

# Postgraduate Diploma

## Chronic Pain: Chronic Pain Syndromes





## Postgraduate Diploma Chronic Pain: Chronic Pain Syndromes

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

Website: [www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-chronic-pain-chronic-pain-syndromes](http://www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-chronic-pain-chronic-pain-syndromes)

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# 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 training such as this Postgraduate Diploma, which provides the tools to reach a correct diagnosis and therapeutic management of chronic pain and its major challenges, such as oncological pain or neuropathic pain.





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

This Postgraduate Diploma has been designed by anesthesiologists with extensive experience in pain management, both acute and chronic, in daily clinical practice, so it offers Students a global vision of the clinical problem of pain in our environment.

Thus, with this training, 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 bases damage to the nervous system. It includes a group of pathologies that affect a considerable part of the population in our environment and whose incidence is progressively increasing.

The following topic will deal with musculoskeletal pain, which is one of the most prevalent pain 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 an 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 educational program on the market. The most important features of the program include:

- ♦ Practical cases presented by experts in Chronic Pain: Chronic Pain Syndromes.
- ♦ 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 practice.
- ♦ The latest developments in Chronic Pain: Chronic Pain Syndromes.
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning.
- ♦ Special emphasis on innovative methodologies in chronic pain Chronic Pain Syndromes.
- ♦ 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 you will be able to improve your daily practice"*

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*Do not hesitate to take this training with us. You will update your knowledge in chronic pain and obtain a certificate endorsed by TECH Technological University"*

*This Postgraduate Diploma will allow you to train with the best didactic methodology and in simulated scenarios that will allow you to train in real situations*

*As it is 100% online, you will be able to combine the completion of this Postgraduate Diploma with your work and family life*

The teaching staff includes professionals from the field of Chronic Pain, who bring their experience to this training program, as well as renowned specialists from leading communities 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 training programmed to train 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 purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts in Chronic Pain with extensive medical experience.



02

# Objectives

This **Postgraduate Diploma in Chronic Pain: Chronic Pain Syndromes** is aimed at facilitating the medical professional's performance with the latest advances and most innovative treatments in the sector.





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*Thanks to this Postgraduate Diploma you will be able to increase your knowledge in chronic pain and offer more accurate treatments to your patients”*



## General Objective

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- ♦ Update knowledge on pathophysiology, neuroanatomy, and etiopathogenesis of pain.
- ♦ Acquire the skills to adequately assess pain based on the patient's clinical history and physical examination.
- ♦ Obtain the necessary knowledge to determine the diagnostic methodology in the patient suffering from pain.
- ♦ Establish the updated theoretical basis of pharmacological therapies useful in the treatment of pain
- ♦ Know the advances in non-pharmacological therapies and invasive therapies in the control of acute and chronic pain.
- ♦ Develop competencies for the adequate control of pain in the perioperative period in different clinical situations and surgical procedures.
- ♦ Broaden knowledge of pain management in the gynecological and obstetrical field.
- ♦ Delve into the most relevant concepts of pain management in pediatric patients.
- ♦ Achieve the ability to define, evaluate, and determine the diagnostic and therapeutic approach in patients with chronic pain of neuropathic, musculoskeletal, oncologic, and visceral origin.



## Specific Objectives

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### Module 1.

- ♦ Establish Updated Knowledge on the Etiopathogenesis of Neuropathic Pain.
- ♦ Define basic Theoretical Concepts about Neuropathic Pain and its Types.
- ♦ Show Current Diagnostic Strategies for the Evaluation of Neuropathic Pain.
- ♦ Analyze Pharmacological Therapeutic Methods and Non-Pharmacological Alternatives Suitable for Each Type of Neuropathic Pain.
- ♦ Present the Particularities of the Different Types of Neuropathic Pain Favoring a Better Knowledge of Them and Their Management in Clinical Practice.

### Module 2.

- ♦ Raise Awareness of the Relevance of Musculoskeletal Pain and to Clarify Concepts Regarding its Etiology and Classification.
- ♦ Provide Useful Tools for the Evaluation of Musculoskeletal Pain by Means of Clinical History and Physical Examination.
- ♦ Establish Conceptual Bases for the Management of Current Diagnostic Techniques in the Diagnosis of Musculoskeletal Pain.
- ♦ Offer a practical approach to the pharmacological, invasive and non-invasive therapeutic management of musculoskeletal pain..
- ♦ Analyze Specific Aspects of Musculoskeletal Pain According to its Etiologic Origin.
- ♦ Show Updated Information on Complex Musculoskeletal Syndromes such as Fibromyalgia or Central Sensitivity Syndrome.

### Module 3.

- ♦ Approach the Basic Theoretical Concepts of Oncologic Pain and its Physiopathology.

- Provide Tools for the Evaluation and Classification of Oncologic Pain.
- Show the Current Methods to Reach the Correct Diagnosis of Oncologic Pain.
- Approach Multidisciplinary Strategies for the Therapy of Oncologic Pain.
- Establish Specific Diagnostic and Therapeutic Aspects of Pain Management in Common Oncologic Processes.
- Offer Tools for the Approach to Pain Control in the Terminal Stage of the Oncologic Patient's Life.



*A broad view of the multidisciplinary approach to autoimmune diseases that the approach to autoimmune diseases requires, with the guidelines and knowledge that are essential in this scientific discipline"*

# 04

# Course Management

The program's faculty includes leading experts in the Diagnostic and Therapeutic Approach of Pain, who bring their work experience to this training. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.





*Leading professionals in the field have come together to teach you the latest advances in the comprehensive approach to acute postoperative pain and chronic pain”*

## International Guest Director

Dr. Shehebar specializes in sports/spinal pain management, musculoskeletal medicine and cancer pain management. He 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 part of the comprehensive pain management subdepartment and is interested in employing multimodal therapies along with rehabilitation techniques.

Dr. Mourad M. Shehebar is an Assistant Professor of Anesthesiology, Perioperative and Pain Medicine at the Icahn School of Medicine at Mount Sinai. He received his undergraduate degree in Psychology and Biology from Baruch College in New York and his medical degree from the George Washington University School of Medicine and Health Sciences, Washington, D.C.

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. In 2022, Dr. Shehebar has been promoted to Director of the Pain Management Fellowship Program at Mount Sinai.

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



## Dr. Shehebar, Mourad M.

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- Director of the Pain Management Fellowship Program at Mount Sinai - 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.
- Mount Sinai New York Pain Medicine Fellow
- Resident, Department of Anesthesiology Mount Sinai Hospital, New York
- Intern, Internal Medicine, Mount Sinai Beth Israel Internal Medicine
- Medical Degree, George Washington University, Washington D.C.
- B.A. Summa Cum Laude in Psychology and Biology from Baruch College in New York City

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

## Management



### Dr. Arance García, Magdalena

- Degree in Medicine and Surgery from the University of Seville (July 2000)..
- Specialty in Anesthesia, Resuscitation, and Pain Therapy. Virgen Arrixaca University Hospital. Mucia 2002-2006
- Specialist in Anesthesiology and Resuscitation. Clinical Management Unit Surgical Block. Virgen del Rocío University Hospital (Seville)

## Professors

### Dr. Ángel Redondo, Lucía

- ♦ Degree in Medicine. Degree Obtained at the University of Seville. 2003-2011.
- ♦ Specialty in Anesthesia, Resuscitation, and Pain Therapy.
- ♦ Residency at the University Hospital San Pedro de Alcántara (Cáceres). 2014-2018.
- ♦ FEA of Anesthesia, Resuscitation, and Pain Therapy.
- ♦ Andalusian Health Service. Virgen del Rocío University Hospital. Seville Chronic Pain Unit. Since 2018

### Dr. Casado Pérez, Gloria

- ♦ Degree in Medicine and Surgery from the University of Seville, 2004.
- ♦ Master's Degree in Pain Treatment.2013. University of Seville.
- ♦ Specialist in Anesthesiology, Resuscitation, and Pain Management. MIR Training During the 2010-2014 in Virgen del Rocío University Hospitals. Seville
- ♦ Specialist in Anesthesiology and Resuscitation. Clinical Management Unit Surgical Block General Hospital Pain Treatment Unit.
- ♦ Virgen del Rocío University Hospital (Seville) Since 2014

### Dr. Jiménez Pancho, Ana Isabel

- ♦ Degree in Medicine and Surgery from the University of Seville in June 2006..
- ♦ Master's Degree in Pain Treatment. Edition 2012-2013 taught by the University of Seville.
- ♦ Specialist in Anesthesiology, Resuscitation and Pain Therapy at the Virgen del Rocío University Hospital. Since 2015.





05

# Structure and Content

The structure of the content has been designed by leading professionals in Chronic Pain, with extensive experience and recognized prestige in the profession, backed by the volume of cases reviewed, studied, and diagnosed, and with extensive knowledge of new technologies applied to anesthesiology.





*This Postgraduate Diploma in Chronic Pain: Chronic Pain Syndromes contains the most complete and up-to-date scientific program on the market”*

### 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. Therapeutic Strategies for Neuropathic Pain Control.
- 1.4. Complex Regional Pain Syndrome (CRPS).
- 1.5. Neuropathic Pain of Central Origin.
- 1.6. Phantom Limb Pain.
- 1.7. Postherpetic Neuralgia
- 1.8. Polyneuropathies
- 1.9. Facial Algas

### 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 Cancer Pain. Current Situation of Oncologic Pain in Our Environment.
- 3.2. Pathophysiology of Oncologic Pain.
- 3.3. Evaluation of Pain in the Oncologic 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 Oncological Pain.
- 3.8. Psychological Treatment of Oncological Pain.
- 3.9. Specific Considerations in Different Types of Tumors.
- 3.10. Palliative Treatment in the Patient with Oncologic Pain.





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*This training will allow you to advance in your career comfortably”*

06

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: *Re-learning*.

This teaching system is used 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 Re-learning, 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

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you can experience a way of learning that is shaking the foundations of traditional universities around the world*



According to Dr. Gervas, 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 potential 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 professional medical 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 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 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.



## Re-learning Methodology

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

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



*The physician 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 250,000 physicians with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards



In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Latest 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 this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our future difficult decisions.



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



# 06 Certificate

This Postgraduate Diploma in Chronic Pain: Chronic Pain Syndromes guarantees, in addition to the most rigorous and updated training, access to a Postgraduate Diploma degree issued by TECH Technological University.





*Successfully complete this specialisation and receive your university degree without travel or laborious paperwork"*

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

After passing the assessments, students receive by mail their Postgraduate Diploma issued by **TECH Technological University**.

The diploma issued by TECH Technological University will specify the qualification obtained through the Postgraduate Diploma and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional from career evaluation committees.

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

Official Number of Hours: **450**



\*Apostille Convention. In the event that the student wishes to have their paper diploma 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  
development language  
virtual classroom



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Chronic Pain Syndromes