Tackling the Pain Epidemic as an OT Practitioner
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Resources

Resources for the Biopsychosocial Model of Pain:

Tame the Beast Video: https://www.youtube.com/results?search_query=Tame+the+Beast

Assessments:

Occupation-Based Pain Assessment Occupational Understanding of Challenges– Chronic Pain Questionnaire (OUCH-CPQ)
Pain Disability Index (PDI): http://www.med.umich.edu/1info/FHP/practiceguides/pain/detpdi.pdf
Pittsburgh Sleep Quality Questionnaire: https://www.outcometracker.org/library/PSQI.pdf
Pain Catastrophizing Scale: https://image.slidesharecdn.com/paincatastrophizing-scale-140209161441-phpapp02/95/pain-catastrophizing-scale-1-638.jpg?cb=1391962505

Interventions:

Left/Right Discrimination: http://222.graduatedmotorimagery.com/left-right-discrimination.html
Mirror box: Amazon and OPTP Noi

University of Massachusetts Center for Mindfulness; Mindfulness App: DeStressify; Online: Tara Brach: https://www.tarabrach.com/guided-meditations

Cognitive Behavioral Therapy:


CBT certification course for occupational therapists: https://www.counselcarecanadalearningsolutions.com/certificate-program-in-cognitive-behaviour-therapy-for-occupational-therapists.html