Pain: Mechanisms and Management
(589719) 15 points

Paper overview
Pain is the most common reason that people seek health care. The sensation of pain arises for many different reasons and, if it persists, can have a markedly disabling effect on an individual's lifestyle. This paper has been designed to give you a greater understanding of the mechanisms involved in the sensation of pain and the development of chronic pain syndromes, to expand your knowledge of clinical diagnostic techniques, and to broaden your approach to management of patients in pain.

Programme study options
This paper is available from the Faculty of Health and Environmental Sciences in the rehabilitation and musculoskeletal specialisation areas.

Who can study this paper?
The paper is for health professionals who will normally have completed the requirements of one of the following in a relevant field from a New Zealand tertiary institution or equivalent:
- A bachelors degree
- Professional qualification recognised by the university as being equivalent to a bachelors degree
- Evidence of professional experience deemed by the university to be equivalent to a bachelors degree

Where entry qualifications do not meet the criteria for study at postgraduate level, completion of transitional studies may be required before the applicant is admitted to the programme.

What you can expect to learn?
This paper covers the following topics:
- Neurophysiological basis of nociception: receptors, transmission, pathways, interpretation
- Development of pain disorders: peripheral and central sensitisation
- Descending pain regulation: neural and hormonal regulation of pain signals
- Diagnosis and treatment: introduction to neural mechanisms of pain conditions and methods of treatment
- Pharmacology: mechanisms, effects and side-effects of common pharmacological treatments for chronic pain
- Multidisciplinary management of chronic pain: risk factors; role of physiotherapy, exercise, psychology; influence of ACC

What do you need to study this paper?
To study this paper it is essential that you have a computer, internet (broadband preferred), and email access.

Paper Coordinator: Gwyn Lewis
Gwyn is a senior lecturer in the School of Health and Environmental Sciences at AUT University. She is a neurophysiologist with an interest in pain research, including the mechanisms and treatments of common chronic pain conditions.

Teaching style, dates and location details
Location: On campus at North Shore Campus, AUT University and on-line
Teaching Period(s): Semester 1 (on campus) & Semester 2 (online)
Online: Yes
Block Course: Yes

How will the paper be taught?
The teaching process will include lectures and laboratory sessions, interactive group work, presentations and discussion sessions.

How much time will I need to commit to the paper?
This is dependent on your other commitments and the speed at which you learn and work, but on average a 15 point paper typically involves around 150 hours per semester. This includes reading, analysis and discussion of provided literature. This will be done through participation on AUT Online and the preparation of assessments.
Pain: Mechanisms and Management
(589719) 15 points

How much does this paper cost?
15 point paper tuition fee for domestic students is approximately NZ$1000. Fees are subject to change. This is an approximate cost. Additional fees for study may include: a learner services levy, student association (AUSM) fee, charges and paper activity fees.

Please contact us for further information (International students email international.centre@aut.ac.nz)

How this paper will be assessed?
The paper is assessed using one written assignment. The assignment will be a report of a selected pain condition that transitions from an acute to chronic phase. It will include aspects of clinical identification, assessment, and management. A draft system will be used where you will be able to submit your assignment prior to the due date to receive feedback on the assignment content.

Enrolment process
New students
Contact the Student Information Centre
Phone: 0800 AUT UNI (0800 288 864) or Email: courseinfo@aut.ac.nz

Returning students
Go online to AUTonline, https:autonline.ac.nz
a. Check paper timetable by clicking on ‘Timetable’ option
b. Then, complete the re-enrolment form by clicking on ‘Forms’ option
c. Then, email us the completed form.

Enrolment and paper information
Student enrolment enquiries: 0800 AUT UNI (0800 288 864)
courseinfo@aut.ac.nz
www.sciencepostgraduate.aut.ac.nz
Student enquiries about this paper:
Gwyn Lewis (Paper Leader)
09 921 9999 ext 7621
Gwyn.lewis@aut.ac.nz or stephanie.gregory@aut.ac.nz
or debra.spinotto@aut.ac.nz

Information in this document is provided as a general guide only for students and is subject to alteration.