

COURSE SYLLABUS



COURSE TITLE:	MASS-286: Pain and Stress
CLASS SECTION:	X01
TERM:	2023W
COURSE CREDITS:	2
DELIVERY METHOD(S):	In-person

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

For COVID-19 information please visit <https://camosun.ca/about/covid-19-updates>

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Iain Little
EMAIL: littlei@camosun.ca
OFFICE: PISE 203
HOURS: By appointment via Email on Mondays and Thursdays

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Students will study the sensory, discriminative, motivational, affective, and cognitive dimensions of pain. Students will study pain measurement methods and the impact of stress on acute and chronic pain with an emphasis on differentiating between different types of pain and the clinical presentation of stress or pain related syndromes common to the practice of massage therapy. Open to Massage Therapy students only.

PREREQUISITE(S): None

EXCLUSION(S): Open to students in the Massage Therapy program

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course students will be able to:

- Describe the impact of stress on acute or chronic pain.
- Identify different types of pain and clinical presentations of stress or pain related disorders common to the practice of massage therapy.

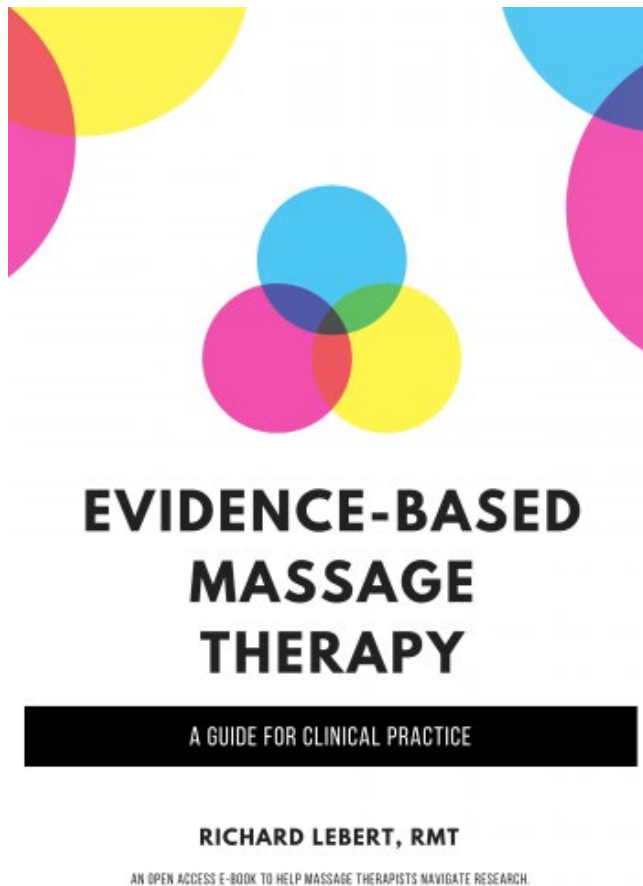
- Use appropriate pain scales and pain measurement tools.
- Differentiate between known causes and unidentifiable causes of pain.
- Identify stress/pain management methods used by other health care professionals.
- Identify limitations of the scope of practice of a massage therapist as they relate to patient stress associated pain.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Andrade, C.K. (2014). *Outcome Based Massage* (3rd Ed). Philadelphia, PA: Lippincott Williams & Wilkins

Donnelly, J.M. (2018). *Travell, Simons and Simons' – Myofascial Pain and Dysfunction: The Trigger Point Manual* (3rd Ed). Wolters Kulwer Health (Optional)

Kisner, C. (2017). *Therapeutic Exercise Foundations and Techniques* (7th Edition). F. A. Davis Company.



<https://open.bccampus.ca/browse-our-collection/find-open-textbooks/?uuid=f50db397-871f-40bb-861f-35fd1e74b980&contributor=&keyword=&subject=>

Lehman, G. (2017). Recovery Strategies – Pain Guidebook

<https://static1.squarespace.com/static/57260f1fd51cd4d1168668ab/t/594964426a4963370e76990a/1497982233437/recovery+strategies+final+book+june+2017.pdf>

Manske, D.M. R. (2020). *Orthopedic Physical Assessment* (7th Edition). Elsevier Health Sciences (US).

In addition, I may post additional required readings, videos and documents online, either as external links or as PDF files on the D2L site for the course. You can read these materials online or print them out, but they will be required, unless specifically marked as optional. All readings should be done by the beginning of that week.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor. Please allow for some flexibility around any guest speaker availability.

MASS-286-X01: Pain and Stress

M 10:30 AM - 11:20 AM
2023/01/09 - 2023/04/15
Portable A, 102 Lecture

Th 10:30 AM - 11:20 AM
2023/01/09 - 2023/04/15
Portable A, 101 Lecture

WEEK	DATE and ACTIVITY or TOPIC	OTHER NOTES
1	Intro to course – resources – health plan	
2	Stress – Anxiety – Start Health Plan	Health Preplan due Thursday
3	Anxiety – Dr. Jud Brewer	
4	Anxiety - Pain	
5	Pain Neuroscience – Bonica's pain terms	
6	Pain Theories – Ben Cormack	
7	Reading Break	Health Midplan due Sunday
8	Midterms	
9	Lorimer Mosely – Greg Lehman	

WEEK	DATE and ACTIVITY or TOPIC	OTHER NOTES
10	Greg Lehman Recovery Strategies	
11	Greg Lehman Pain Guidebook	
12	Greg Lehman Pain Guidebook	
13	Dr. Gabor Mate	
14	Integration – Health Plan Discussion	Health Plan Final due
Finals		Specifics to follow

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Health Preplan	10
Health MidPlan	10
Health Plan Final	20
Midterm Written	30
Final Written	30
TOTAL	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

Lecture Attendance

To get the most out of this course, students are expected to attend all classes and be on time. It is your responsibility to acquire all information given during a class missed, including notes, hand-outs, changed exam dates etc.

Due Dates and Late Assignments

Due dates are fixed (unless you have an approved academic accommodation through CAL, these students will discuss their due dates with me before the assignment is due), and it is expected that students will hand in assignments on time. Assignment marks will be returned to students in a timely manner, usually within 1-2 weeks, depending on the length of the assignment.

Late assignment deductions will be indicated on the specific assignment instructions. Assignments will not be marked if more than three days late inclusive of weekends.

Exam Procedures

All exams must be written at the scheduled times except for students requiring an accommodation by CAL. It is understood that emergency circumstances do occur (e.g., illness or family emergency); for such circumstances accommodation may be offered at the discretion of the instructor, provided the student:

- a) notifies the instructor in advance of the exam (not after), and
- b) provides documented evidence of the circumstance (e.g., medical certificate).

If an exam is missed with an excused absence, it is up to the instructor's discretion as to how the mark will be made up.

Be sure not to make travel plans for the end of semester until the final exam schedules are finalized and posted. Please ask any family members who might make travel plans on your behalf to consult you before booking tickets.

Please note: the use of cell phones during a test or quiz is not allowed and may result in a zero for that assessment.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of college property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centers (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous

Support Service	Website
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e., physical, depression, learning, etc.). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies and Procedures” (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun’s Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student’s right to choose what is right for them. For more information see Camosun’s Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College’s Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that

course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.