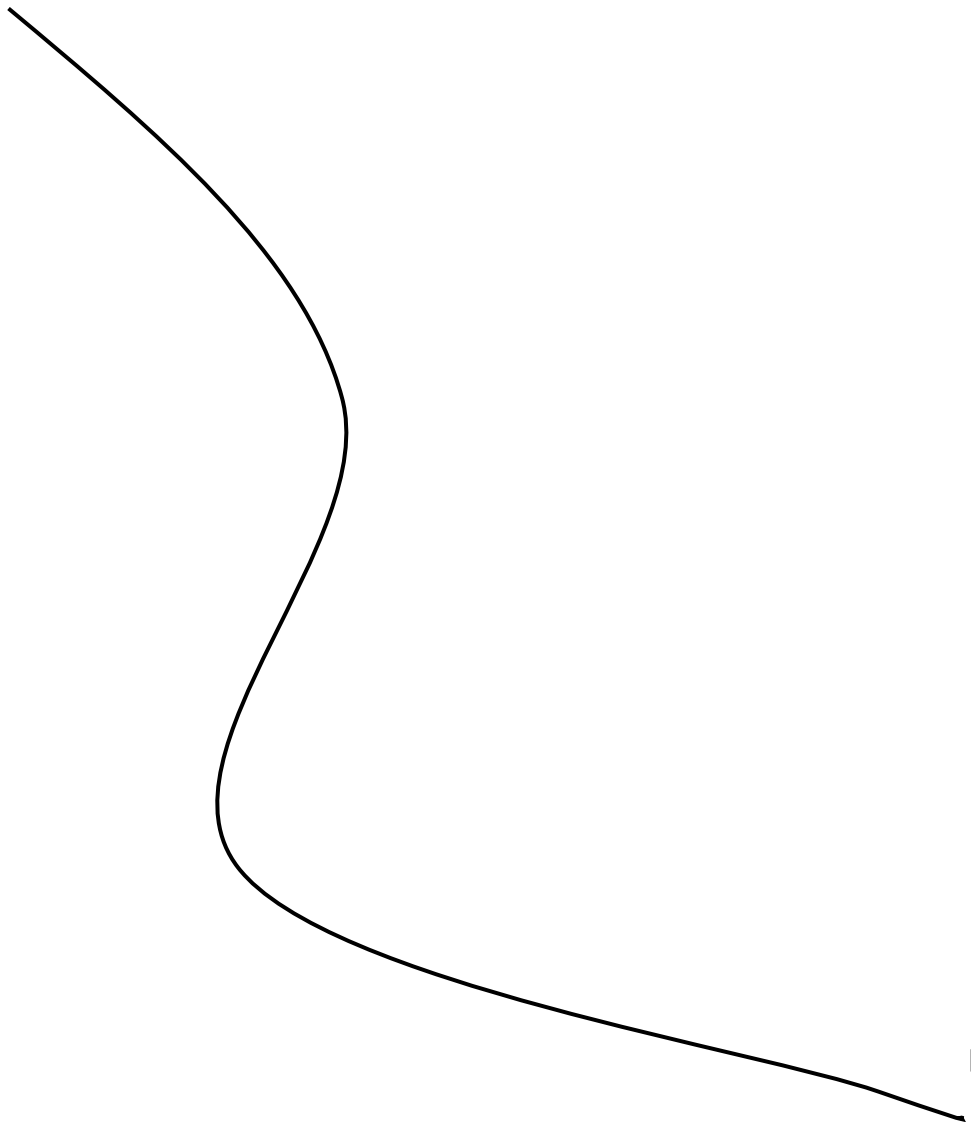
## **Pain Assessment**

## Module 2. Lecture 1. Brain-changes in (chronic) pain

Sabrine Klerx



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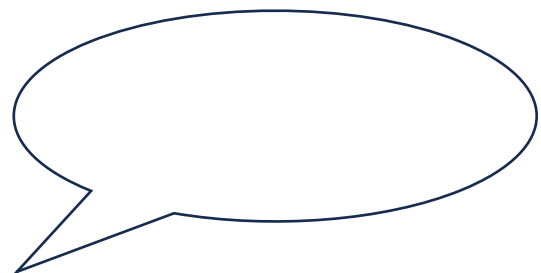
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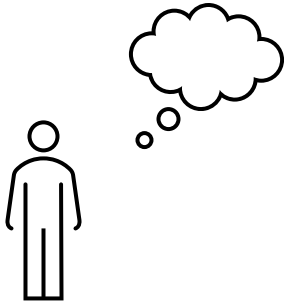
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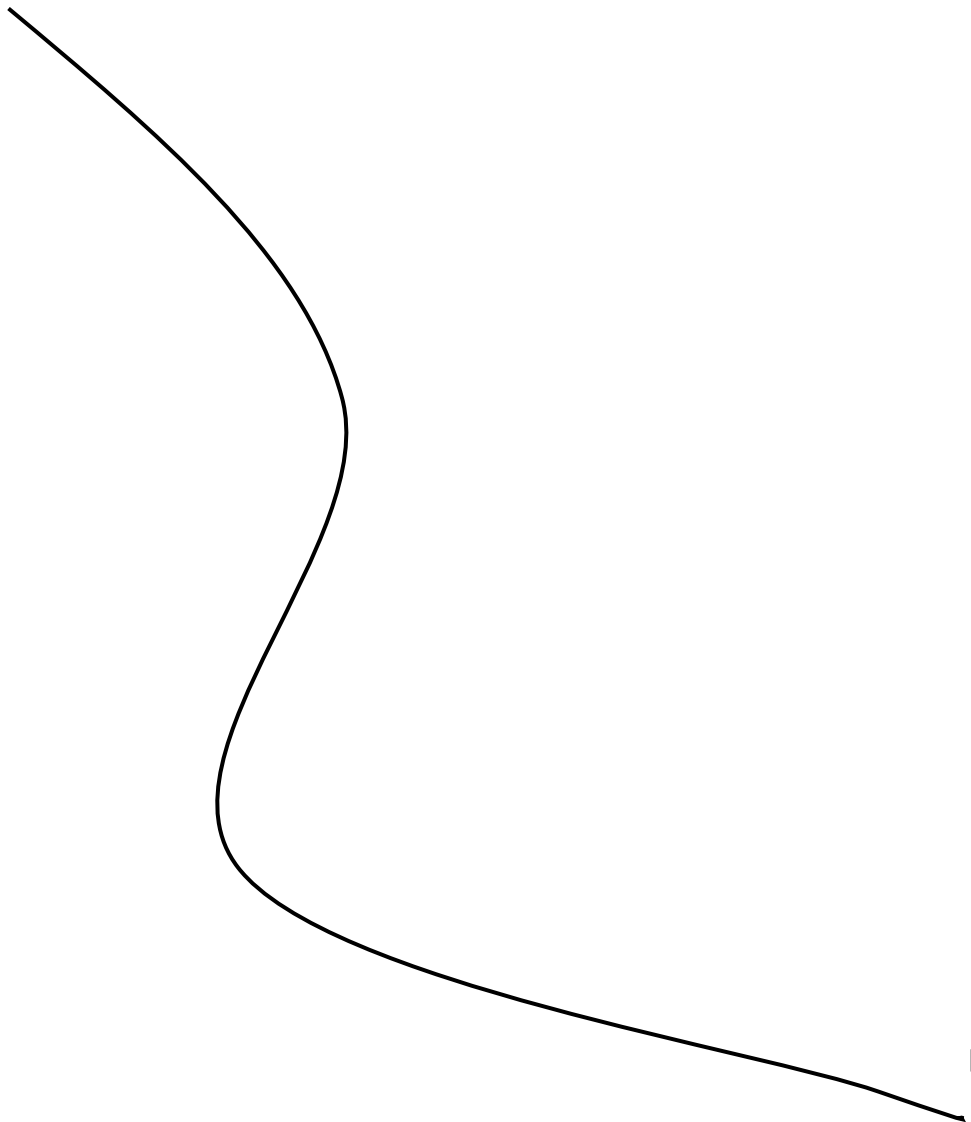


## Module 2. Lecture 2. The ICF as a Clinical Reasoning model

Dr. Harriet Wittink



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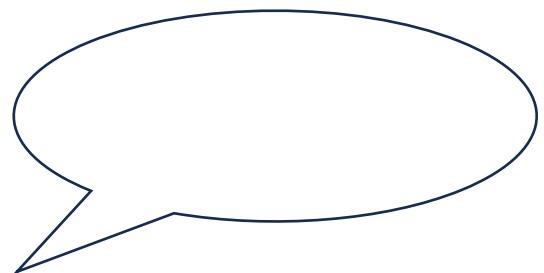
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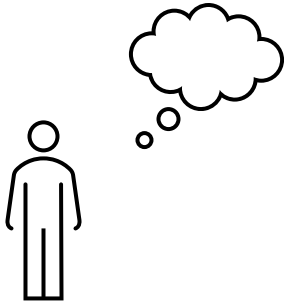
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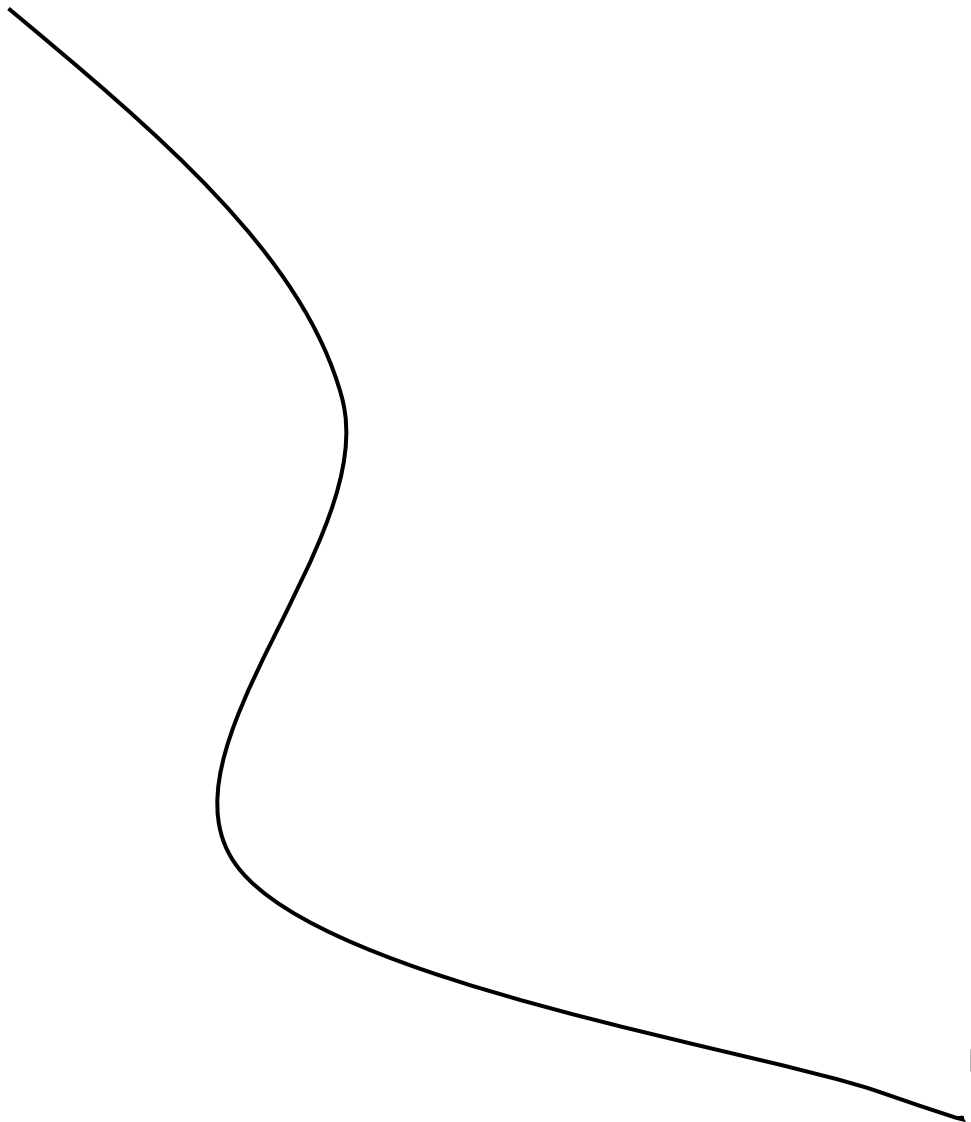


## Module 2. Lecture 3. Measurement in physiotherapy clinical care

Dr. Harriet Wittink



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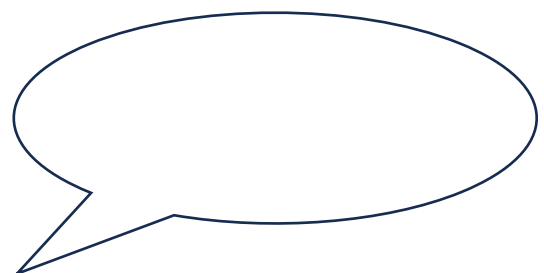
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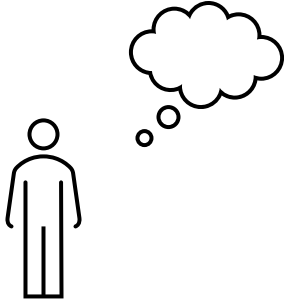
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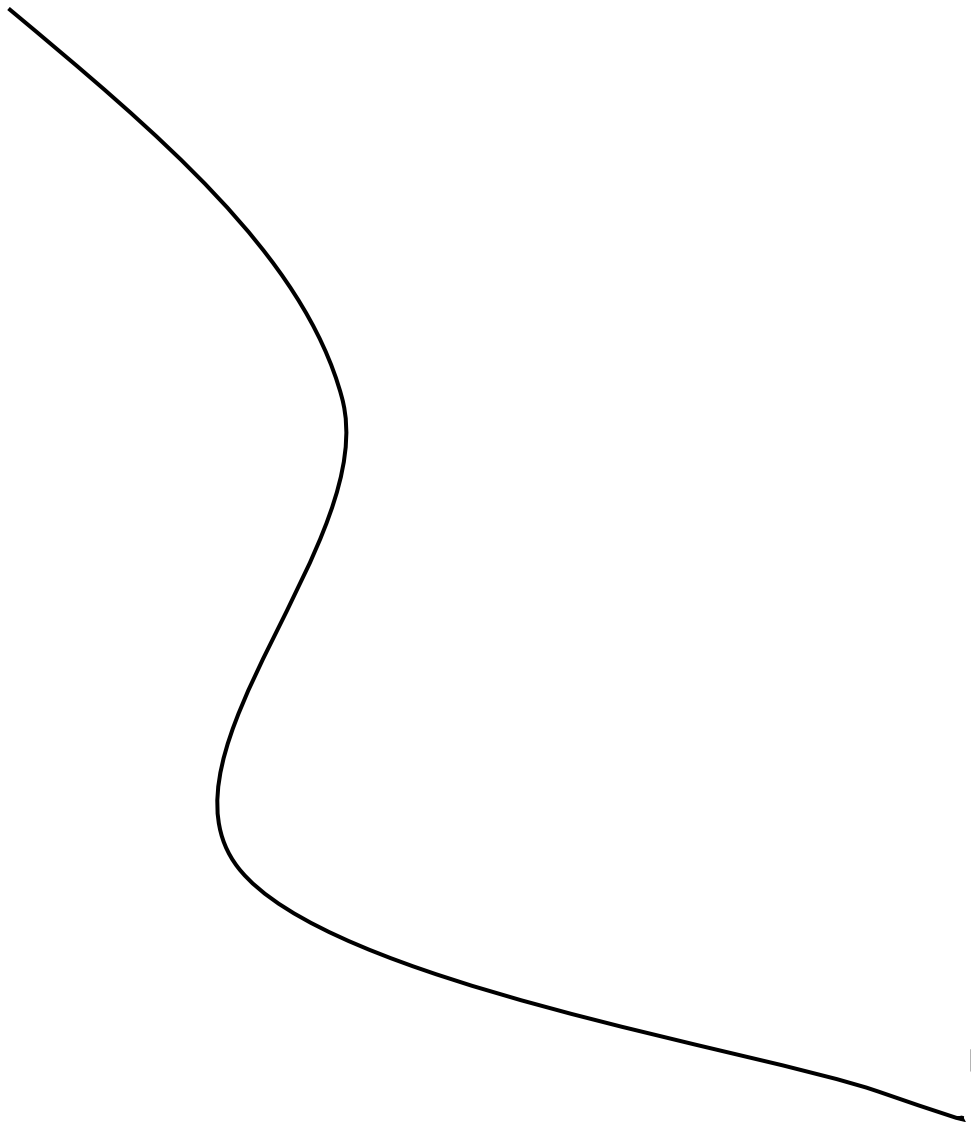


## Module 2. Lecture 4. Prognostic reasoning

Selma May



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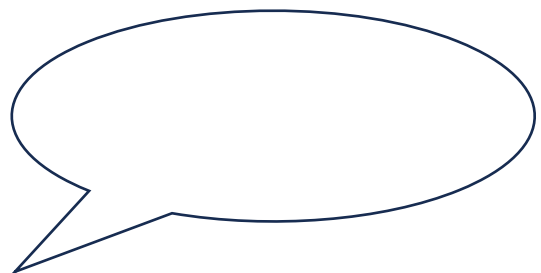
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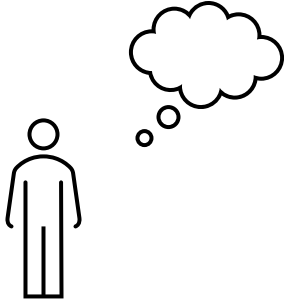
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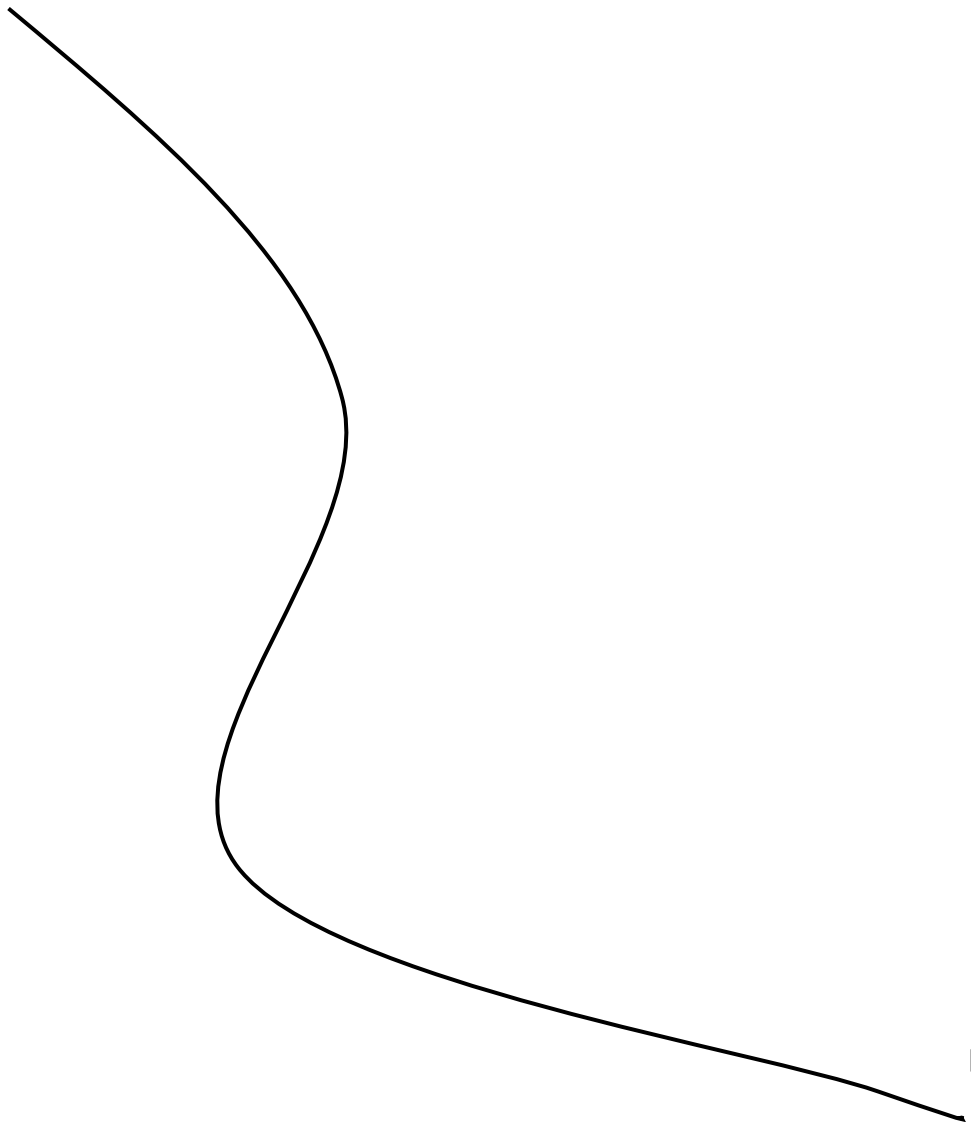


## Module 2. Lecture 5 (i). Introduction to Phenotypes

Dr. Harriet Wittink



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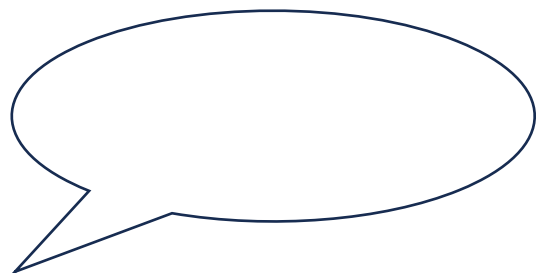
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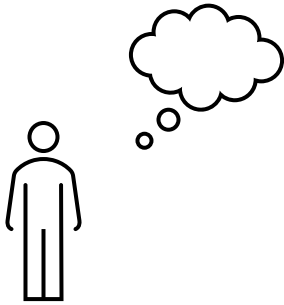
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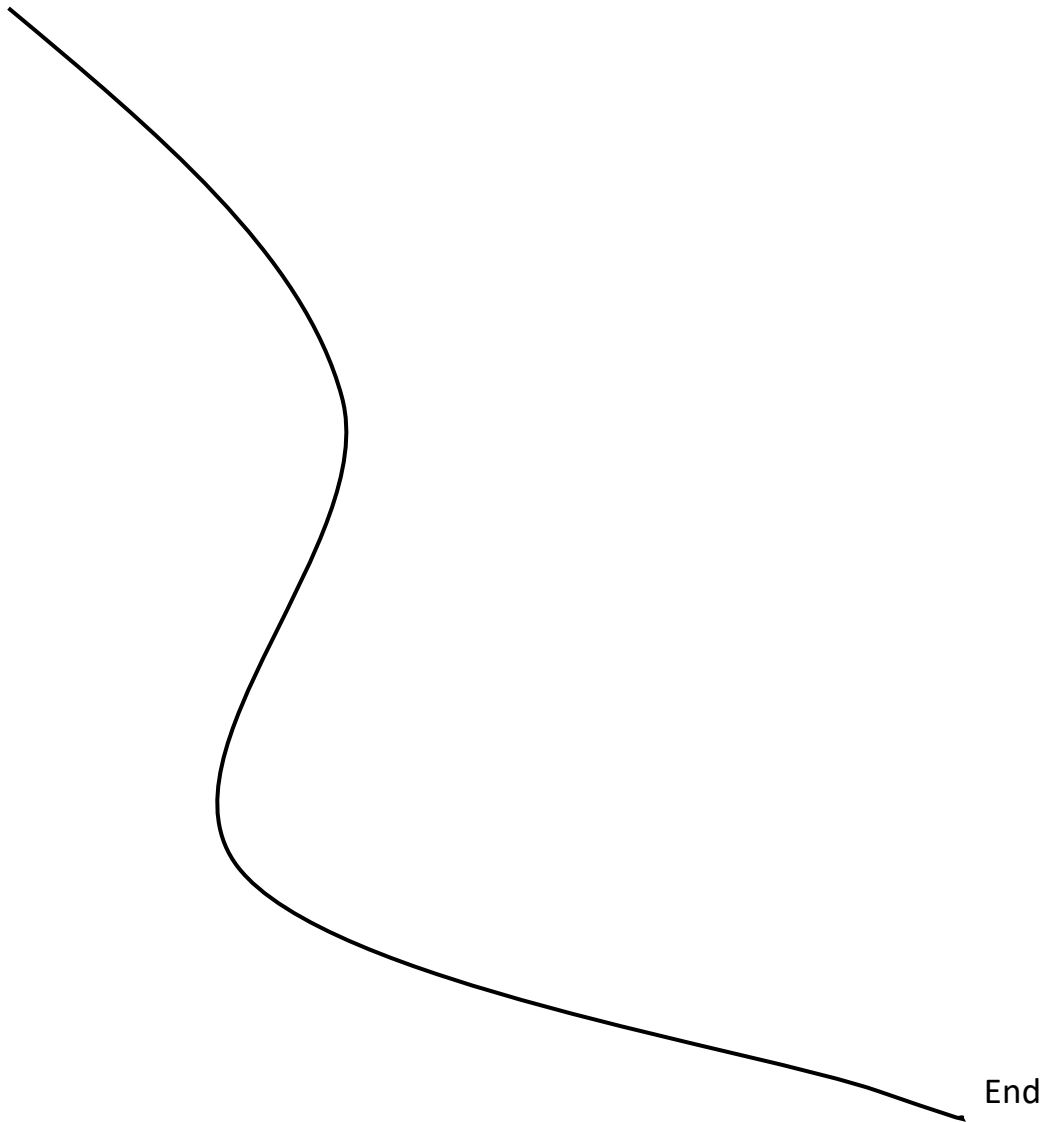


## Module 2. Lecture 5 (ii). Using peer review to develop clinical reasoning

Selma May



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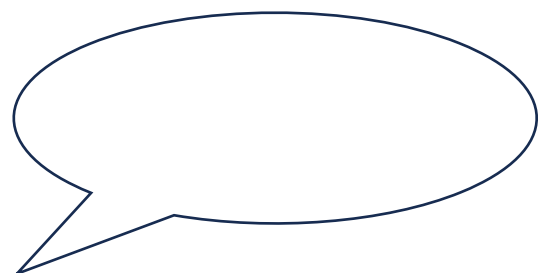
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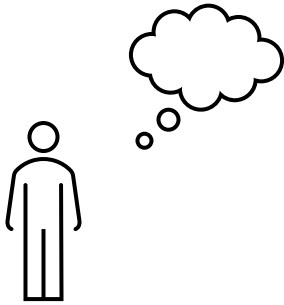
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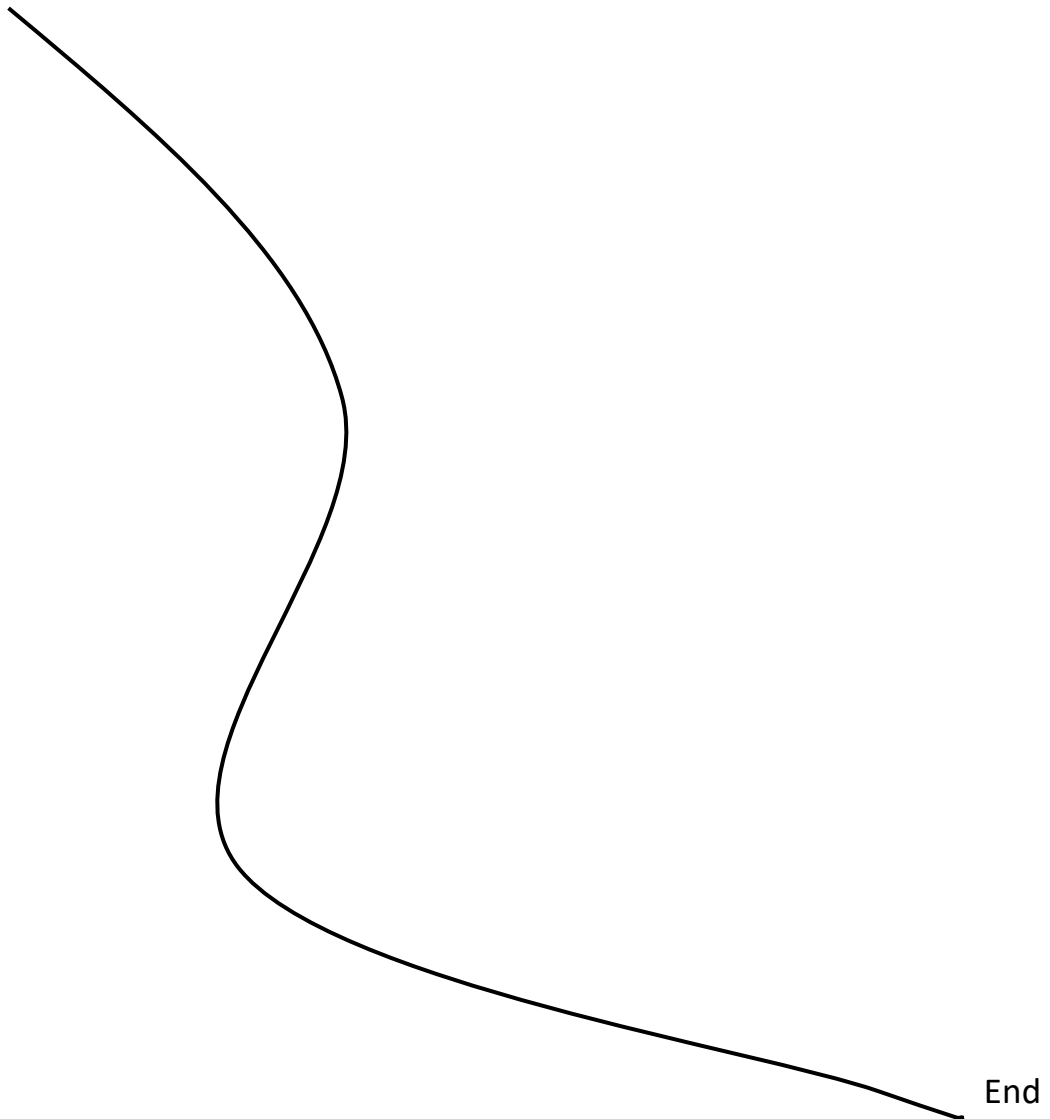


## Module 2. Lecture 6. Development of cases and the use of case based learning

Han van Dijk



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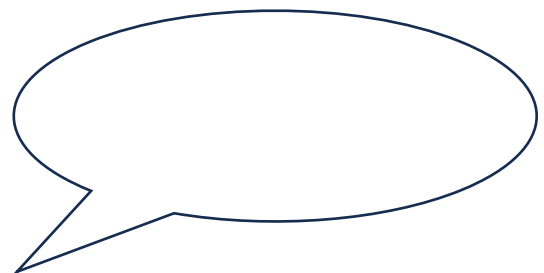
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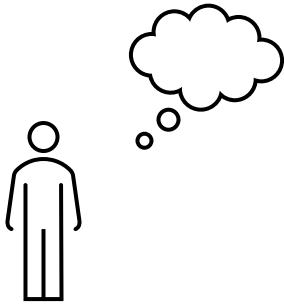


# **Module 3**

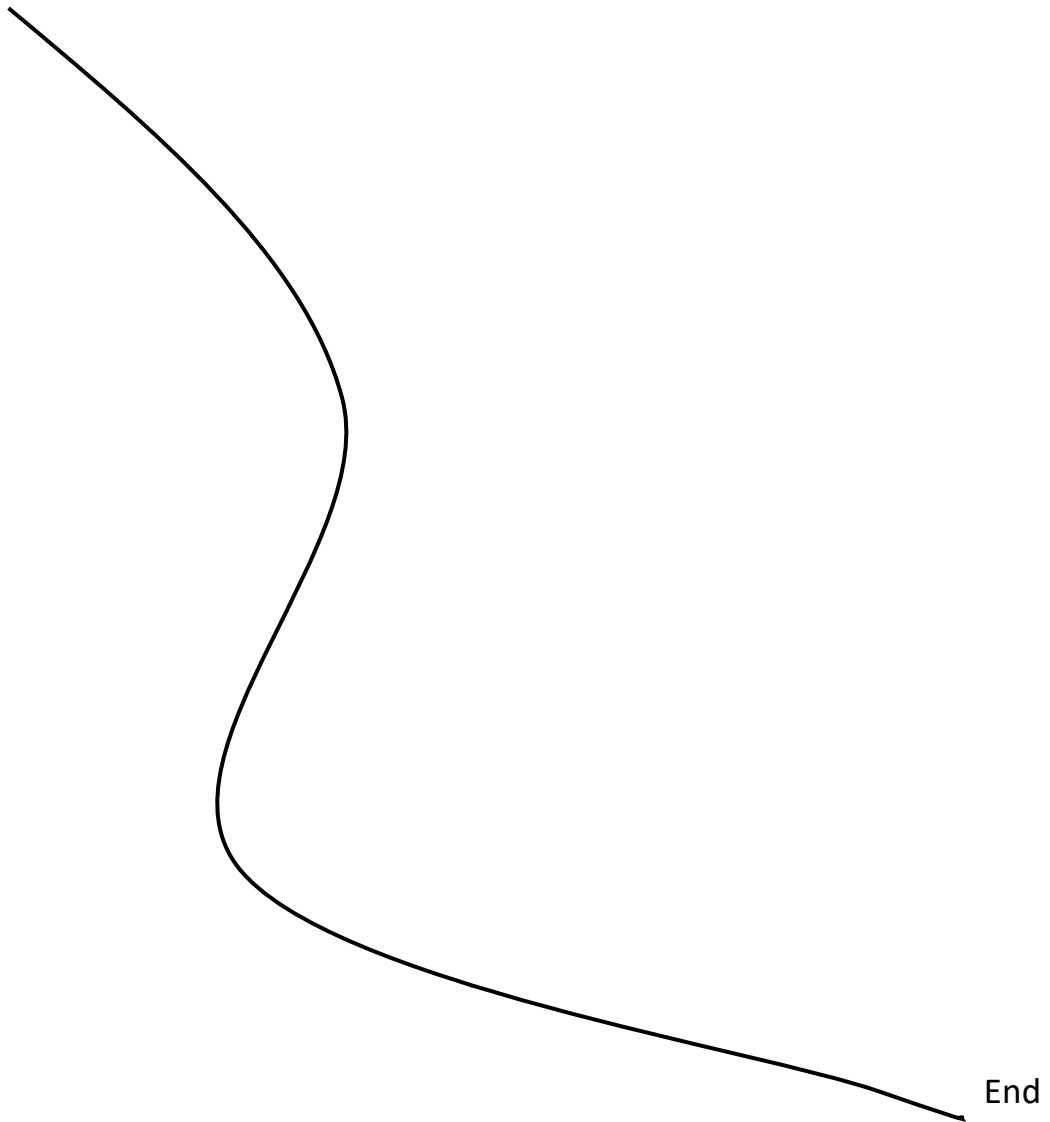
## **Pain Management**

## Module 3. Lecture 1. Evidence based management of low back pain including stratified care

Dr. Brona Fullen



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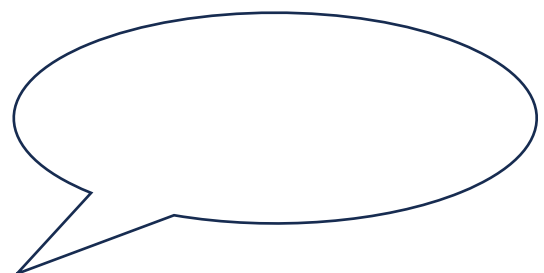
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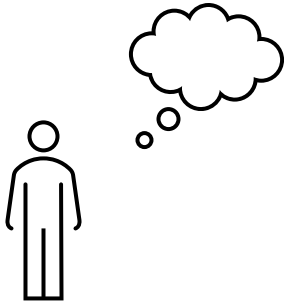
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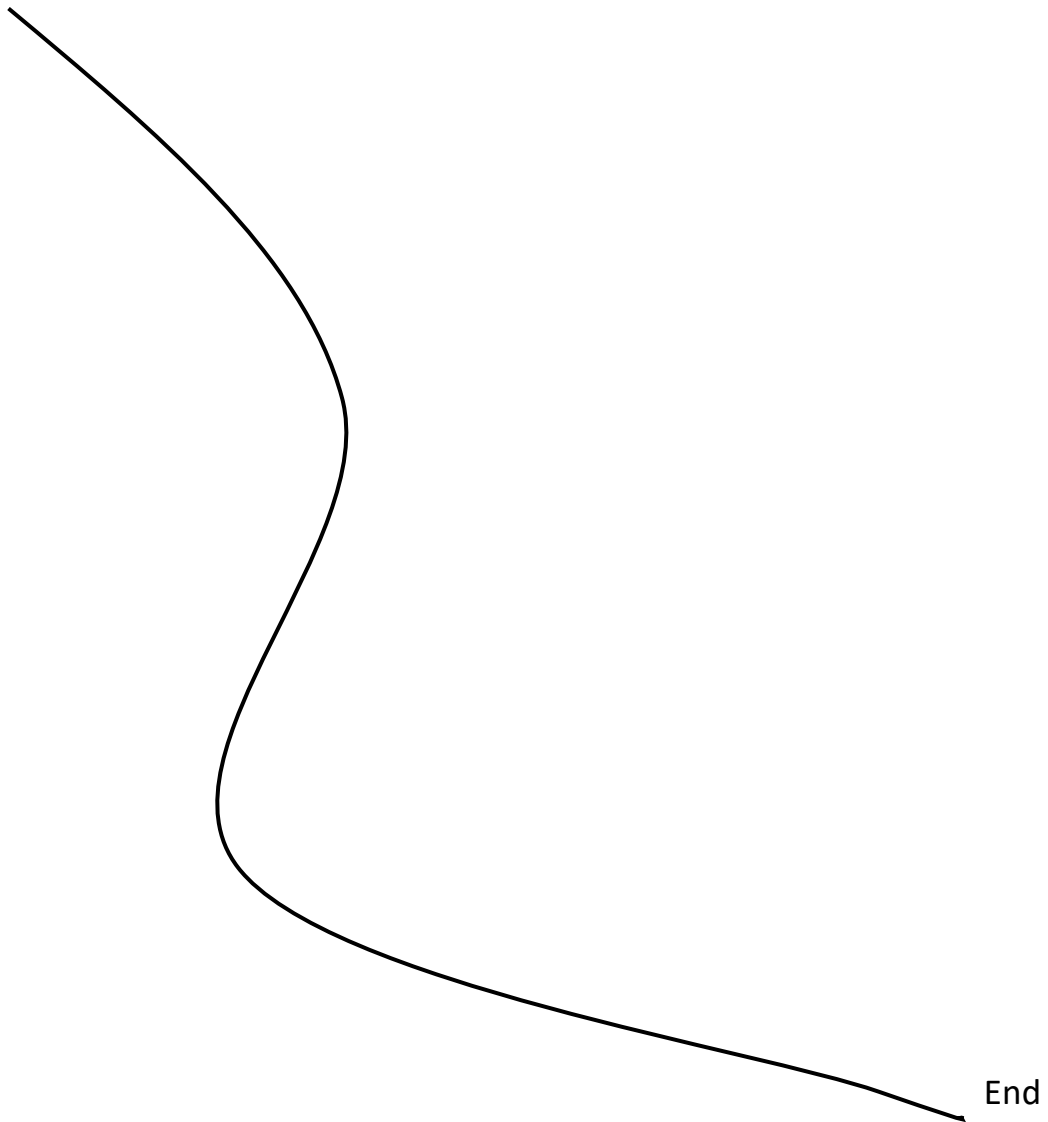


## Module 3. Lecture 2. How to communicate pain

Olivera Petrak



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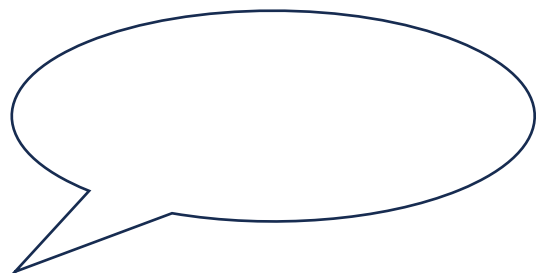
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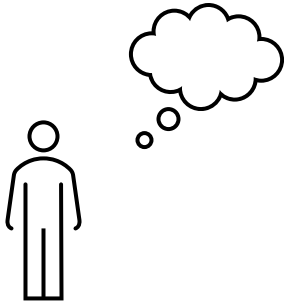
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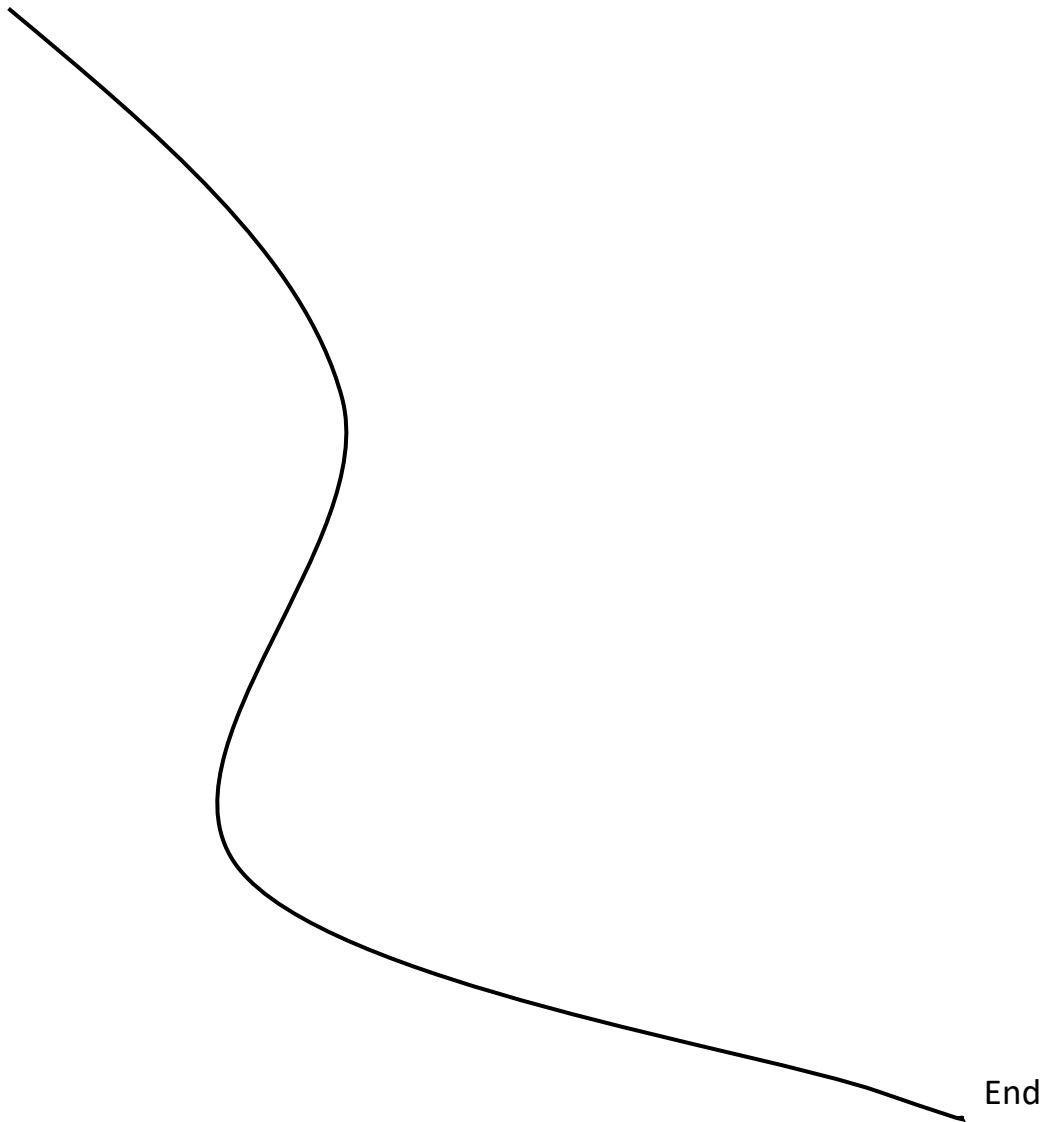


## Module 3. Lecture 3. Overview of pain medication

Dr. Ligia Rusu



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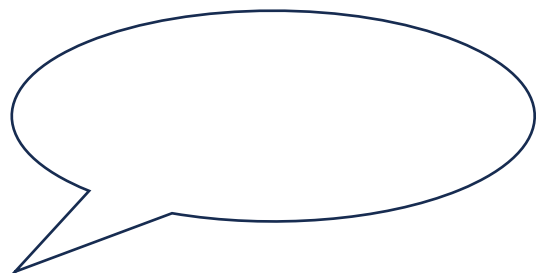
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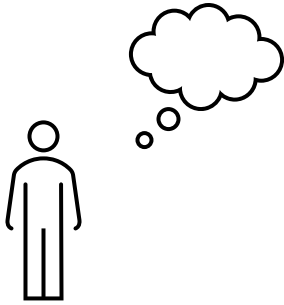
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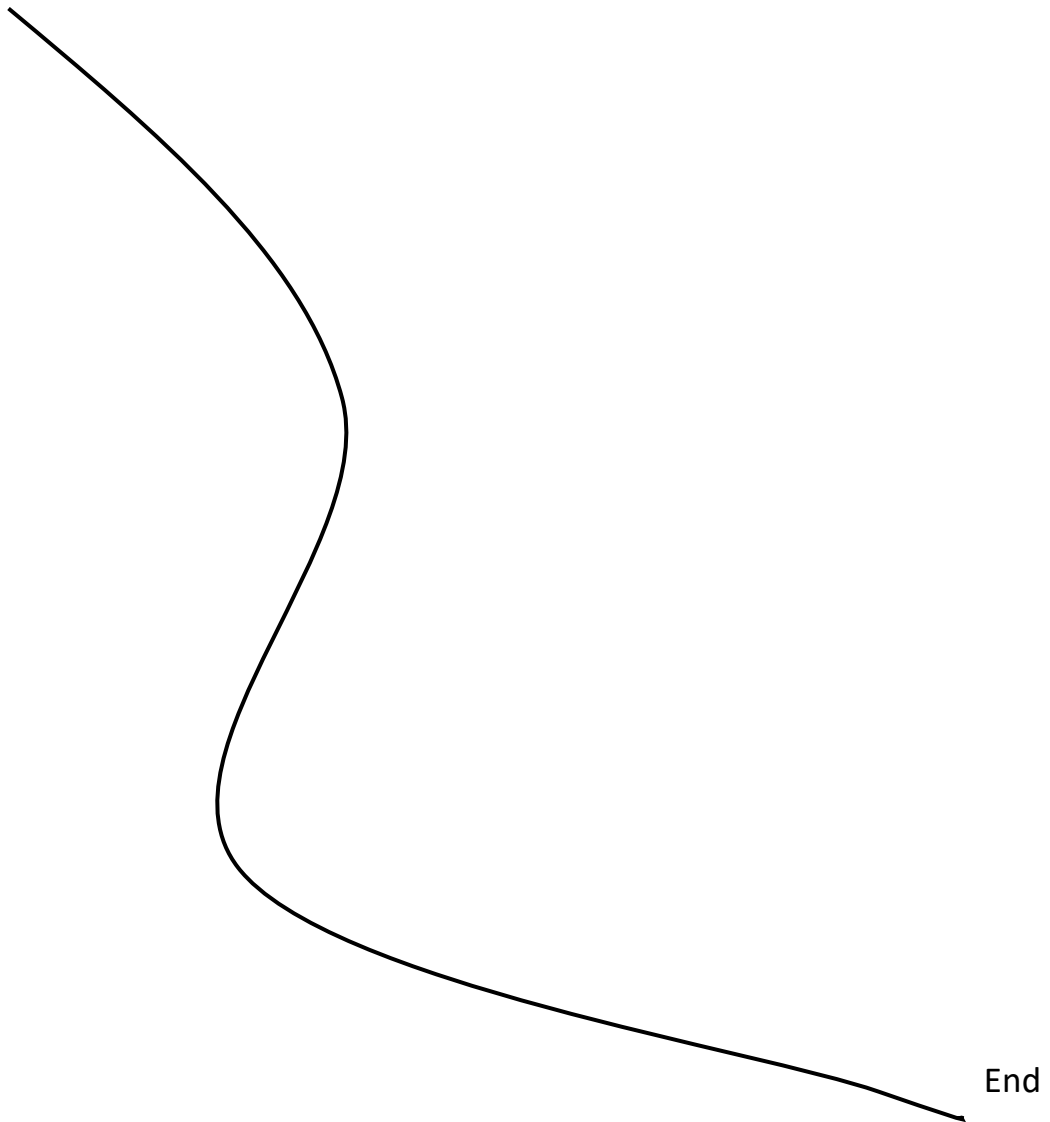


## Module 3. Lecture 4. How to communicate pain

Morana Radman



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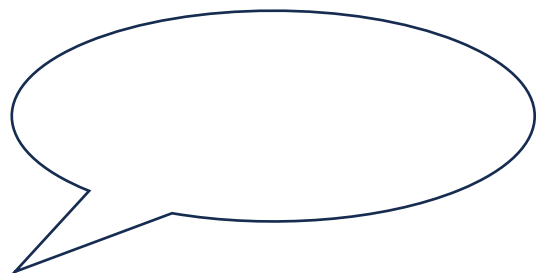
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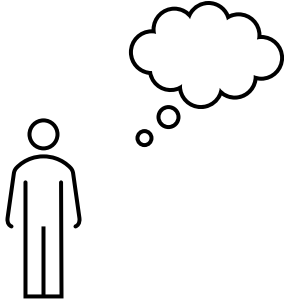
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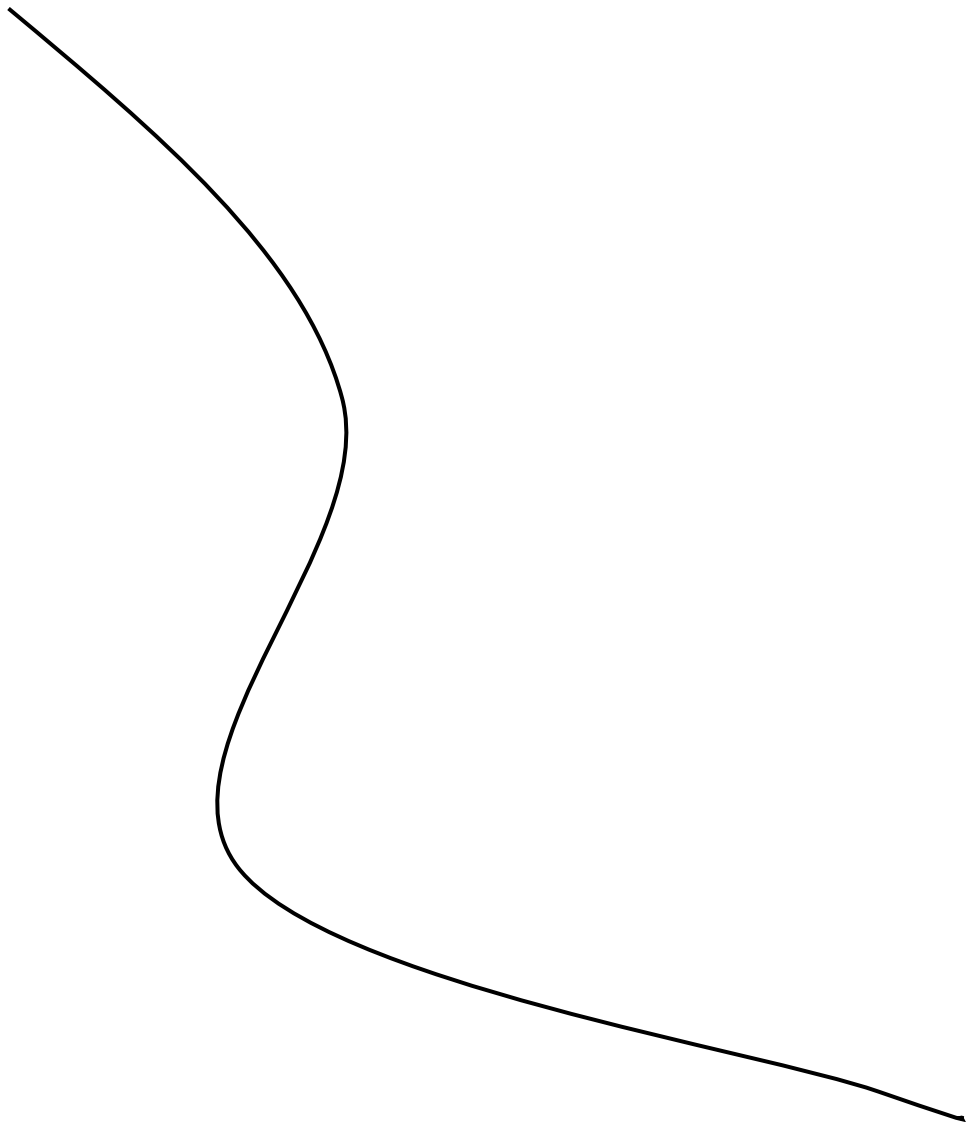


## Module 3. Lecture 5. Health literacy in Europe

Dr. Harriet Wittink



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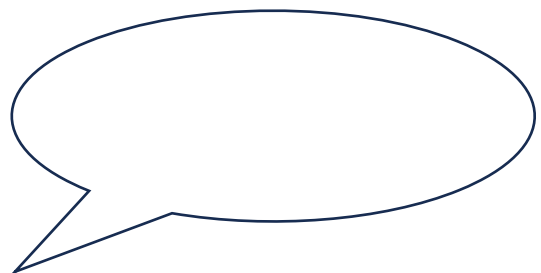
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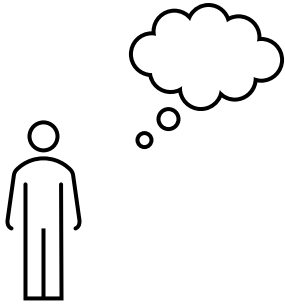
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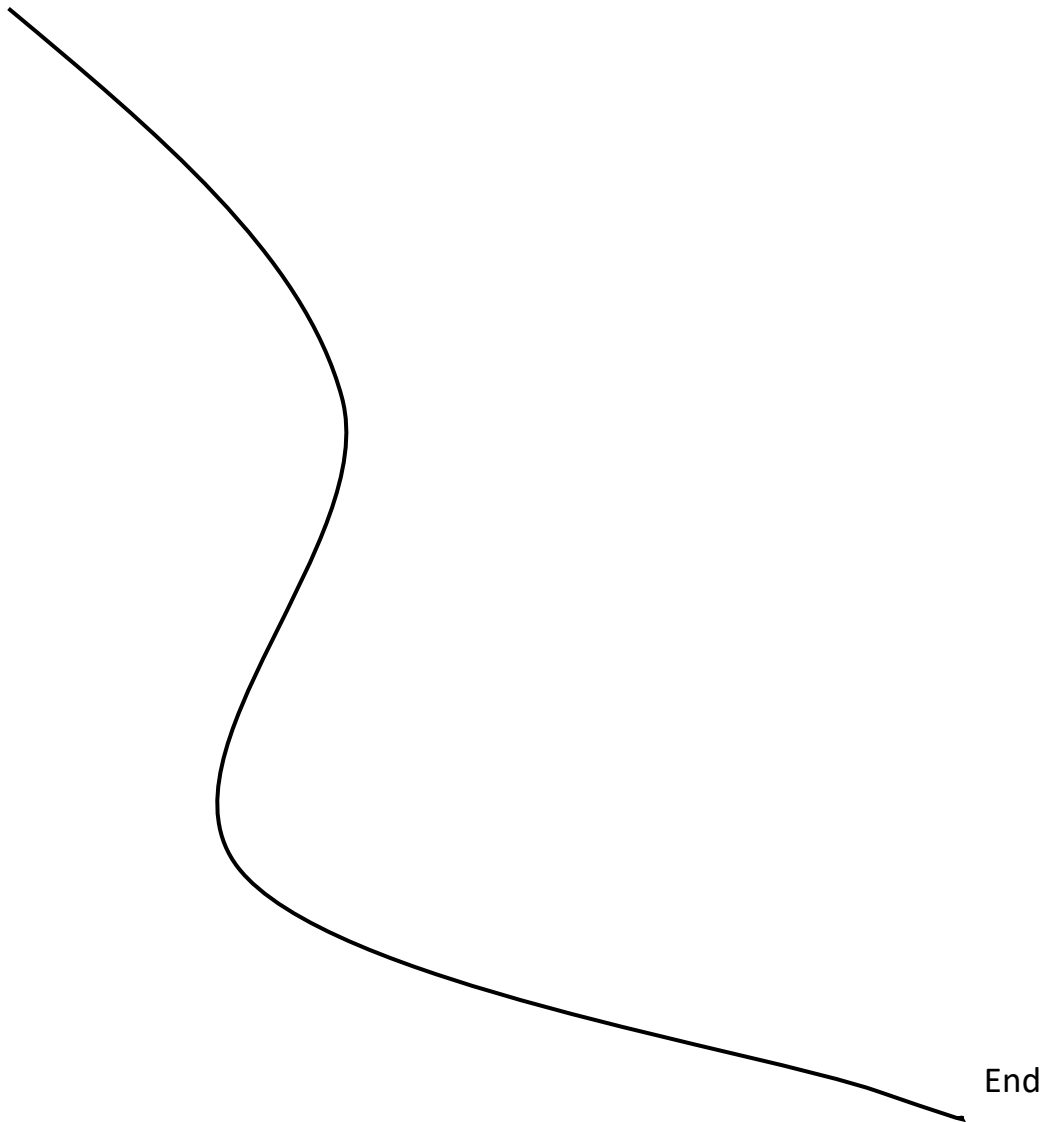


## Module 3. Lecture 6. Pain and mental health

Linda Sloatveg



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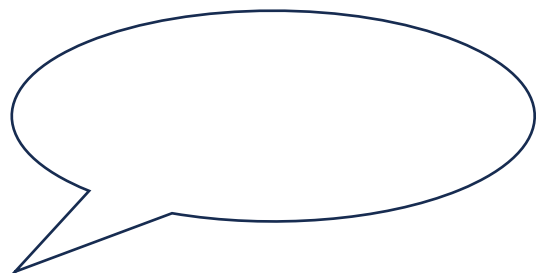
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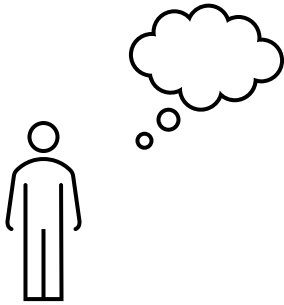
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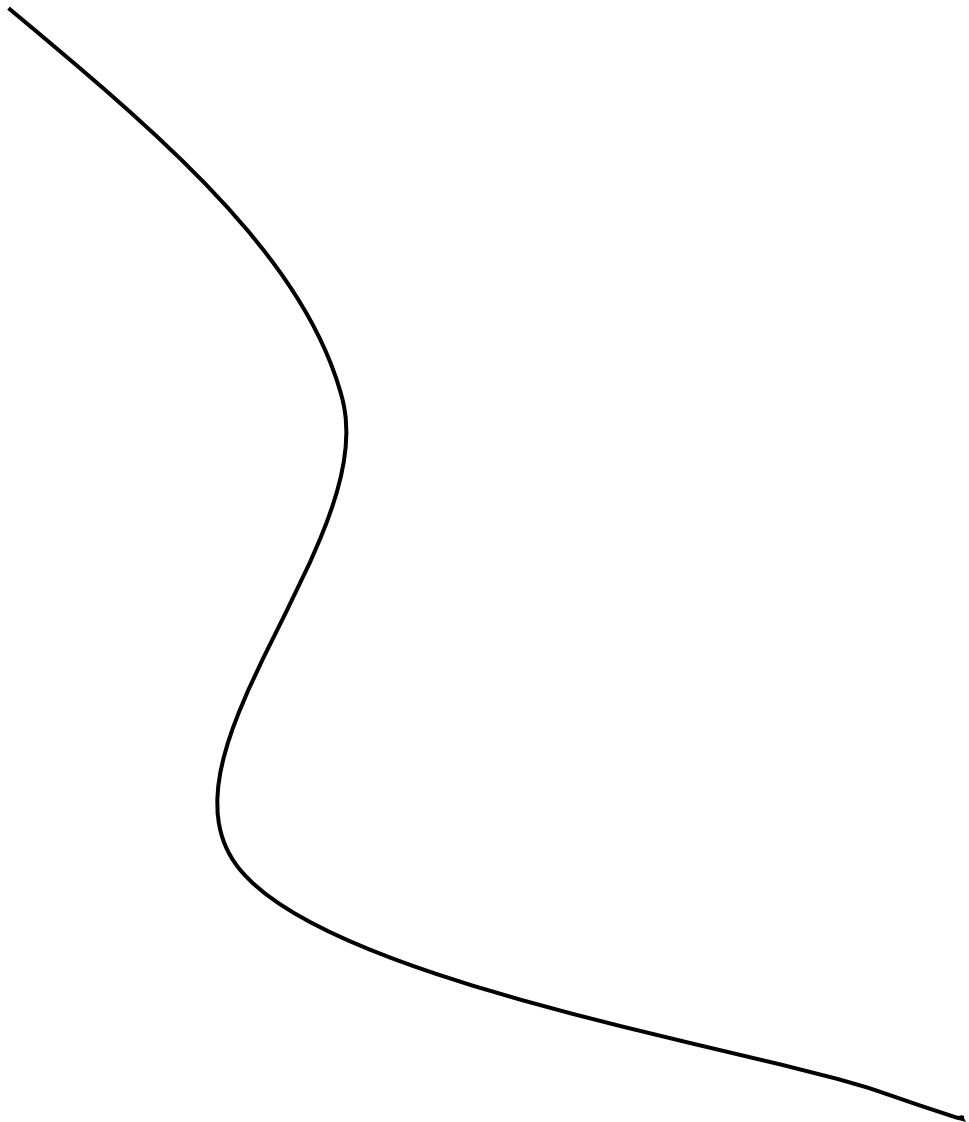


## Module 3. Lecture 7. Physiotherapy pain management in patients with chronic pain

Dr. Harriet Wittink



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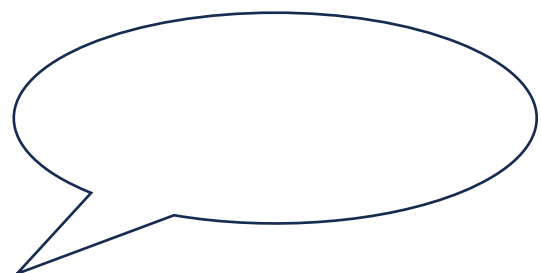
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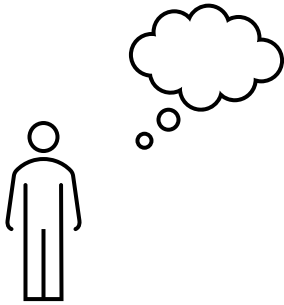
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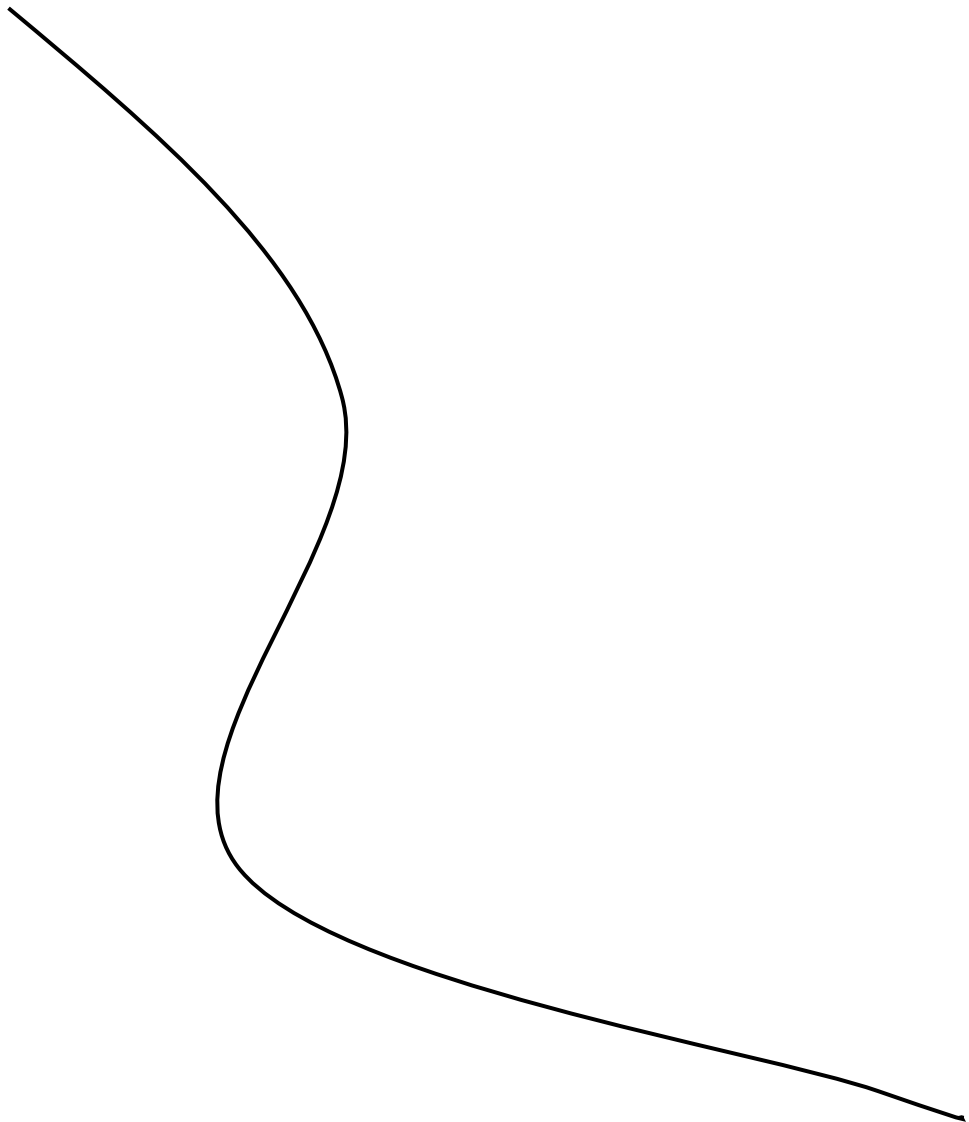


## Module 3. Lecture 8. Challenges in connection with the patient with chronic pain

**Nika Bolle**



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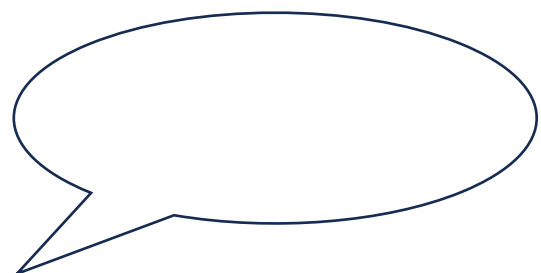
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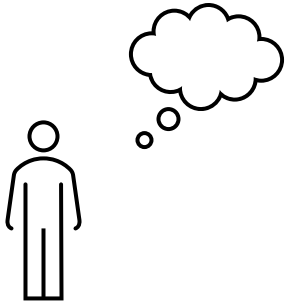
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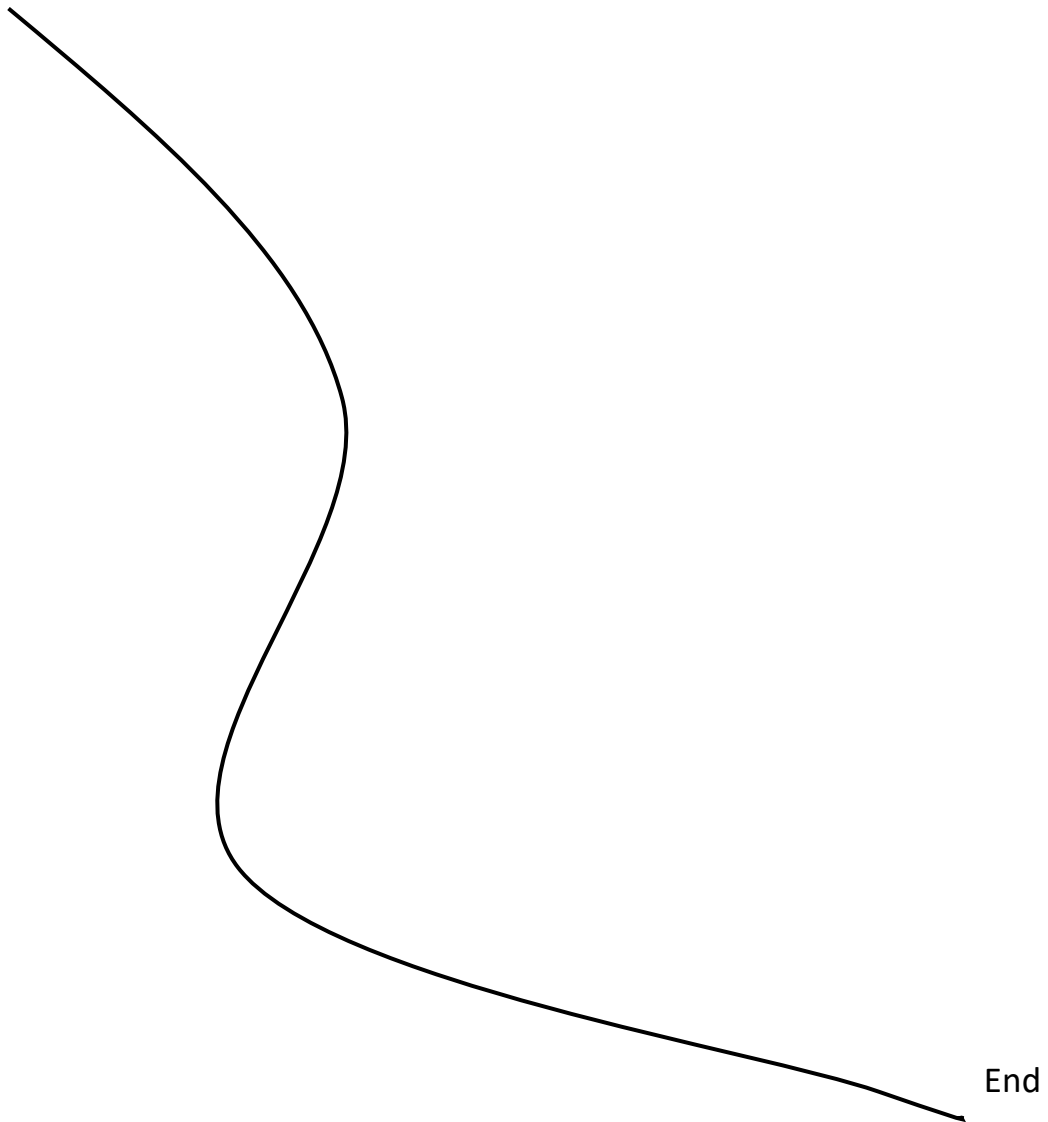


## Module 3. Lecture 9. Graded exercise prescription

Dr. Caitriona Cunningham



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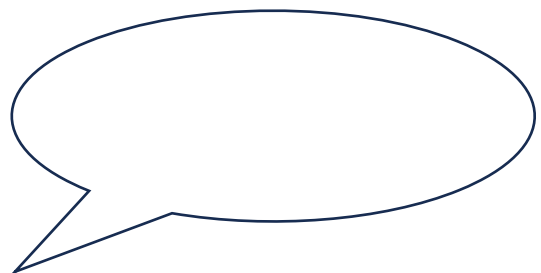
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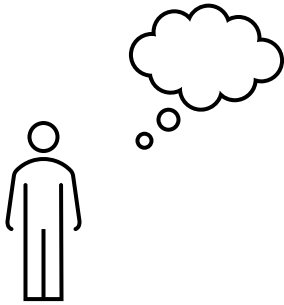
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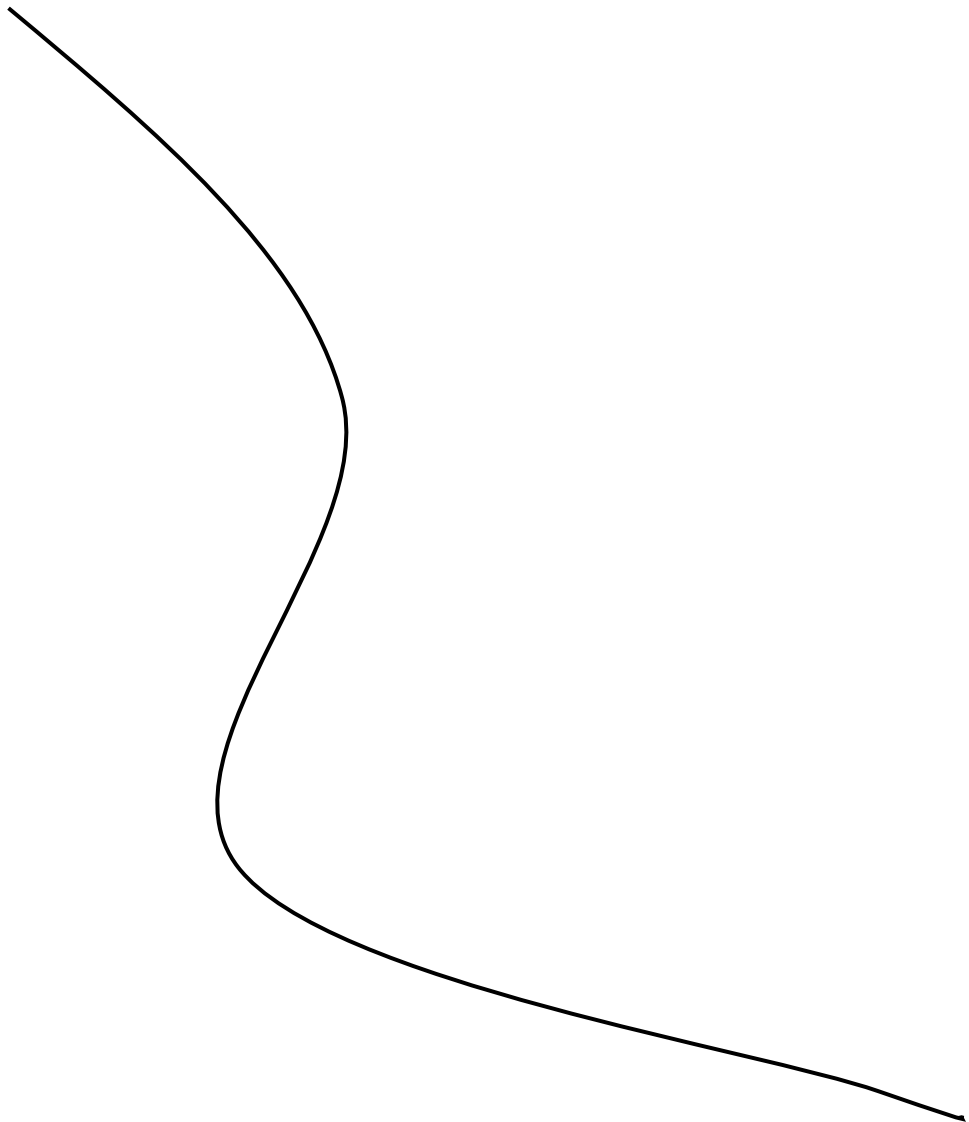


## Module 3. Lecture 10. Evidence-based electrotherapy in pain treatment

Dr. Mihaela Zavaleanu



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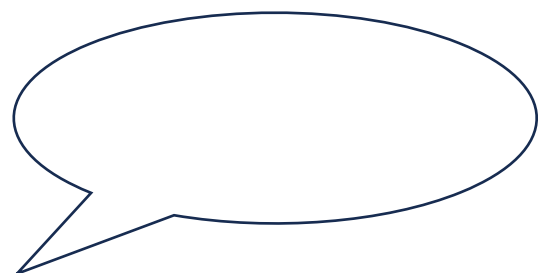
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## At the end of the lessons

What will you take from these lessons?

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Looking back on the questions you answered before starting the lessons: would you answer them differently? Did you get your expectations met?

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Is there anything you want to change (add, expand, remove) in your practice/ teaching based on what you've learned/observed?

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What do you need for making those changes?

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## Extra notes