

Postgraduate Diploma

Chronic Pain: Chronic Pain Syndromes





Postgraduate Diploma

Chronic Pain: Chronic Pain Syndromes

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitude.com/us/medicine/postgraduate-diploma/postgraduate-diploma-chronic-pain-chronic-pain-syndromes

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

Program

p. 30

01

Introduction

Pain management is an important facet of medical work, since it improves the quality of life of patients. This makes it necessary to update their knowledge with programs such as this program, which provides the tools to reach a correct diagnosis and therapeutic management of chronic pain and its major challenges, such as oncologic pain or neuropathic pain.





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Learning to Manage Patients' Pain is one of the Most Important Facets of Doctors"

This program has been designed by anesthesiologists with extensive experience in the management of pain, both acute and chronic, in daily clinical practice, thus offering students a global vision of the clinical problem of pain in our environment.

Therefore, in this course, the student will be able to learn about the main types of chronic pain. The Postgraduate Diploma begins with neuropathic pain, encompassing those acute and chronic pain syndromes that share as their etiological basis damage to the nervous system. It includes a group of pathologies that affect a considerable part of the population of our environment and whose incidence is progressively increasing.

The following topic will deal with musculoskeletal pain, which is one of the most prevalent painful entities in our environment, since a large part of the population, regardless of age, suffers from this type of pain to a greater or lesser extent. Musculoskeletal pain is associated with multiple musculoskeletal, trauma and systemic pathologies.

Finally, oncological pain is another of the most widespread, since pain is a frequent symptom among patients suffering from oncological pathology. The Postgraduate Diploma deals with oncological pain from multiple fields, such as its pathophysiology, social component or its psychological component, and brings the student closer to the methodology for assessment and diagnosis, as well as to the measures currently available for its treatment.

This **Postgraduate Diploma in Chronic Pain: Chronic Pain Syndromes** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Chronic Pain
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Novelties on Chronic Pain
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies in chronic pain
- ♦ 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



With this Postgraduate Diploma in Chronic Pain you will be able to improve your daily practice"

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Do not hesitate to make this investment in your education. You will update your knowledge in Chronic Pain and you will obtain a certificate by TECH Global University"

The program's teaching team includes professionals from the field of Pain who contribute their experience to this program, as well as renowned 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 immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this, the Professional will be Assisted by an Innovative Interactive Video System Created by Renowned and Experienced Experts in Pain with Extensive Medical Experience.

This Postgraduate Diploma will allow you to learn with the best didactic methodology and in simulated scenarios that will allow you to prepare you for real situations.

Being 100% online, you will be able to combine this Postgraduate Diploma with your work and family life.



02 Objectives

The objectives of this comprehensive university qualification are designed to equip professionals with the necessary skills to approach Chronic Pain from an advanced perspective. Throughout the curriculum, skills will be enhanced to conduct thorough clinical assessments, establish precise differential diagnoses, and select therapeutic interventions tailored to each patient. Additionally, competence will be developed to integrate pharmacological and interventional approaches that optimize clinical practice. In this way, graduates will solidify a highly specialized profile, prepared to lead strategies in managing Chronic Pain Syndromes and respond effectively to current healthcare challenges.



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You will develop advanced skills to recognize, assess, and comprehensively treat the main Chronic Pain Syndromes, always from a clinical excellence approach”



General Objectives

- ♦ Acquire a deep understanding of the epidemiology, pathophysiology, and neuroanatomy of pain to properly assess and diagnose various painful conditions
- ♦ Apply effective strategies for the pharmacological and non-pharmacological management of pain, including multimodal analgesia and interventional techniques
- ♦ Develop skills to address acute postoperative pain, particularly in complex clinical situations such as thoracic, cardiac, and abdominal surgery
- ♦ Optimize the management of chronic pain, with a focus on neuropathic, musculoskeletal, and oncological pain, through accurate diagnoses and advanced therapies
- ♦ Deepen knowledge in pain management for pediatric patients, considering both acute postoperative pain and chronic pain associated with various conditions
- ♦ Enhance the ability to apply interventional techniques such as muscle and joint blocks, radiofrequency, and neurostimulation for effective pain control
- ♦ Incorporate psychological and psychosocial treatment strategies in pain care to address the patient's needs holistically
- ♦ Explore advanced neuro-surgical interventions, such as spinal cord stimulation and the implantation of intrathecal infusion systems, for managing refractory pain





Specific Objectives

Module 1. Chronic Pain: Neuropathic Pain

- ♦ Define neuropathic pain, its main characteristics, and the most relevant classifications in the clinical field
- ♦ Identify the key clinical and diagnostic considerations for an appropriate approach to neuropathic pain
- ♦ Implement effective therapeutic strategies for managing and controlling neuropathic pain, tailored to each patient
- ♦ Distinguish between different types of neuropathic pain, such as Complex Regional Pain Syndrome and Postherpetic Neuralgia

Module 2. Chronic Pain: Musculoskeletal Pain

- ♦ Explain the main considerations regarding musculoskeletal pain, its definition, and classification
- ♦ Describe the epidemiology and most common causes of musculoskeletal pain in various contexts
- ♦ Apply appropriate diagnostic methods to assess musculoskeletal pain in patients with different conditions
- ♦ Implement the most effective therapeutic measures for controlling musculoskeletal pain, considering comorbidities and the specific needs of each patient

Module 3. Chronic Pain: Oncologic Pain

- ♦ Identify the general aspects of oncologic pain and its current situation in the clinical context
- ♦ Detail the pathophysiology of oncologic pain, its mechanisms, and triggering factors
- ♦ Select appropriate approaches for evaluating pain in oncologic patients, including diagnostic tools and criteria
- ♦ Implement the most effective pharmacological and non-pharmacological treatments in managing oncologic pain, adapted to each type of tumor



Only TECH Global University gives you access to an experience designed by leaders in Chronic Pain, with an innovative method that transforms how you prepare for the daily clinical challenges”

03

Course Management

The program's teaching team includes leading experts Chronic Pain, who contribute their vast work experience to this program. In addition, other experts of recognized prestige participate in its design and elaboration, completing the degree in an interdisciplinary manner.



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*Leading professionals in the field have
come together to teach you the latest
advances in chronic pain management”*

International Guest Director

Dr. Shehebar specializes in Sports/Spinal Pain Management, Musculoskeletal Medicine and Cancer Pain Management. It utilizes several treatment modalities uniquely tailored to the patient. Each can expect a highly personalized, evidence-based medical evaluation to analyze, diagnose and treat pain symptoms or pain-related conditions.

Dr. Shehebar performs epidurals, medial branch (facet blocks), radiofrequency ablation, muscle trigger point injections, spinal cord/peripheral nerve stimulators, platelet-rich plasma, joint and nerve injections using imaging guidance, including fluoroscopy and ultrasonography. He is also part of the Integrated Pain Management Subdepartment and is interested in employing multimodal therapies along with rehabilitation techniques.

In addition, Shehebar is an Assistant Professor of Anesthesiology, Perioperative and Pain Medicine at the Icahn School of Medicine at Mount Sinai. He graduated from Baruch College in New York with a degree in Psychology and Biology and from The George Washington University School of Medicine and Health Sciences with a degree in Medicine.

After a medical internship at Beth Israel Medical Center, Dr. Shehebar completed his board certification residency in Anesthesiology at the Icahn School of Medicine at Mount Sinai and, in addition, completed his fellowship in Interventional Pain Medicine at the Icahn School of Medicine at Mount Sinai.

As of January 2020, Dr. Shehebar has assumed the role of Associate Director of the Mount Sinai Pain Fellowship Program.

He has been featured in New York Magazine and has also been named: Castle Connolly's Top Doctors New York Metro Area in 2021, 2022.



Dr. Mourad M., Shehebar

- Director of the Pain Management Fellowship Program - Mount Sinai Hospital, New York
- Mount Sinai Health System Pain Unit Physician
- Assistant Professor of Anesthesiology, Perioperative and Pain Medicine at the Icahn School of Medicine at Mount Sinai
- Fellow in Pain Medicine at the Icahn School of Medicine at Mount Sinai
- Resident in the Department of Anesthesiology at The Mount Sinai Hospital, New York
- MIR in Internal Medicine at Mount Sinai Beth Israel
- Medical Graduate from George Washington University
- B.A. *Summa Cum Laude* in Psychology and Biology from Baruch College. New York



Thanks to TECH you will be able to learn with the best professionals in the world"

Management



Dr. Arance García, Magdalena

- ♦ Specialist in the Pain Unit. Quirónsalud Infanta Luisa Hospital
- ♦ Specialty in Anesthesia, Resuscitation, and Pain Therapy. Virgen Arrixaca University Hospital. Murcia
- ♦ Specialist in Anesthesiology and Resuscitation. Clinical Management Unit Surgical Block. Virgen del Rocío University Hospital, Seville
- ♦ Degree in Medicine and Surgery. University of Seville

Professors

Dr. Casado Pérez, Gloria

- ♦ Specialist in Anesthesiology, Resuscitation and Pain Treatment at the Hospital Universitario Virgen del Rocío. Sevilla, España
- ♦ Area Specialist in Anesthesiology and Resuscitation of the Clinical Management Unit of the Surgical Block at the Hospital Universitario Virgen del Rocío. Sevilla, España
- ♦ Author of numerous publications
- ♦ Graduate in Medicine and Surgery from the University of Seville
- ♦ Master in Pain Treatment by the University of Seville
- ♦ Member of the Andalusian Pain Association and Spanish Pain Society

Dr. Del Río Vellosillo, Mónica

- ♦ Specialist in the Anesthesia and Resuscitation Service. Hospital Universitario Virgen de la Arrixaca Maternal-Children's Pavilion, Murcia
- ♦ Specialist in the Anesthesia and Resuscitation Service. Hospital Universitario La Fe, Maternal Pavilion, Valencia, Spain
- ♦ Doctor of Medicine. University of Valencia
- ♦ Degree in Medicine and Surgery. University of Valencia
- ♦ Member of the Society for Research in Retina and Vision Sciences

Dr. Jiménez Pancho, Ana Isabel

- ♦ Specialty in Anesthesia, Resuscitation, and Pain Therapy
- ♦ Specialist in Anesthesiology, Resuscitation and Pain Therapy at the Virgen del Rocío University Hospital
- ♦ Residency in Anesthesiology and Resuscitation and Pain Therapy at the Fundación Jiménez Díaz University Hospital
- ♦ Graduate in Medicine and Surgery from the University of Seville
- ♦ Master in Pain Treatment by the University of Seville
- ♦ Postgraduate Diploma in the Basic Management of General and Locoregional Anesthesia and Resuscitation by the Catholic University of Valencia
- ♦ Postgraduate Diploma in Anesthesia and Resuscitation in Pathologies of Low Clinical Complexity and Non-Oncologic Pain by the Catholic University of Valencia
- ♦ Member of the Medical College of Seville and the Spanish Society of Anesthesiology and Resuscitation and Pain Therapy

Dr. Fernández Castellanos, Guiomar Rosel

- ♦ Specialty in Anesthesia, Resuscitation, and Pain Therapy
- ♦ Specialist Physician in Anesthesiology, Resuscitation and Pain Therapy at the Virgen del Rocío University Hospital
- ♦ MIR in Anesthesiology, Resuscitation and Pain Therapy at the Virgen del Rocío University Hospital
- ♦ Author of 14 medical publications supported by the Spanish Society of Anesthesiology and Resuscitation, the Spanish Society of Transplantation and the Andalusian-Extremadura Association of Anesthesiology, Resuscitation and Pain Therapy
- ♦ University Teacher
- ♦ Degree in Medicine from the University of Granada
- ♦ Official Master's Degree in Clinical Medicine Research by the Miguel Hernández University of Elche

Dr. Jiménez Vázquez, Paula

- ♦ Specialty in Anesthesia, Resuscitation, and Pain Therapy
- ♦ Anesthesiologist at the Institute Against Pain Dr. Trinidad
- ♦ Specialist in the Department of Anesthesiology, Resuscitation and Pain Therapy at the Hospital Universitario Virgen del Rocío
- ♦ Specialist in Anesthesiology, Resuscitation and Pain Treatment at the University Hospital of Jerez de la Frontera
- ♦ International Cooperation Medical-surgical and educational care project in the Saharawi refugee camps in Tindouf, Algeria
- ♦ Resident Intern of the Anesthesiology, Resuscitation and Pain Treatment Service at the Hospital de Especialidades de Jerez
- ♦ Collaboration in the Anesthesiology Service at the Hospital Jerez Puerta del Sur.
- ♦ Resident Intern in Family and Community Medicine at the Virgen Macarena University Hospital. Sevilla, España
- ♦ Medical Degree from the University of Cadiz
- ♦ Erasmus scholarship at the University of Paris with internship at the Hospital Hotel Dieu
- ♦ Master in Pain Treatment by the University of Seville
- ♦ Master's Degree in Pain from CEU Cardenal Herrera University

Dr. Ángel Redondo, Lucía

- ♦ Specialist Physician of the Anesthesia, Resuscitation and Pain Therapy Area
- ♦ Specialist Physician of the Anesthesia, Resuscitation and Pain Therapy Area. Virgen del Rocío University Hospital. Seville
- ♦ Specialty in Anesthesia, Resuscitation, and Pain Therapy. San Pedro de Alcántara University Hospital, Cáceres, Spain
- ♦ Degree in Medicine. University of Seville

04

Structure and Content

This academic journey is designed to strengthen the comprehensive understanding of the main Chronic Pain Syndromes, with an emphasis on diagnostic and therapeutic skills. Through the analysis of Neuropathic Pain, professionals will acquire solid clinical criteria to classify it, recognize its manifestations, and apply differentiated approaches based on its peripheral or central origin. Additionally, the study of Musculoskeletal Pain will refine physical examination techniques and correlate them with clinical history, while the Oncologic Pain module will provide the skills needed to assess its pathophysiology and design interventions that enhance the quality of life for patients in complex scenarios.





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You will explore everything from Neuropathic Pain to Oncologic Pain, consolidating clinical criteria to intervene effectively in situations that severely affect patients' quality of life”

Module 1. Chronic Pain: Neuropathic Pain

- 1.1. General Information about Neuropathic Pain. Definition. Classification
- 1.2. Clinical and Diagnostic Considerations of Neuropathic Pain
- 1.3. Complex Regional Pain Syndrome (CRPS)
- 1.4. Neuropathic Pain of Central Origin
- 1.5. Phantom Limb Pain
- 1.6. Postherpetic Neuralgia
- 1.7. Polyneuropathies
- 1.8. Facial Pain

Module 2. Chronic Pain: Musculoskeletal Pain

- 2.1. General Considerations. Definition and Classification
- 2.2. Epidemiology and Etiology of Musculoskeletal Pain
- 2.3. Clinical History and Physical Examination of Musculoskeletal Pain
- 2.4. Diagnosis of Musculoskeletal Pain
- 2.5. Therapeutic Measures in Musculoskeletal Pain Control
- 2.6. Myopathies
- 2.7. Pain of Joint Origin
- 2.8. Fibromyalgia, Chronic Fatigue Syndrome, and Central Sensitivity Syndrome
- 2.9. Failed Back Surgery Syndrome (FBSS)





Module 3. Chronic Pain: Oncologic Pain

- 3.1. General Aspects of Oncologic Pain. Current Situation of Oncologic Pain in Our Environment
- 3.2. Pathophysiology of Oncologic Pain
- 3.3. Pain Assessment in the Oncology Patient
- 3.4. Diagnostic Management of Oncologic Pain
- 3.5. Pharmacological Treatment of Oncologic Pain
- 3.6. Non-pharmacological Treatment of Oncologic Pain
- 3.7. Interventional Treatment of Oncologic Pain
- 3.8. Psychological Treatment of Oncologic Pain
- 3.9. Specific Considerations in Different Types of Tumors
- 3.10. Palliative Treatment in the Patient with Oncologic Pain

“ This curriculum integrates everything from the classification of Musculoskeletal Pain to the palliative management of Oncologic Pain, ensuring a comprehensive journey through the most prevalent and complex syndromes”

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.



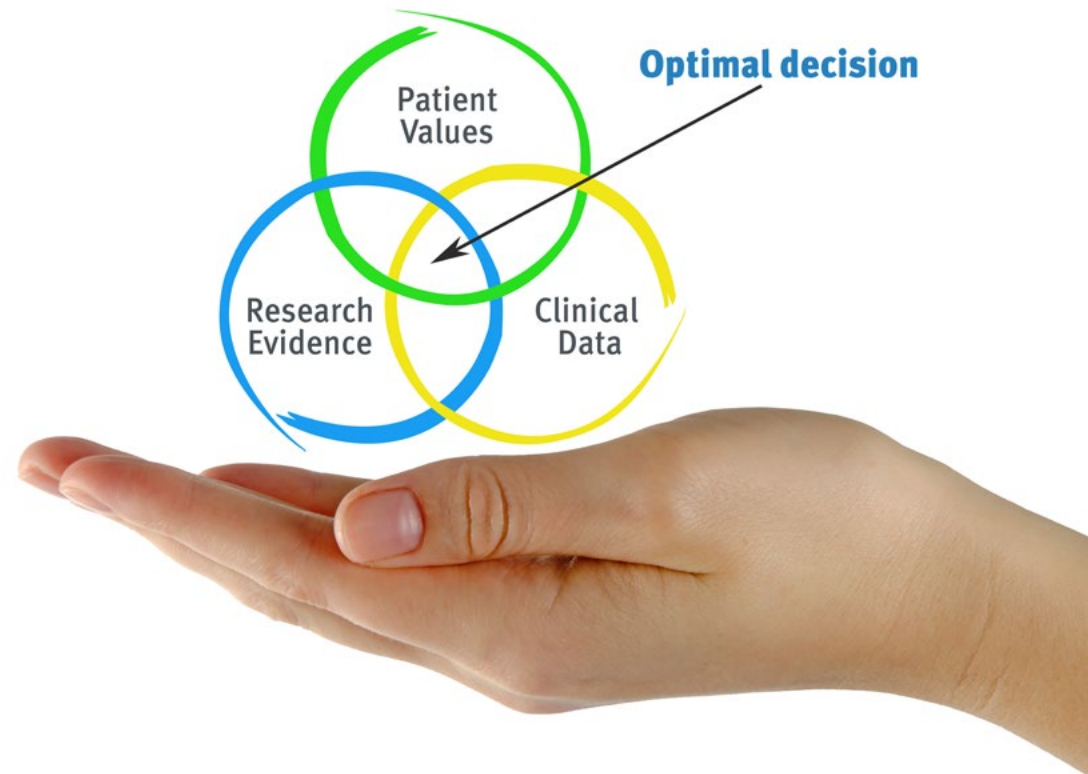
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? 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 an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning 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, trying to recreate the real conditions in the physician's professional practice.

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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. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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 case method with the best 100% online teaching methodology available: Relearning.

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

Professionals will learn through real cases and by resolving 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 Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning 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 highly 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.



Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and 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 the videos as many times as you like.



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.

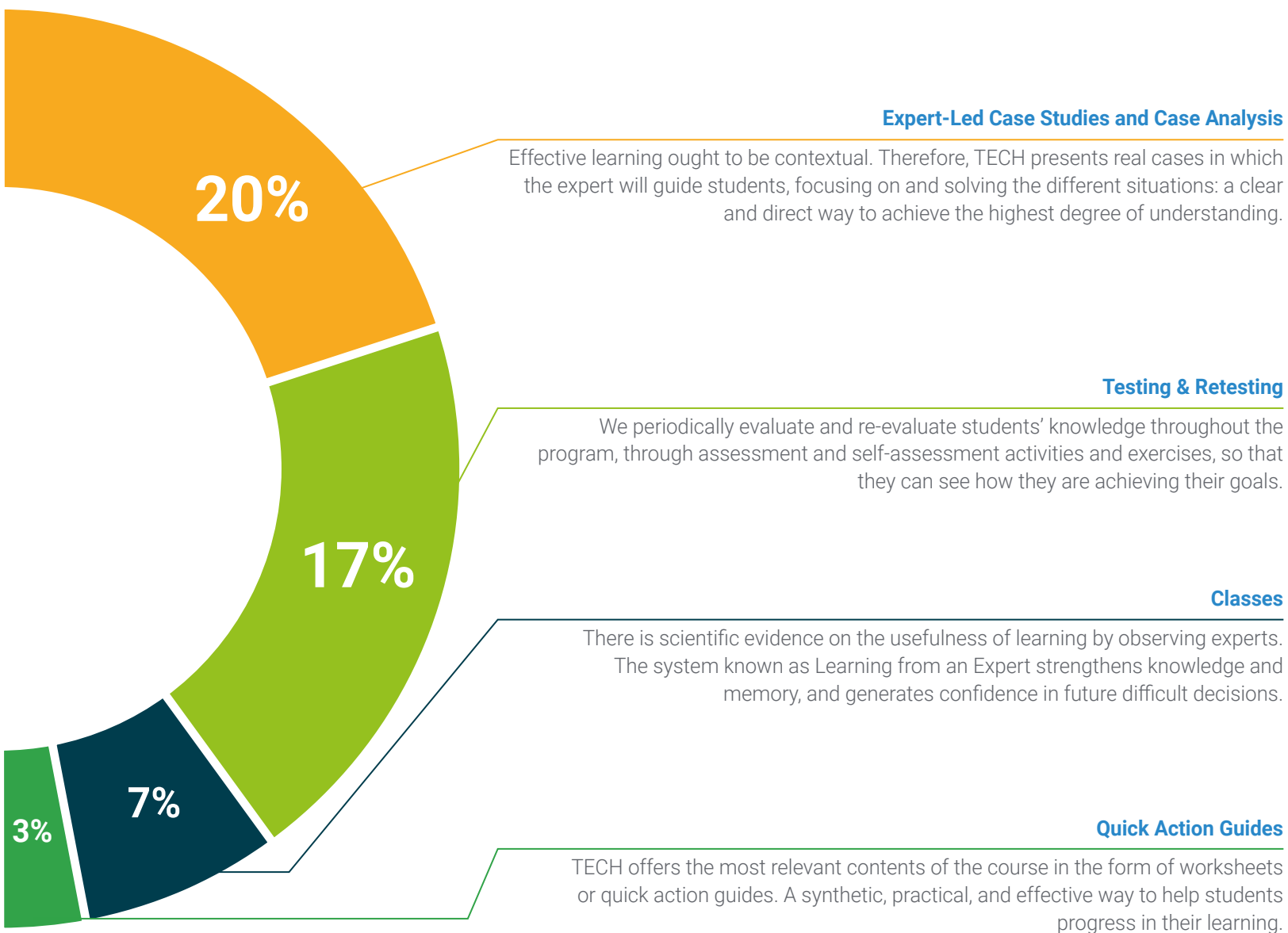
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.





06 Program

The Postgraduate Diploma in Chronic Pain: Chronic Pain Syndromes guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.



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*Successfully complete this program
and receive your university certification
without traveling or complex paperwork”*

This private qualification will allow you to obtain a **Postgraduate Diploma in Chronic Pain: Chronic Pain Syndromes** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Chronic Pain: Chronic Pain Syndromes**

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Duration: **6 months**

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