Fall 2015

Welcome to the International Spine and Pain Institute (ISPI) Therapeutic Pain Specialist (TPS) certification program in partnership with Evidence in Motion (EIM).

ISPI and EIM are post professional education companies dedicated to creating and promoting an evidence-based, best practice culture within the healthcare system. Combined, ISPI and EIM have 34 years of experience creating high-quality education for healthcare providers with:

• Outstanding curricula: Latest evidence and research
• Delivered by an all-star cast of faculty: World leaders in their field
• Creative formats and platforms: Combining online and hands-on learning
• Various combinations

Ultimately the TPS culminates in the best in tailored individual learning experiences for healthcare providers.

Why the TPS?
America is in pain. The world is in pain. Epidemiological data show:
• Increased global epidemic of pain, especially chronic pain\(^{1-13}\)
• Pain rates are increasing despite the significant increase in surgery, injections and pain medication\(^{14-21}\)
• Addiction to opioids and associated deaths are increasing at an alarming rate\(^{20,27}\)
• Healthcare providers struggle to treat chronic pain with resultant burnout of clinical staff\(^{28-32}\)

Why ISPI and EIM?
In lieu of the ever-increasing pain epidemic, tied into concerns of opioid addition, increased pain due to opioids and deaths associated with opioids, ISPI and EIM faculty has been at the forefront of pain science research from a therapeutic perspective. The TPS is the culmination of 15 years of cutting-edge research built into the complexities and treatment options for pain:
• Altering cognitions about pain (Therapeutic Neuroscience Education)\(^{33-40}\)
• Physical examination and treatments of a sensitized nervous systems (Neurodynamics)\(^{41-45}\)
• Neuroplasticity (Too Hot To Handle)\(^{46-48}\)
• Immune and endocrine dysfunctions in widespread pain (Everything Hurts)\(^{49-51}\)
• Behavioral medicine (Focus on Function)\(^{40,52,53}\)
• Acute preventative strategies for chronic pain (Perioperative Neuroscience Education)\(^{33,40,54-58}\)
• Building a successful pain program (The Business of Pain)\(^{31,32,57}\)

The TPS combines all of the aforementioned programs into a 5-month combined online and weekend intensive learning experience for all healthcare providers. To date over 3000 clinicians (PT, OT, MD, DO, RN, Psych, etc.) have completed courses associated with the TPS towards theirs TPS certification. The TPS aims include:
✓ Become a certified, highly skilled practitioner with advanced clinical competency
✓ Become a highly skilled, proficient and confident clinician in the challenging field of treating persistent pain.
✓ Enhance critical thinking and psychomotor skills to improve decision-making and outcomes of care
✓ Have the opportunity to use the TPS Certification credit hours toward tDPT and fellowship
The TPS in one view:

Individual courses:

**Therapeutic Neuroscience Education**
- 6 weeks online
- Faculty directed
- Collaboration and discussion with faculty and peers
- Recorded lectures, readings, journal articles

**Too Hot To Handle**
- 1.5 week online self-paced, self-study modules before the weekend intensive
- Didactic information needed for the weekend intensive
  - Complex Regional Pain Syndrome
  - Phantom Limb Pain
  - Postoperative Pain
  - Whiplash
  - Facial Pain

**Neurodynamics: Before & After Weekend Intensive**
- 3 week online self-paced, self-study modules before and after weekend
- Didactic information needed for the weekend intensive
  - Following weekend intensive – tie together neurodynamics for neuropathic pain

**Weekend Intensive I**
- **Day 1:** Neurodynamics
  - Neurodynamic Tests
  - Neurodynamic Treatments
  - Peripheral Neuropathic Pain

- **Day 2:** Graded Motor Imagery & TNE
  - Laterality, Motor Imagery
  - Sensory Retraining
  - Mirror Therapy
Why take the TPS?

The TPS is heavily based on the emerging evidence that pain is produced by the brain based on perception of threat. By altering information the brain receives, we can alter the pain experience. The research associated with the TPS material has shown compelling evidence in:

- Decreasing pain
- Increasing function
- Decreasing catastrophizing thoughts associated with pain
- Improving movement and exercise
- Increased satisfaction with treatment
- Healthcare savings

The TPS is designed as a truly evidence-based, clinical interdisciplinary program taking aim at pain in the US and globally. As pain rates increase, the burden of providing clinically effective, as well as cost-effective treatments to people suffering in pain will be needed. Additionally, healthcare reform and evidence-based medicine demands a shift whereby the aim is to empower people with pain to help themselves and also alleviate pressures on the healthcare providers. We believe the TPS fulfills these goals.

Thank you for your consideration

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Selected References


