

RCC Diploma in Pain Management (DPM)

A unique modular education programme on understanding and managing psychosocial barriers in MSK conditions

Introduction

The RCC is pleased to provide an educational programme which leads to the award of a RCC Diploma in Pain Management.

The programme is in four parts, each of which is developed, delivered and assessed by chiropractors and psychologists:

- Part 1. An online learning module, with summative self-assessment;
- Part 2a. A suite of webinars, with summative self- assessment;
- Part 2b. A short practical course, with formative assessment;
- Part 3. An extensive, clinic-based, case-management logbook in 2 sections.

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

Successful completion of all 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 a RCC Diploma in Pain Management (DPM) and conferring eligibility for Full Membership of the RCC's Pain Faculty [MRCC (Pain) provided all other membership requirements have been fulfilled]. 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.

Programme components

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 Part 1 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).

To register for Part 1

To register for the Part 1 module, email 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.

Part 2a

Building on the material covered in online learning module, Part 2a of the programme comprises a series of webinars delivered by psychologists and chiropractors, with self-assessment questions delivered as an integrated online learning module.

An M-level credit-equivalence tariff of **10 credits** has been recognised by the RCC for successful completion of the Part 2a online module.

To register for Part 2a

To register for the Part 2a module, email admin@rcc-uk.org quoting your name and the reference 'UPB2a'. Payment details will be forwarded to you and, upon payment, you will receive secure access details.

Part 2b

This comprises a one-day course including presentations from experts, and small-group practical sessions. Delegates will be observed during the course and assessed on a formative basis such that any learning issues identified will normally be resolved during the course.

An M-level credit-equivalence tariff of **5 credits** has been recognised by the RCC for successful completion of the Part 2b course.

To register for Part 2b

The first Part 2b course will be held in Gatwick (tbc) on Saturday 18th April 2020. To pre-book, please contact admin@rcc-uk.org.

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. Logbooks will be reviewed by members of an expert team.

Please note that Part 3 of the programme will be launched in April 2020. An M-level credit-equivalence tariff of **35 credits** and **65 credits** (for the two logbook sections) will be assigned by the RCC for successful completion of the logbook.