

Teaching “Pain Rehabilitation” in Medical Education and Clinical Practice: *How do We Get Started?*

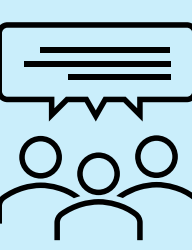
Pain rehabilitation refers to health intervention that combines aspects of pain medicine, physical therapy, occupational therapy, and behavioral health services with a goal of enabling patients with chronic pain to return to a productive lifestyle ¹.

1. Rosomoff HL, et al. CHAPTER 110 - History and Principles of Pain Rehabilitation. In: Slipman CW, et al, eds. *Interventional Spine*. 2008.

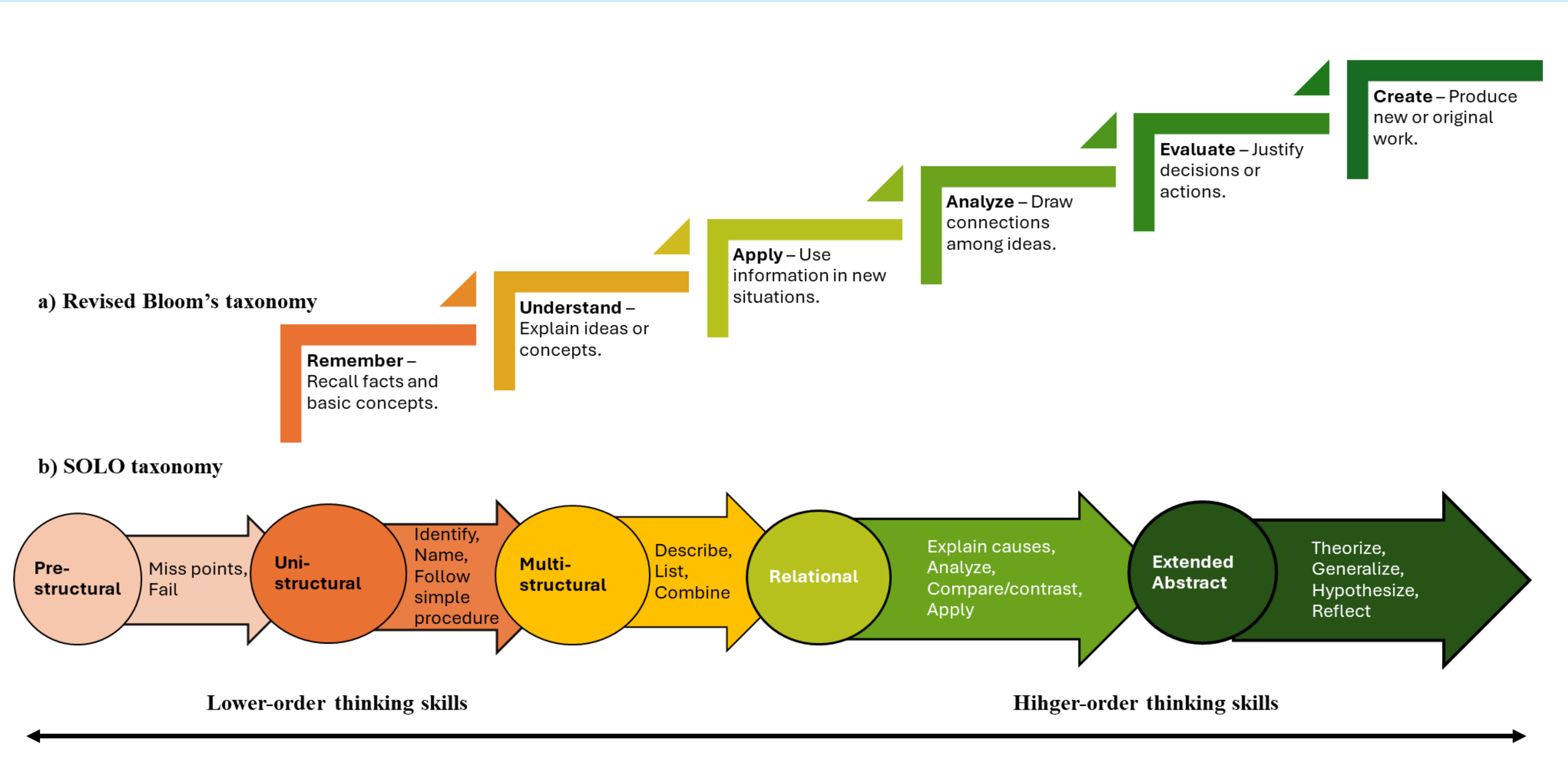
Our pedagogical work involves **reflecting** on our own teaching practices and **developing** our expertise in teaching and learning.

Aim and method:
To illustrate the teaching of pain rehabilitation, we used **revised Bloom’s** and **SOLO taxonomies** ^{2,3} to describe cognitive levels in three target groups.

2. Anderson LW, et al. *A Taxonomy for Learning, Teaching, and Assessing: A Revision of Bloom’s Taxonomy of Educational Objectives*. 2001.
3. Biggs JB, Collis KF. *Evaluating the quality of learning: The SOLO taxonomy (Structure of the Observed Learning Outcome)*. Academic press; 2014.



Can we enhance learning through cognitive-level-matched pedagogy?

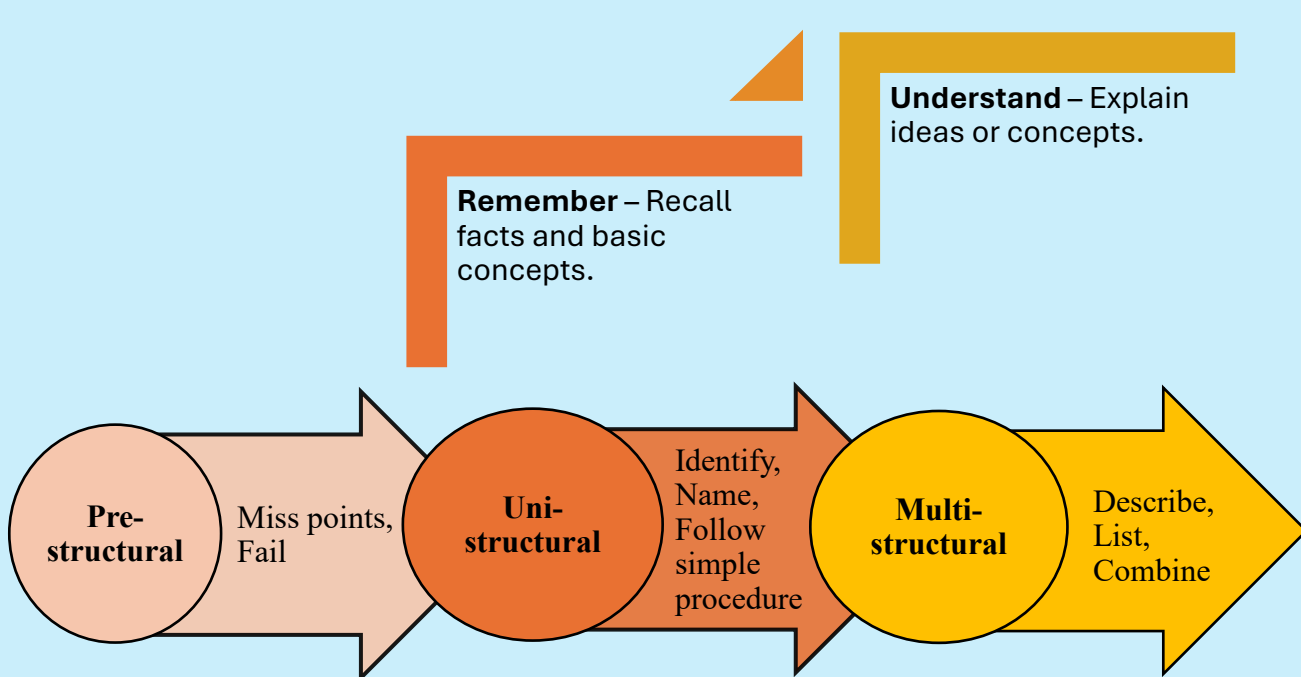


Teaching is tailored to students’ cognitive levels—not always aiming for the highest, but for what is most appropriate.

Undergraduate Students

Recall of knowledge:

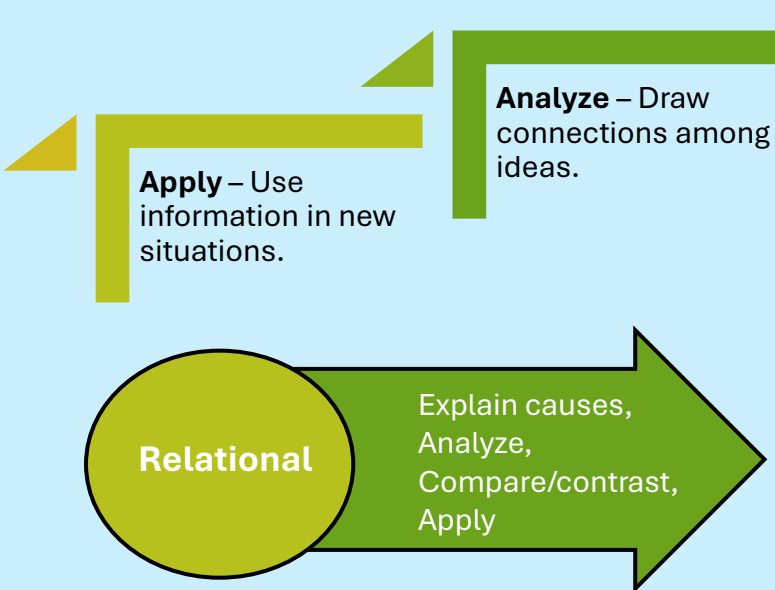
- What is pain rehabilitation?
- What is its goal?
- Which aspects are included?



New Clinicians in Pain Rehabilitation

Application of knowledge:

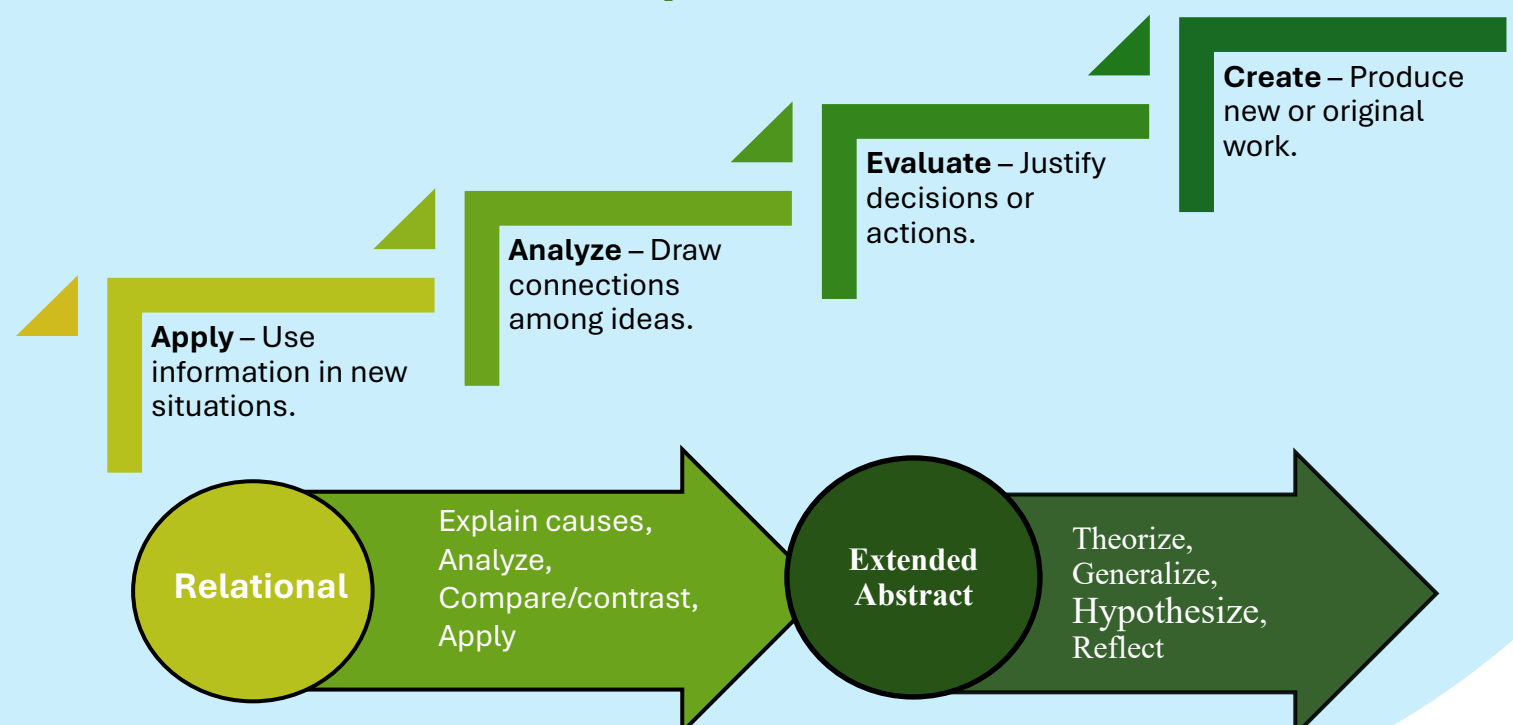
- Clinical reasoning to solve real-world cases.
- Peer support (same profession) to address key pain rehab aspects.
- Interprofessional collaboration for interdisciplinary care.



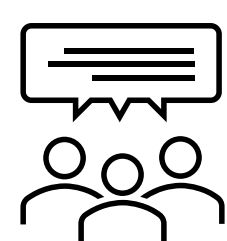
In Residency Program

From vignette case report to rehab process

- Peer support (same and other professions) to progress clinical reasoning.
- Reflection on own clinical decisions.
- Developing/designing tailored pain rehabilitation plans.



Pedagogical tools guide our teaching of pain rehabilitation, tailored to students’ cognitive levels.



Huan-Ji Dong, Nazdar Ghafouri, Emmanuel Bäckryd

Department of Health, Medicine and Caring Sciences, Linköping University; Clinical Department of Pain and Rehabilitation, Region Östergötland, Linköping, Sweden

