



Learning Outcomes

After the Student has Completed Level 1 they should be able to:

1. Define pain.
2. Distinguish between chronic and acute pain.
3. Summarize the entire cycle of pain messaging.
4. Classify the nonphysical aspects of pain.
5. Explain the secondary gains of chronic pain.
6. Show how you might use the secondary gains of chronic pain.
7. Describe pain using language.
8. Explain and distinguish the five dimensions of pain.
9. Develop a self-interview process to summarize your pain history.
10. Interpret your perception of chronic pain.
11. Categorize different types of pain.
12. Show the relationship between unmanaged stress and chronic pain.
13. Illustrate the relationship between depression and pain anxiety.
14. Define psychoneuroimmunology.
15. Illustrate how thought and emotion influence physical health (chronic pain).
16. Interpolate the five dimensions of pain.
17. Assess the risk factors of chronic pain in terms of the client.
18. Explain the comfort assessment.