



## COURSE SYLLABUS

# Pain and its relation to activity and participation, 1.5 credits

*Smärta och dess relation till aktivitet och delaktighet, 1,5 högskolepoäng*

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<b>Course Code:</b>	HRAN10	<b>Education Cycle:</b>	First-cycle level
<b>Confirmed by:</b>	Utbildningsrådet Sep 18, 2018	<b>Disciplinary domain:</b>	Health sciences
<b>Revised by:</b>	Director of Education Dec 20, 2018	<b>Subject group:</b>	TR1
<b>Valid From:</b>	Jan 20, 2020	<b>Specialised in:</b>	G2F
<b>Version:</b>	2	<b>Main field of study:</b>	Occupational Therapy
<b>Reg number:</b>	Avdelningen för rehabilitering/Department of Rehabilitering		

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### Intended Learning Outcomes (ILO)

Upon completion of the course students should have the ability to:

#### Knowledge and understanding

- describe chronic pain from a biopsychosocial perspective
- understand personal and environmental factors' significance to activity and participation.

#### Skills and abilities

- identify and describe pain in relation to activity and participation
- identify and describe factors that affect pain and pain behaviour.

#### Judgement and approach

- critically review and evaluate one's own knowledge gathering in the course's area of knowledge and identify what needs to be improved/developed.

### Contents

- biopsychosocial model for pain
- pain behaviour and health
- pain's impact on activity and participation

### Type of instruction

The course is implemented through a distance course online in the form of recorded lectures and self study.

The teaching is normally conducted in Swedish, but can occasionally be in English.

### Prerequisites

General entry requirements and completion of courses equivalent to 60 credits from the courses Occupational therapy in profession and research, 30 credits, Activity and development throughout life, 30 credits and/or Occupational Therapy for Activity Limitations in Disability and Disease, 30 credits (or the equivalent).

**Examination and grades**

The course is graded A, B, C, D, E, FX or F.

Examination will be based upon an individual written assignment.

A university lecturer serves as examiner for the course.

Registration of examination:

Name of the Test	Value	Grading
Individual written assignment	1.5 credits	A/B/C/D/E/FX/F

**Course literature**

Linton, S. (2005). *Understanding Pain for Better Clinical Practice A Psychological Perspective*. Lund: Studentlitteratur.

The latest edition of the course literature shall be used.

Scientific articles and other study materials will be added.