

# Understanding and Managing Psychosocial Barriers in MSK Conditions

## A new educational programme leading to an RCC Diploma in Pain Management (DPM)

### Introduction

The RCC is pleased to announce the launch of a new educational programme, which will lead to the award of a new RCC Diploma in Pain Management.

This new programme is in three parts:

- Part 1. An online learning module, with summative self-assessment, developed by chiropractors and psychologists;
- Part 2. A short practical course, with formative assessment, developed, delivered and assessed by chiropractors and psychologists;
- Part 3. An extensive, clinic-based, case-management logbook developed, delivered and assessed by chiropractors and psychologists.

Chiropractors may opt to undertake one, two or all three parts of the programme, but may only undertake part 2 if part 1 has been successfully completed, and may only undertake part 3 if parts 1 *and* 2 have been successfully completed.

Successful completion of all three parts of the programme will result in recognition by the RCC for 120 M-level credit-equivalents in the field of pain, resulting in the award of RCC Diploma in Pain Management (DPM) and conferring eligibility for Full Membership of the RCC's Pain Faculty [MRCC (Pain)]. Chiropractors may use the individual parts of the programme in a mix and match approach to achieve their desired level of RCC membership since each part of the programme has a separate M-level credit-equivalent tariff.

### Programme design

The Understanding and Managing Psychosocial Barriers in MSK Conditions Programme is designed for clinicians who are working with patients who present with pain, and who will benefit from understanding how non-physical factors can provide barriers to their patients' recovery, and how to manage them.

These non-physical factors include a lack of motivation to perform prescribed exercises or to attend treatment visits, aberrant beliefs feeding catastrophic thinking with resultant fear of activity, amplified perception of pain, and exaggerated physical responses such as muscle guarding.

A working ability to identify non-physical aspects of a patient's presentation, and having the skills to manage simple non-physical barriers, are considered core competencies for practitioners looking to work as primary care spinal specialists. More experienced clinicians will want to have the understanding, and possess the necessary language, to enable them to record, discuss and articulate findings/management approaches related to psychological and social aspects of clinical cases.

### Part 1

Part 1 of the programme comprises an online learning module, entitled Understanding Psychosocial Barriers, which you can complete flexibly in your own time. The module will help you understand and identify modifiable non-physical factors, which may be acting as a barrier to your patients' recovery. Non-physical factors may be psychological, social, procedural, financial or cultural, but

this module focuses mainly on psychological and social factors. You will be introduced to tools and techniques, which can be used to reduce the impact of these on your patient. The module will help you recognise when these factors need more specialist care, enabling you to either co-manage them or refer appropriately.

The online module is self-contained, but contains links to an extensive list of additional reading which the learner may choose to follow up, particularly in areas of special interest. The module may thus enable valid claims for the full annual quota of *CPD hours learning alone* to be made. Note that some of the reading is available full-text via the RCC Discovery Service (RCC members only).

An M-level credit-equivalence tariff of 10 credits has been recognised by the RCC for successful completion of the online module.

This part of the programme is available to RCC members now at a cost of £49. To register, please see the details below. Note that non-members can access the module at a cost of £99 with £50 refunded upon joining the RCC (terms apply).

### Part 2

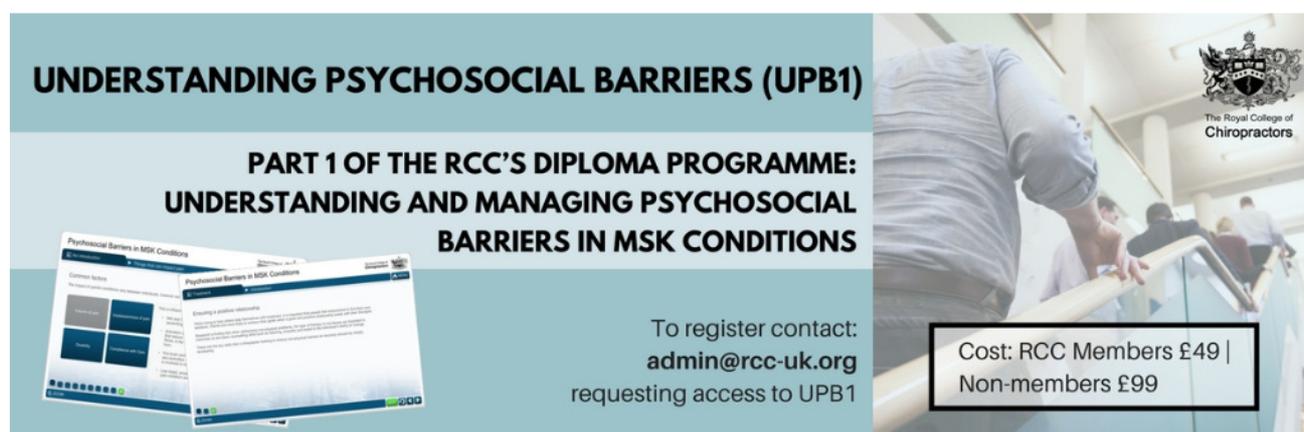
Building on the material covered in online learning module, Part 2 of the programme will comprise a full two-day course including presentations from experts, and small-group practical sessions. Delegates will be observed throughout the course and assessed on a formative basis such that any learning issues identified will normally be resolved during the course. Full details of the course have yet to be finalised and the M-level credit-equivalence tariff of the course, and the cost of participation, have not yet been determined.

### Part 3

The final part of the programme involves completion of an extensive, case-based, clinical logbook. Candidates will need to use their logbook, over an extended period of time, to record and justify their evidence-based management of a cohort of patients presenting with pain and exhibiting non-physical barriers to recovery. Documentation of each case will include a reflective account, with references to the literature as appropriate. Log books will be assessed by members of an expert team for which there will be a cost which has yet to be determined.

### **To register**

To register for this module, email [admin@rcc-uk.org](mailto:admin@rcc-uk.org) quoting your name and the reference 'UPB1'. Payment details will be forwarded to you and, upon payment, you will receive secure access details.



**UNDERSTANDING PSYCHOSOCIAL BARRIERS (UPB1)**

**PART 1 OF THE RCC'S DIPLOMA PROGRAMME:  
UNDERSTANDING AND MANAGING PSYCHOSOCIAL  
BARRIERS IN MSK CONDITIONS**

To register contact:  
[admin@rcc-uk.org](mailto:admin@rcc-uk.org)  
requesting access to UPB1

Cost: RCC Members £49 |  
Non-members £99

The Royal College of Chiropractors