

Funded Education Opportunity for Rural Physiotherapists and Occupational Therapists

The Rural Health Professions Action Plan (RhPAP) is pleased to provide a funded education opportunity for physiotherapists (PTs) and occupational therapists (OTs) serving rural Alberta communities. This education program will support PTs and OTs develop competency in assessment and treatment interventions for patients where psychosocial risk factors and pain are a significant or key factor in recovery and return to functional activity. Alberta Health Services is administering this opportunity on behalf of RhPAP.

The program is open to PTs and OTs:

- Serving rural communities with a population of 15,000 people or less (see page 3 for a listing of Alberta communities with a population of 15,000 or less).
- Who serve clients after musculoskeletal and orthopedic injuries, surgeries, or conditions.
- Who are either:
 - Self or privately employed
 - Part of an Alberta Health Services or other public agency team

Dr. Michael Sullivan is a clinical psychologist who is currently Professor of Psychology, Medicine, Neurology, Neuroscience, Physical and Occupational Therapy at McGill University. He presents this online series of four recorded webinars offered by PGAPworks.

- Catastrophic Thinking: 25 Years of Research: What Have We Learned?
- Catastrophic Thinking: Approaches to Assessment
- Catastrophic Thinking: Intervention Techniques
- Pain Catastrophizing: Will Changing the Term Change the Problem?

To Apply:

Physiotherapists or occupational therapists who are:

- Self or privately employed: please use this link to apply:
<https://redcap.albertahealthservices.ca/surveys/?s=CTLPERW9NJ>
- Employed by Alberta Health Services employees or another public agency: Please use this link to apply:
<https://redcap.albertahealthservices.ca/surveys/?s=4NDWMPNP94>

Please note:

- Applicants will receive an invitation to join RhPAP mailing lists and social media feeds on activities and opportunities for rural providers.
- **Any applicant who registers for the program, and does not complete at least one module within 4 weeks of registering will be required to repay of the registration fee.**
 - E.g., if you register and complete at least one module within 4 weeks, RhPAP will cover your registration fees; if you register, but do not complete at least one module, you will be expected to reimburse the cost of the registration (\$115.50).
- AHS and RhPAP will work to provide equitable access to this opportunity for rural PTs and OTs across the province.

Background:

AHS is collaborating with RhPAP to support care close to home for Albertans living in rural areas. This education programming aligns with work by Alberta Health Services (AHS) to enhance and standardize rehabilitation services. Physiotherapy and occupational therapy assessment and treatment is important for preventing and reducing the negative impacts of musculoskeletal (MSK) conditions. Albertans need to understand their conditions, and strategies to remain healthy and independent. This education program will support PTs and OTs develop competency in assessment and treatment interventions for patients where psychosocial risk factors and pain are a significant or key factor in recovery and return to functional activity.

Program description:

The program is a series of four online, on demand webinars (individuals can view the webinars on their own, where ever they have an internet connection).

Part 1: Catastrophizing: 25 Years of Research; What Have We Learned? (70 minutes).

This presentation provides an introduction to psychosocial risk factors for delayed recovery. The evolution of biopsychosocial models of pain and disability are briefly described. Topics include the effects of catastrophizing and related risk factors on pain severity, work-disability, chronicity and mental health. Results from seminal studies are summarized and the implications for clinical management are addressed.

Part 2: Catastrophizing and Related Risk-Factors: Assessment and Treatment Planning. (40 minutes).

This presentation focuses on approaches to the assessment of pain catastrophizing in clinical practice. Topics include methods of administration, scoring and interpretation of scores on measures of pain catastrophizing and related risk factors. The presentation also provides examples of how the results of assessments of psychosocial risk factors can be incorporated into clinical reports. As well, the presentation examines the implications of different psychosocial risk profiles for treatment planning.

Part 3: Catastrophizing and Related Risk Factors: Intervention Techniques. (90 minutes).

This presentation provides a description and video demonstrations to illustrate the use of a range of techniques specifically designed to reduce pain catastrophizing and related risk factors. Topics include education, guided disclosure, goal setting, activity planning, exploring behavioural response options, and cognitive replacement-integration. Discussion addresses how these different techniques can be used as stand-alone intervention tools, or combined into an integrated treatment program.

Part 4: Pain Catastrophizing: Will Changing the Term Change the Problem? (15 minutes)

This presentation addresses recent controversies concerning the use of the term ‘pain catastrophizing’ in clinical practice and research. Topics explored in this presentation include clients’ negative reactions to the term, suggestions for alternate terminology, and challenges to the use of psychological concepts in the management of persistent pain conditions.

Questions? Please contact alliedhealth.education@ahs.ca

Alberta communities with populations of 15,000 or less according to the [2019 Municipal Affairs Population List \(alberta.ca\)](#)

If you serve a community you believe has a population of 15,000 or less that does not appear on the list below and you are interested in this education opportunity, please apply and provide the name of the community and we will work with you to determine if you are eligible.

Northern Alberta	Edmonton Area (Rural)	Central Alberta (cont'd)	Southern Alberta
Beaverlodge	Alexander First Nation	Sunchild First Nation	Bassano
Edson	Alexis Nakota Sioux Nation	Sundre	Blood Tribe
Elk Point	Athabasca	Sylvan Lake	Bow Island
Fariview	Beaumont	Three Hills	Brooks
Fahler	Barhead	Tofield	Cardston
Fox Creek	Bon Accord	Trochu	Coaldale
Grand Cache	Bonnyville	Two Hills	Coalhurst
Grimshaw	Bruderheim	Vegreville	Fort Macleod
High Level	Calmar	Vermilion	Granum
High Prairie	Devon	Viking	Magrath
Hinton	Enoch Cree Nation #440	Wainwright	Milk River
Legal	Gibbons	Wetaskiwin	Nobleford
Manning	Morinville	Stoney (Wesley) First Nation	Oyen
Mayerthorpe	Paul First Nation	Strathmore	Picture Butte
McLennan	Stony Plain	Tsuut'ina Nation	Piikani Nation
Mikisew Cree First Nation	Thorsby	Turner Valley	Picture Butte
Onoway	Central Alberta	Vulcan	Pincher Creek
Paddle Prairie Metis Settlement	Bashaw	Calgary Area (Rural)	Raymond
Peace River	Blackfelds	Banff	Redcliff
Peavine Metis Settlement	Bowden	Bentley	Stavely
Peerless Trout First Nation	Castor	Black Diamond	Taber
Rainbow Lake	Coronation	Canmore	Vauxhall
Redwater	Daysland	Cochrane	
Saddle Lake Cree Nation	Drayton Valley	Carstairs	
Sawridge First Nation	Eckville	Claresholm	
Sexsmith	Hanna	Crossfield	
Slave Lake	Hardisty	Didsbury	
Smith's Landing First Nation	Innisfail	Drumheller	
Smoky Lake	Irricana	High River	
Spirit River	Killam	Irricana	
St. Paul	Lamont	Nanton	
Sturgeon Lake Cree Nation	Millet	Okotoks	
Sucker Creek First Nation	Mundare	Siksika Nation	
Swan Hills	Olds	Stoney (Bears paw) First Nation	
Swan River First Nation	Penhold	Stoney (Chiniki) First Nation	
Tallcree Tribal Government	Penoka		
Valleyview	Provost		
Wembley	Rimbey		
Westlock	Rocky Mountain House		
Whitecourt	Samson Cree Nation		
Whitefish Lake First Nation	Sedgewick		
Woodland Cree First Nation	Stettler		