

Foundations of clinical reasoning.

Self-paced online course.

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Overview:

This course provides learning of 6 components of the clinical reasoning process:

1. Evidence based practice.
2. The Biopsychosocial model.
3. Pain Science.
4. Mechanisms of manual therapy.
5. Pain mechanism classification.
6. The patient's story.

Learning Objectives:

Introduction.

1. Understand that we are all subject to bias.
2. Be able to define the following biases: Anchoring bias, confirmation bias, outcome bias.
3. Learn the personal biases of the instructor of this course.

Evidence Based Practice.

1. Define the 3 components of Evidence Based Practice
2. Describe the hierarchy of evidence and what constitutes best evidence.
3. Define clinical expertise.
4. Define patient values.
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The Bio-Psycho-Social framework.

1. Define the Biopsychosocial framework.
2. Define each component of the BPS framework in plain language.
3. Give an example from each one of the categories.
4. Record one clinical habit or strategy to take into the student's practice.

Pain Science.

1. By the end of this module students will be able to:
2. Identify the difference between nociception and pain.
3. Describe context dependant factors.
4. Describe the relationship between pain, damage and imaging.

Mechanisms of manual therapy.

1. Identify 2 likely mechanisms of manual therapy.
2. Articulate the likely components of release.
3. Describe factors that maximize contextual effects.
4. Define what a nocebic statement is.

Pain mechanism classification.

1. Define pain mechanism classification.
2. Articulate hallmarks for Nociplastic pain.
3. Articulate hallmarks for Nociceptive pain.
4. Articulate hallmarks for Neuropathic pain.

The patient's story.

1. Articulate the importance of listening to the patient's story.
2. Describe components of assessing for prognostic risk factors.
3. Describe how a therapist can assess for unhelpful cognitions.