

Long-Distance Education Using Web-Based Tools

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Practising clinicians from all health disciplines have long recognised their need to upgrade their knowledge and skills in the fast developing field of modern pain management. The traditional means of delivering such knowledge and skills has been via face to face lectures and weekend workshops. However, for the busy clinician these modalities can necessitate time consuming and expensive travel and accommodation. The advent of the internet has allowed us to develop online modes of teaching this knowledge and skills, thereby minimizing costs in time and money.

This session will describe how our Post-Graduate Pain Education Unit at the University of Sydney Medical School pioneered this mode of teaching and training almost 20 years ago, with our Masters degree course in multidisciplinary pain management being the first to be offered as a fully online course. Since then the course has expanded but remains consistent with the IASP's Core Interdisciplinary Curriculum on pain management. Over the years other Universities in Europe, East Asia and North America have also offered our courses under license from the University of Sydney.

In addition to our online Masters and Diploma courses, since 2012 we have also developed online courses to train clinicians of all health disciplines in the skills required to teach pain self-management strategies to patients, both individually and in small groups. The aim of these skills-based courses is to enable the participants to achieve competence in delivering this mode of treatment. The outcomes reported so far have been very encouraging, with over 20 programs being developed in Australia and New Zealand via this route.

This session will describe this mode of pain education, its evaluation by participants, and the opportunities it offers to rapidly and cheaply expand the roll-out of brief pain management programs and to upskill individual clinicians.