



# Online Learning

## Pain & Therapeutics Online Course

### Interprofessional Online Learning | University of Saskatchewan

**Course Overview:** The course was developed out of an inter disciplinary conference focused on mental health, complex pain and substance use disorders.

**Target Audience:** This course is suitable for family physicians, specialist physicians, nurses, nurse practitioners, mental health professionals, pharmacists, physiotherapists, residents and health sciences students. All other health care professionals are encouraged to participate.

**Course Learning Objectives:** Upon completion of this course, the learner will be able to:

- describe the role of CBT for patients: altering the experience of (chronic) pain, improving function, stimulus control therapy, sleep hygiene, relaxation training and sleep restriction;
- identify resources available for pain management in Saskatchewan, including Indigenous cultural influences on pain and pain management;
- describe the role of opioid stewardship programs in Saskatchewan;
- outline the indications for methadone and buprenorphine in the treatment of chronic pain; and
- comprehend harm management in relation to cannabis.

**Course Cost:** \$50

**Registration Opens:** March 27, 2020

**Online Registration:** <https://ccdeconference.usask.ca/index.aspx?cid=328>

For more information, contact:

**Daniel Mittelholtz**, Course Facilitator

Phone: 306-966-7791

Website: <https://cmelearning.usask.ca/>



### Accreditation Credits:

**Royal College of Physicians and Surgeons of Canada (Royal College), Maintenance of Certification (MOC)**

**Section 3: Self-Assessment Accreditation Statement:** This activity is an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the Continuing Medical Education Division, University of Saskatchewan. You may claim a maximum of 1 hours (credits are automatically calculated).

**Section 2: Self-Learning:** Participants are reminded that the 5 hours of video presentations are a valuable source of Section 2 Credits in the MOC framework- Self-Learning. Video, Audio or Podcast learning activities can be claimed for 0.5 credits per activity.

Learners are reminded to document their learning in MAINPORT. Click [HERE](#) to be taken to the MAINPORT site.

**CFPC Members, Mainpro+**

Accredited Royal College MOC Section 1 and Section 3 credits are eligible for certified Mainpro+® credits, up to a maximum of 50 credits per five-year cycle; any additional credits are eligible as non-certified Mainpro+® credits. MOC Section 3 accredited activities can be claimed at 3 credits per hour up to the cycle maximum.

Learners are reminded to document their learning in Mainpro+®. Click [HERE](#) to be taken to the Mainpro+® site.