

DISTANCELEARNING

POSTGRADUATE



University of Otago, Christchurch

Musculoskeletal and Pain Programmes

P R O S P E C T U S



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This prospectus is intended as a general guide for postgraduate students. The information provided is, as far as possible, up to date and accurate at the time of publication. The University reserves the right to add, amend or withdraw programmes and facilities, to restrict student numbers and to make any other alterations as it may deem necessary. The regulations of the University of Otago are published annually in the *University Calendar*.

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Welcome



On behalf of the MSM and Pain Executive Committee, welcome to the postgraduate suite of Musculoskeletal and Pain courses taught from the Department of Orthopaedic Surgery & Musculoskeletal Medicine, University of Otago, Christchurch. We are proud that our programme in Musculoskeletal Medicine is the only course of its kind in Australasia, while our programme in Pain and Pain Management is the only comprehensive Master's programme in New Zealand and is endorsed by the prestigious International Association for the Study of Pain (IASP).

Our courses are distinctive in that we:

- Integrate a biopsychosocial model of health and pain.
- Offer inter-professional learning for health professionals.
- Provide both clinical and academic training
- Teach all but two courses via Distance learning (there are two on-campus courses for Musculoskeletal Medicine)
- Offer opportunities for students to progress to PhD research in areas such as pain, musculoskeletal management, orthopaedics, spinal cord injury and brain injury rehabilitation, bio-engineering and virtual reality

Our team consists of active senior clinicians and academics working in the areas of musculoskeletal medicine, pain and pain management, orthopaedic surgery and sports medicine. We review our material regularly, ensuring what we teach, how we teach it and our assessment approaches reflect current thinking.

Graduates of our programme have become leaders in their fields: we have graduates leading clinical teams, working as lecturers in professional programmes, participating in regulatory roles and establishing their own practices. We believe students who take part in our programmes develop the skills to influence the way musculoskeletal and pain problems are managed at individual patient level through to broad policy development.

We welcome your enquiries and are always happy to discuss options so that your particular requirements for study can be met. We look forward to hearing from you soon.

Professor Gary Hooper

MB ChB M.D. (Otago) FRACS
 Chair of the MSM and PAIN Executive Committee
 Head of Department
 University of Otago, Christchurch

Study with us

The University of Otago's Postgraduate Musculoskeletal and Pain programmes promote best practice in musculoskeletal and pain management and provide clinically-oriented academic training in both these areas for a wide range of health professions. The emphasis is on acquiring both practical skills and theoretical knowledge from an evidence-based perspective within the biopsychosocial framework endorsed by the International Association for the Study of Pain (IASP).

Participants should become more effective in assessing, diagnosing, managing and rehabilitating people presenting with musculoskeletal and other pain problems, with particular appreciation of the contributions from a range of health professions in primary and secondary care.

Critical appraisal skills are taught as part of the programmes and students may be supported in developing their postgraduate study to Master's and eventually PhD level.

10 REASONS TO STUDY WITH US

1. Distance delivery makes it possible to study both from within New Zealand and internationally.
2. We offer a broad range of paper topics that cover almost all major areas of musculoskeletal practice.
3. Qualification staircase: start with the Postgraduate Certificate and add papers to earn a Diploma or Master's.
4. Our qualifications are the only New Zealand programmes in musculoskeletal and pain management.
5. Teaching staff are active researchers and clinicians, encouraging rigour in clinical reasoning and using a strong evidence base.
6. The programme structure allows flexibility to build your academic success and at a pace that suits you.
7. Benefit from the support and knowledge of highly committed staff, interested in encouraging students to develop their careers.
8. We run a truly inter-professional programme with staff and students from multiple disciplines including medicine, nursing, physiotherapy, occupational therapy, osteopathy and psychology.
9. Students with our qualifications offer specialist skills for patients with musculoskeletal and pain problems in New Zealand.
10. Otago students you are able to make use of the extensive facilities of the institution, which is New Zealand's oldest and most research-intensive University.

OUR COURSES ARE ENDORSED
BY THE INTERNATIONAL
ASSOCIATION FOR THE
STUDY OF PAIN.



Distance learning



The majority of the papers offered in the Postgraduate Musculoskeletal and Pain Programmes are taught by distance. This means that you can study with us in your own time, wherever you live.

As a result professionals throughout New Zealand and abroad can join the programme, avoiding the need to take extended time out from their practice.

ONLINE TEACHING SESSIONS

A range of clinicians teach this course, mostly practising clinicians with a special interest in musculoskeletal pain.

Teaching sessions offered through a web link to Zoom Video Conferencing are used to discuss course material including case studies and questions. Normally these are held on either a Tuesday or Thursday evening fortnightly during the academic term; however specific dates will be confirmed at the start of each semester. These sessions are recorded and available for later review.

Additional sessions are arranged with students throughout the year on an 'as needed' basis. There is no additional cost for the online teaching link, but students will need a computer, broadband internet, web camera and headset with microphone.

ONLINE RESOURCES

Students are also encouraged to use Blackboard an online learning management platform, as a means of communicating both with us and with fellow students. Blackboard is also used for posting additional resources such as PowerPoints and video links.

A range of internet-based resources are used to supplement teaching. This includes access to electronic libraries and reference databases (such as Medline). Readings will be listed on the online teaching platform Blackboard. You will also be taught to search for and access research.

You will need basic computer literacy skills before starting the course.

ASSESSMENT

Assessments vary depending on the paper, but most papers include one written assignment, and a written examination. Examinations are arranged to be sat in the city/country where you live.

CONTACT WITH THE TEACHING STAFF

Contact with the teaching staff for the online teaching sessions and on-campus course is supplemented by telephone and email contact. Email is the primary method of communication with students.

WHAT IS THE TIME COMMITMENT FOR POSTGRADUATE STUDY?

Postgraduate study requires considerable commitment in terms of time for personal and professional development. There is an expectation that students undertaking postgraduate study be self-motivated and proactive about acquiring suitable study skills and resources. As a rough guide, each 15-point paper requires at least 8 hours' work each week of the semester, making a total of 150 hours for each paper.

Initial and ongoing guidance is given for students to assess, interpret, analyse, critique and evaluate theoretical and professional practice at an advanced level. For practising health professionals, this often requires balancing the demands of busy clinical roles with academic endeavour.

Qualification staircase

There are a range of options, which can 'staircase', each building on the other. Depending on prior academic learning, you can step onto the 'staircase' at different levels, but it is possible to get on and off as it suits your needs.

POSTGRADUATE CERTIFICATE

A Postgraduate Certificate is a coursework qualification that recognises continuing professional development and requires 60 points of papers (normally four 15-point papers). It is possible to complete a Certificate within a one year time frame studying part time although most students take two years to complete the programme.

POSTGRADUATE DIPLOMA

A Postgraduate Diploma is a specialist postgraduate qualification. Students can focus on a preferred area of study and may begin to consider future research plans. A postgraduate diploma would normally take two years of part time study to complete, but can take longer depending on when papers are offered. It requires 120 points of papers (normally eight 15-point papers).

MASTER'S DEGREE

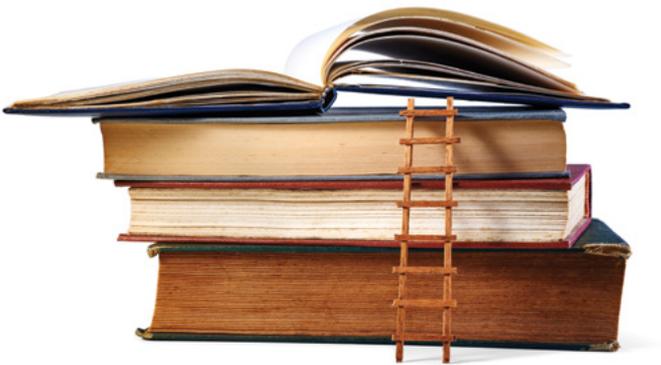
Masters' degrees are a combination of coursework and research. Working from a strong background of study with at least a B average grade from prior work and a B+ grade in a 30 point Research Methods paper, master's degree candidates have the opportunity to contribute to existing fields of enquiry or begin to develop new areas of research. Students are able to choose to undertake 120 points of papers and a 120-point thesis or 180 points of papers and a 60-point dissertation.

PHD

A PhD provides an unequalled opportunity to carry out in-depth research and analysis of a particular musculoskeletal or pain issue. University of Otago offers the supervision of leading researchers and we aim to create a stimulating and supportive environment for emerging researchers.

Intending applicants for doctoral study will have demonstrated the ability to progress to an advanced degree and have a keen interest in research. Interested students are encouraged to view staff profiles on the web.

Those interested in embarking on a PhD should contact the Department of Orthopaedic Surgery and Musculoskeletal Medicine for further information (see back cover for contact details). Enrolment in a PhD is not limited to the beginning of semesters; they may be accepted at any time of the year.



Programmes offered

The only qualifications that are restricted to medical practitioners are the Postgraduate Certificate/Diploma in Musculoskeletal Medicine. All other qualifications are available to appropriately qualified allied health professionals such as physiotherapists, occupational therapists, nurses, osteopaths, chiropractors, exercise therapists etc.

Postgraduate Certificates	Postgraduate Diplomas	Master of Health Sciences
Musculoskeletal Medicine (medical practitioners) MSME 701, 704 & 708 + any other MSME paper	Musculoskeletal Medicine (medical practitioners) MSME 701, 702, 703, 704, 708 & 709 + two papers from MSME 705, 706, 707, 710 & 711	
Musculoskeletal Management MSME 704, 708 + two approved MSME papers	Musculoskeletal Management MSME 704, 707 & 708 + 75 points from approved papers <i>(must include research methods paper/s to the value of 30 points if intending to go on to master's)</i>	Musculoskeletal Management <i>Completion of the PGDipHealSc MSMT (120 points)</i> Thesis option + 120 point thesis Coursework option + 60 points from approved papers + 60 point dissertation
Pain and Pain Management MSME 704, 708 & PAIN 701 + 15 points from approved papers	Pain and Pain Management MSME 704, 708 & PAIN 701, 702 & 703 + 45 points from approved papers <i>(must include research methods paper/s to the value of 30 points if intending to go on to master's)</i>	Pain & Pain Management <i>Completion of the PGDipHealSc PAIN (120 points)</i> Thesis option + 120 point thesis Coursework option + 60 points from approved papers + 60 point dissertation
60 points		
120 points		
240 points		

Musculoskeletal Medicine

Musculoskeletal Medicine is an important discipline dealing with patients who have musculoskeletal and neural dysfunction of both an acute and chronic nature. Patients with these problems constitute up to 20% of a general practitioner's caseload, and those with back and neck pain, in particular, impose a heavy economic and social burden on the community.

Musculoskeletal Medicine is based on biomedical and psychosocial knowledge and utilises a range of therapeutic skills including manual medicine, needling, injection techniques, applied biomechanics, pharmacotherapy, psychosocial management, and the need for appropriate referral.

This programme is the only one of its kind in Australia and New Zealand.

Who is it intended for?

The Postgraduate Musculoskeletal Medicine qualifications are aimed at registered medical practitioners in both primary care and allied musculoskeletal specialties such as rheumatology, orthopaedic surgery and sports medicine. Current medical registration is an admission requirement, and students must be registered as medical practitioners in the country in which the programme is taught.

Where will it take me?

Graduates of the Musculoskeletal Medicine qualifications have gone on to:

- Assume clinical leadership and clinical specialist positions
- Undertake specialist advisory and health management roles
- Successfully gain funding for service initiatives
- Become skilful consumers of clinical research
- Complete Diplomas, Master's and PhDs in Rehabilitation

Although the majority of papers for the Musculoskeletal Medicine programmes are distance taught, students are required to attend compulsory on-campus courses held in Christchurch, New Zealand:

- MSME 701 Clinical Diagnosis is 9 day on-campus compulsory course for the Postgraduate Certificate and the Postgraduate Diploma normally held in March each year.
- MSME 709 Clinical Therapeutics is a compulsory paper for the Postgraduate Diploma and includes a 7 day on-campus course normally held in August each year.

The completion of MSME 701 is a prerequisite for enrolling in MSME 709. Students would only be expected to attend a maximum of one on-campus course per year.

These on-campus courses are important because they:

- provide opportunities for a concentrated period of study away from home and work
- provide opportunities for face-to-face training in skills that are difficult to accomplish at a distance
- enable students who are often working in isolation to interact with one another and with staff members directly
- give students a chance to consider the possibility of advanced study at master's level and to meet potential research project supervisors.



POSTGRADUATE CERTIFICATE IN MUSCULOSKELETAL MEDICINE PGCertMSM (60 points)

What does it involve?

The Postgraduate Certificate in Musculoskeletal Medicine aims to provide a combination of musculoskeletal theory and principles, integrated into clinical practice, for medical practitioners wanting to extend their knowledge and skills at a postgraduate level. Clinicians who complete the programme will have gained a clear understanding of musculoskeletal diagnosis and intervention, an ability to analyse information critically and will have demonstrated how to integrate that information and skill into their practice.

Who long will it take?

The Postgraduate Certificate in Musculoskeletal Medicine can be completed by studying part-time over a 1-3 year time frame.

What papers do I take?

Three compulsory papers (45 points)

- MSME 701 Clinical Diagnosis (on-campus block course)
- MSME 704 Introduction to Pain
- MSME 708 Introduction to Pain Management

Plus one optional paper from the following (15 points):

- MSME 702 Musculoskeletal Tissues
- MSME 703 Musculoskeletal Disorders
- MSME 705 Regional Disorders – Spine
- MSME 706 Regional Disorders – Limbs
- MSME 707 Musculoskeletal Management
- MSME 709 Clinical Therapeutics (on-campus block course)
- MSME 710 Recreational and Sports Injuries
- MSME 711 Pain Assessment

Those candidates who first complete the Postgraduate Certificate in Musculoskeletal Medicine are able to apply for an exemption of 60 points in the Postgraduate Diploma thus completing it with four 15 point papers. Careful selection of papers is required in order to ensure all compulsory papers for the Postgraduate Diploma are completed.



Dr Penelope Weir

Emergency Medicine Physician, Sydney
Postgraduate Diploma in Musculoskeletal Medicine

"Since 2008 I have been working as an Emergency Medicine Physician in Sydney. I passed my Australasian College for Emergency Medicine Fellowship exam in 2007, and afterwards thought I would never want to formally study again. However, the PGDipMSM program caught my interest. Subsequently, I have been so enthused by the course material, I've realised that I had an unfulfilled interest in this area of medicine."

Penelope has lived in Sydney for nearly two decades, having moved there from her home town of Christchurch as a junior doctor in January 2000. The PGDipMSM has therefore been a welcome link back to her 'Kiwi roots', which are still very much a strong part of who she is. Penelope graduated with an MBChB from University of Otago in December 1997, so being able to study again with Otago is quite a personal connection.

"The supervisors and course co-ordinator have made this such a straight forward process and a pleasure to engage in adult learning, always providing a pragmatic, personable and solutions focused approach. Distance Learning resources have made the studying process flexible and readily accessible with Blackboard, eReserve readings and Zoom video-conferencing invaluable, time efficient resources, expanded further by the links to Otago University Library databases and staff. Despite the distance everything feels very personalised, and moulded to my own study needs."

"The on-campus courses were an intense and rewarding learning experience, providing practical skills to complement the learning theory, and I've been able to apply what I have learnt with my patients at work immediately."

Penelope says the PGDipMSM learning has changed her practice, significantly improving how she assesses, treats, and explains things to patients in regards to musculoskeletal and pain problems. She is also bringing her newly acquired knowledge to her colleagues and junior staff within the Emergency Department where she is based, as well as building a stronger working relationship with their Physiotherapists.

POSTGRADUATE DIPLOMA IN MUSCULOSKELETAL MEDICINE PGDipMSM (120 points)

What does it involve?

The Diploma combines clinical and academic material from a biopsychosocial perspective, making this course unique. Musculoskeletal Medicine aims to integrate the biomedical and psychosocial knowledge and skills pertinent to the treatment of those patients experiencing musculoskeletal pain problems.

Who long will it take?

The Postgraduate Diploma in Musculoskeletal Medicine can be studied part-time over a 2 – 4 year time frame. Extensions of time to complete may be granted when there are exceptional circumstances.

What papers do I take?

Six compulsory papers (90 points):

- MSME 701 Clinical Diagnosis (on-campus block course)
- MSME 702 Musculoskeletal Tissues
- MSME 703 Musculoskeletal Disorders
- MSME 704 Introduction to Pain
- MSME 708 Introduction to Pain Management
- MSME 709 Clinical Therapeutics (on-campus block course)

Plus two optional papers from the following (30 points):

- MSME 705 Regional Disorders – Spine
- MSME 706 Regional Disorders – Limbs
- MSME 707 Musculoskeletal Management
- MSME 710 Recreational and Sports Injuries
- MSME 711 Pain Assessment

Musculoskeletal Management

Postgraduate qualifications endorsed in Musculoskeletal Management are suitable for health professionals currently working in an area related to musculoskeletal management and can be completed entirely by distance learning.

Candidates for these qualifications must be a graduate or possess an appropriate health professional qualification requiring at least three years' full-time tertiary study, and must have experience of or be currently working in the relevant field of health care.

Who is it intended for?

Allied health professionals involved in the care, management and rehabilitation of patients with musculoskeletal and pain problems, such as physiotherapists, occupational therapists, nurses, podiatrists, chiropractors, and osteopaths would find these distance taught papers to be of particular interest.

How long will it take?

The Postgraduate Certificate would normally be completed in 1-2 years of part-time study.

The Postgraduate Diploma may be completed in 2 years of part-time study. However candidates have 4 years to complete the requirements of the qualification.

POSTGRADUATE CERTIFICATE IN HEALTH SCIENCES
ENDORSED IN MUSCULOSKELETAL MANAGEMENT
PGCertHealSc MSMT (60 points)

Two compulsory (30 points):

- MSME 704 Introduction to Pain
- MSME 708 Introduction to Pain Management

Plus two optional papers from the following (30 points):

- MSME 702 Musculoskeletal Tissues
- MSME 703 Musculoskeletal Disorders
- MSME 705 Regional Disorders – Spine
- MSME 706 Regional Disorders – Limbs
- MSME 707 Musculoskeletal Management
- MSME 710 Recreational and Sports Injuries
- MSME 711 Pain Assessment

Those candidates who first complete the Postgraduate Certificate in Health Sciences endorsed in Musculoskeletal Management are able to apply for an exemption of 60 points in the Postgraduate Diploma thus completing it with four 15 point papers. Careful selection of papers is required in order to ensure all compulsory papers for the Postgraduate Diploma are completed.



Sherri Ball

Podiatrist

Postgraduate Certificate in Health Sciences endorsed in Musculoskeletal Management

Sherri's background was originally in physical education and biomechanics. Her interest in lower limb mechanics led to her becoming a podiatrist, graduating in 2014. She worked mainly as a contractor and had a clinic for two years, based in Auckland, focusing on musculoskeletal cases. Sherri has now relocated to Christchurch and is looking to work more closely with orthopaedics.

"As a podiatrist, I often question whether there is more I can do to help my patients. I wanted a more in depth knowledge of the musculoskeletal system, both in a broader sense and its clinical applications. I also wanted to gain an appreciation of the respective clinical approaches of different health disciplines to musculoskeletal conditions."

Initially, Sherri had difficulty deciding whether to study Sport and Exercise Medicine or Musculoskeletal Management as both programmes offered useful learning opportunities. She chose Musculoskeletal Management, as many of her podiatric patients, particularly those with mobility issues and longterm conditions, could benefit from better integration of the management of their different issues. This skill she hoped to develop with the goal of improving patient treatment outcomes and their quality of life.

"I have found the programme rewarding, academically rigorous, engaging and clinically relevant. The flexibility of distance learning is ideal for busy life-styles. I highly value the calibre of the academic staff and guest lecturers and the opportunity to draw on their expert knowledge. Most significantly, these papers have enabled me to help chronic pain patients that I previously could not have. I attribute this to the biopsychosocial framework that I was introduced to. These studies have further stimulated my interest and subsequently, I am undertaking additional study in Pain and Pain Management."

POSTGRADUATE DIPLOMA IN HEALTH SCIENCES ENDORSED IN MUSCULOSKELETAL MANAGEMENT PGDipHealSc MSMT (120 points)

Three compulsory papers (45 points):

- MSME 704 Introduction to Pain
- MSME 707 Musculoskeletal Management
- MSME 708 Introduction to Pain Management

Plus five further approved papers to the value of 75 points.

Some recommended papers are:

- MSME 702 Musculoskeletal Tissues
- MSME 703 Musculoskeletal Disorders
- MSME 705 Regional Disorders – Spine
- MSME 706 Regional Disorders – Limbs
- MSME 710 Recreational and Sports Injuries
- MSME 711 Pain Assessment
- PAIN 701 Neurobiology of Pain
- PAIN 702 Biomedical Pain Management
- PAIN 703 Psychosocial and Cultural Aspects of Pain
- REHB 701 Rehabilitation Principles (30 points)
- SPME 711 Exercise Prescription (30 points)
- PHTY 542 Sports Physio (30 points)
- HASC 701 Working in Interprofessional Clinical Teams (30 points)

Students hoping to advance to the Masters programme are advised to include relevant research methods papers to the value of 30 points in their Postgraduate Diploma programme. See page 15 for suggested approved Research Methods papers.



MASTER OF HEALTH SCIENCES ENDORSED IN MUSCULOSKELETAL MANAGEMENT MHealSc MSMT (240 Points)

The Master of Health Sciences degree allows study at a postgraduate level across a range of health disciplines, and research experience in the student's area of specialisation. There are two options available to those undertaking a Master of Health Sciences endorsed in Musculoskeletal Management; the Coursework Pathway or a Thesis (Research Pathway).

Normally before embarking upon study within the Master of Health Sciences programme, candidates are first required to complete a Postgraduate Diploma in Health Sciences (PGDipHealSc) and achieve with grades averaging B or better. Admission to the Master's programme also requires candidates to have completed 30 points of research methods paper/s at NZQF Level 8 with a grade (or average grade if more than one paper is used to complete the 30 points) of B+ or better.

Research Pathway

*Completion of the PGDipHealSc MSMT (120 points)
Plus A thesis (120 points)*

A thesis is ideally driven by intellectual curiosity about a particular problem/issue/state of affairs. The time commitment for a thesis is twelve months of full-time study or the part-time equivalent thereof.

Coursework Pathway

*Completion of the PGDipHealSc MSMT (120 points)
Plus approved papers to the value of 60 points.*

Some recommended papers are:

- MSME 702 Musculoskeletal Tissues (15 points)
- MSME 703 Musculoskeletal Disorders (15 points)
- MSME 705 Regional Disorders – Spine (15 points)
- MSME 706 Regional Disorders – Limbs (15 points)
- MSME 710 Recreational and Sports Injuries (15 points)
- MSME 711 Pain Assessment (15 points)
- PAIN 701 Neurobiology of Pain (15 points)
- PAIN 702 Biomedical Pain Management (15 points)
- PAIN 703 Psychosocial and Cultural Aspects of Pain (15 points)
- REHB 701 Rehabilitation Principles (30 points)
- SPME 711 Exercise Prescription (30 points)
- PHTY 542 Sports Physio (30 points)
- HASC 701 Working in Interprofessional Clinical Teams (30 points)

*Plus a Dissertation * (60 points) consisting of a systematic review of literature.*

*Those students who have been admitted to the Master of Health Science endorsed in Musculoskeletal Management via the Coursework Pathway prior to 2018 have the option of completing a Research Project (30 points) plus 90 points of approved papers. This pathway requires completion of a NZQF level 9 research methods paper to the value of 30 points.

Pain and Pain Management

The endorsement in Pain and Pain Management is open to medical practitioners and allied health care professionals, can be studied part-time and is entirely distance taught.

It is designed to present an understanding of the importance of pain to the individual and to society, and how best to optimise its management. It provides candidates with the necessary skills to better understand and manage pain problems that pertain to their particular discipline within health care. At Master's level, it provides a knowledge and understanding of research methodology and its practical application.

Who is it intended for?

Allied health and medical professionals involved in the care, rehabilitation and management of people experiencing pain problems, such as psychologists, physiotherapists, occupational therapists, nurses, podiatrists, chiropractors, and osteopaths would find these distance taught papers to be of particular interest.

How long will it take?

The Postgraduate Certificate would normally be completed in 1-2 years of part-time study.

The Postgraduate Diploma may be completed in 2 years of part-time study. However candidates have 4 years to complete the requirements of the qualification.

Those candidates who first complete the Postgraduate Certificate in Health Sciences endorsed in Pain and Pain Management are able to apply for an exemption of 60 points in the Postgraduate Diploma thus completing it with four 15 point papers. Careful selection of papers is required in order to ensure all compulsory papers for the Postgraduate Diploma are completed.

ENDORSED IN PAIN AND PAIN MANAGEMENT PGCertHealSc PAIN (60 Points)

Three Compulsory Papers (45 points)

- MSME 704 Introduction to Pain
- MSME 708 Introduction to Pain Management
- PAIN 701 Neurobiology of Pain

Plus one further approved paper to the value of 15 points.

Some recommended papers are:

- PAIN 702 Biomedical Pain Management
- PAIN 703 Psychosocial and Cultural Aspects of Pain
- MSME 707 Musculoskeletal Management
- MSME 710 Recreational and Sports Injuries
- MSME 711 Pain Assessment

POSTGRADUATE DIPLOMA IN HEALTH SCIENCES ENDORSED IN PAIN AND PAIN MANAGEMENT PGDipHealSc PAIN (120 Points)

Five compulsory papers (75 points)

- MSME 704 Introduction to Pain
- MSME 708 Introduction to Pain Management
- PAIN 701 Neurobiology of Pain
- PAIN 702 Biomedical Pain Management
- PAIN 703 Psychosocial and Cultural Aspects of Pain

Plus further approved papers to the value of 45 points.

Some recommended papers are:

- MSME 702 Musculoskeletal Tissues (15 points)
- MSME 703 Musculoskeletal Disorders (15 points)
- MSME 705 Regional Disorders – Spine (15 points)
- MSME 706 Regional Disorders – Limbs (15 points)
- MSME 710 Recreational and Sports Injuries (15 points)
- MSME 711 Pain Assessment (15 points)
- REHB 701 Rehabilitation Principles (30 points)
- REHB 702 Assessment, Goals, Outcomes (30 points)
- SPME 711 Exercise Prescription (30 points)
- PHTY 542 Sports Physio (30 points)
- HASC 701 Working in Interprofessional Clinical Teams (30 points)

Students hoping to advance to the Master's programme are advised to include relevant research methods papers to the value of 30 points in their Postgraduate Diploma programme. See page 15 for suggested approved Research Methods papers.

MASTER OF HEALTH SCIENCES ENDORSED IN PAIN AND PAIN MANAGEMENT MHealSc PAIN (240 Points)

The Master of Health Sciences degree allows study at a postgraduate level across a range of health disciplines, and research experience in the student's area of specialisation. There are two options available for the endorsement in Musculoskeletal Management; the Coursework Pathway or a Thesis (Research Pathway).

Normally before embarking upon a Master of Health Sciences, candidates are first required to complete a PGDipHealSc and achieve with grades averaging B or better. Admission also requires candidates to have completed 30 points of research methods paper/s at NZQF Level 8 with a grade (or average grade if more than one paper is used to complete the 30 points) of B+ or better.

Research Pathway

*Completion of the PGDipHealSc PAIN (120 points)
Plus a thesis (120 points)*

A thesis is ideally driven by intellectual curiosity about a particular problem/issue/state of affairs. The time commitment for a thesis is twelve months of full-time study or the part-time equivalent thereof.

Coursework Pathway

Completion of the PGDipHealSc PAIN (120 points). Plus approved papers to the value of 60 points. Some recommended papers are:

- MSME 703 Musculoskeletal Disorders (15 points)
- MSME 705 Regional Disorders – Spine (15 points)
- MSME 706 Regional Disorders – Limbs (15 points)
- MSME 710 Recreational and Sports Injuries (15 points)
- REHB 701 Rehabilitation Principles (30 points)
- SPME 711 Exercise Prescription (30 points)
- PHTY 542 Sports Physio (30 points)
- HASC 701 Working in Interprofessional Clinical Teams (30 points)

*Plus a Dissertation * (60 points) consisting of a systematic review of literature.*

Those students who have been admitted to the Master of Health Science endorsed in Pain and Pain Management via the Coursework Pathway prior to 2018 have the option of completing a Research Project (30 points) plus 90 points of approved papers. This pathway requires completion of a NZQF level 9 research methods paper to the value of 30 points.

STUDENT PROFILE



Jacob McLean

Physiotherapist and Pain Services manager, Mt Maunganui
PGCertHealSc (Pain)

Jacob has worked as a physiotherapist since 2004 in a variety of rehabilitation settings, predominantly in private musculoskeletal practises. Over the last few years he developed a growing passion for pain management, particularly as he has been involved with the ACC pain contracts. Jacob is a member of the New Zealand Pain Society and attends their annual conference.

"I became the Clinical Manager of Body in Motion's pain services at this time also. Our pain service has grown from a private physiotherapy team to include a full multi disciplinary pain team of health professionals covering the Waikato and the Bay of Plenty.

I had always wanted to do postgraduate studies but had never been sold on any particular programmes until I came across the University of Otago programme, the only one in the country with a focus on Pain and Pain Management."

With a full-time work role, a young family and plenty of other extra curricular activities already in his life, taking on postgraduate study was a big commitment, however the distance learning and flexible structure of the programme made this possible.

"The staff were very understanding, accommodating and helpful and made this journey as smooth as possible which really helped. The learning content and material provided was amazing and you could go as far down the 'rabbit hole' as you wanted (or time allowed). Everything covered is so clinically orientated that I was able to put into practise at work what I was learning as I went. It has helped me as I manage my clients, our pain service and our multi-disciplinary team."

With a third baby arriving towards the end of his postgraduate certificate Jacob has put further studies on hold for now but is looking forward to returning to more study in this area in the future.

Research Methods papers

Admission to the Master's programme requires candidates to have completed 30 points of research methods paper/s at NZQF Level 8 with a grade (or average grade if more than one paper is used to complete the 30 points) of B+ or better.

Students hoping to progress to Masters are advised to take the research methods paper/s as part of their Postgraduate Diploma. However they can also be taken as one off paper/s which the university refers to as a Postgraduate Certificate of Proficiency.

Students are strongly encouraged to discuss their thesis topic ideas with a potential supervisor from within the Department of Orthopaedic Surgery and Musculoskeletal Medicine before undertaking the research methods paper/s, to allow for development of the proposal as part of the research methods course.

RESEARCH METHODS PAPER OPTIONS

Students hoping to advance to the Master's programme by thesis are advised to include relevant research methods papers to the value of 30 points in their Postgraduate Diploma programme. Examples of approved research methods papers are:

- PUBH 723 Survey Methods (15 points) on-campus taught in Christchurch
- PUBH 724 Introduction to Qualitative Research Methods (15 points) on-campus taught in Christchurch
- PUBH 711 Principles of Epidemiology (15 points) on-campus taught in Christchurch
- PUBH 725 Applied Biostatistics 1: Fundamentals (15 points) distance taught
- NURS 415 Research Methods – Nursing (30 points) taught in on-campus blocks in Christchurch, NZ
- PSME 406 Research Methods: Mental Health (30 points) taught in on-campus blocks in Christchurch, NZ
- PHCY 506 Research Methods (30 points) requires attendance at two compulsory two-day weekend workshops, one in Dunedin and one in the North Island (usually Auckland)
- HASC 417 Health Sciences Research Methods (30 points) requires attendance at three residential workshops in Wellington, NZ
- AVME 785 Research Methods (30 points) distance taught



Dr Bronnie Lennox Thompson

I'm a Senior Lecturer and Academic Coordinator for our Pain and Pain Management programme. I completed my MSc (Psych) and PhD exploring the experiences of people who live with pain, and my ongoing research is trying to understand how people manage when their pain can't be resolved. I'm also interested in how we can integrate biopsychosocial factors in our clinical reasoning.

My teaching focus is on how clinicians can, from a biopsychosocial perspective, help the person who is experiencing pain, whether the pain can be alleviated or not. My aims in teaching are to stimulate students to appreciate pain's complexity, and hope all students recognise how they contribute as part of a team to help reduce pain-related distress and disability.

My clinical background is in occupational therapy spending most of my career working in chronic pain management services, and I still carry out some clinical work.

I supervise Master of Health Sciences student dissertations and theses, and PhD theses, with both qualitative and quantitative methodologies. I am particularly interested in helping students generate clinically-relevant questions that will help to inform practice here in New Zealand.

The most exciting parts of my work are when I see students begin to understand how a biopsychosocial framework helps us untangle our pain experience. Seeing students develop their academic and clinical skills as they progress through the programme is so rewarding because I know people with musculoskeletal and pain problems will get better help as a result.

Papers

MSME 701 – CLINICAL DIAGNOSIS (15PTS)

Normally offered in semester one yearly

Consists of a 9-day on-campus course in Christchurch, New Zealand. Usually held in March each year. This paper is restricted to registered medical practitioners and is a prerequisite for paper MSME 709.

This paper focuses on clinical diagnosis and evaluation of patients with musculoskeletal pain and dysfunction. Emphasis is on learning musculoskeletal clinical examination and diagnostic skills, with an evidence-based approach to the use of manual skills and clinical tests.

MSME 702 – MUSCULOSKELETAL TISSUES (15PTS)

Offered semester one alternate years

An evaluation of the normal and abnormal structure and function of neuromusculoskeletal tissues. It includes the anatomy, histology, physiology and pathology of these tissues.

MSME 703 – MUSCULOSKELETAL DISORDERS (15PTS)

Offered semester two alternate years

This paper covers clinical evaluation, assessment and management of a wide range of musculoskeletal disorders. It focuses on a clinical approach to musculoskeletal problems as they present in primary care.

MSME 704 – INTRODUCTION TO PAIN (15PTS)

Offered semester one each year

An overview of the current understanding of pain as a multi-dimensional phenomenon; including pain concepts and history; the neuropathophysiology of peripheral and central pain mechanisms, pain measurement, and the psychological, social and economic aspects of both acute and chronic pain.

MSME 705 – REGIONAL DISORDERS – SPINE (15PTS)

Offered semester one alternate years

This paper focuses on the structure, function and assessment as well as the dysfunction, disorders and diseases of the vertebral column and associated tissues.

MSME 706 – REGIONAL DISORDERS – LIMBS (15PTS)

Offered semester two alternate years

This paper focuses on the structure, function, disorders and diseases of the limbs. It includes an overview of anatomy, biomechanics, pathology, clinical assessment and treatment options.

MSME 707 – MUSCULOSKELETAL MANAGEMENT (15PTS)

Offered semester two alternate years

Provides a macro to micro view of musculoskeletal pain management. Students will discuss problems involved in defining, identifying and managing musculoskeletal pain and disability, using low back pain as the index condition.

MSME 708 – INTRODUCTION TO PAIN MANAGEMENT (15PTS)

Offered semester two every year

This paper focuses on current understanding of the best-practice principles for the management and treatment of all forms of musculoskeletal pain and dysfunction, including modern psychosocial approaches to pain therapy.

MSME 709 – CLINICAL THERAPEUTICS (15PTS)

Normally offered in semester two each year

Consists of a 7-day on-campus course in Christchurch, New Zealand. Usually held in August each year. This paper is restricted to registered medical practitioners and the completion of paper MSME 701 is a prerequisite.

This paper is designed to follow on from paper MSME 701, and aims to teach postgraduate medical students specific practical clinical skills in the treatment of musculoskeletal disorders, including the assessment of efficacy according to the current evidence-based principles.

MSME 710 – RECREATIONAL AND SPORTS INJURIES

Offered semester one alternate years

This paper focuses on the evaluation and management of musculoskeletal injuries and disorders associated with recreational and sporting pursuits. This includes the epidemiology, biomechanics, classification of sports injuries, and the principles of injury assessment, treatment and rehabilitation.



Dr Jim Borowczyk

"I am a specialist in musculoskeletal medicine and musculoskeletal pain management. Over the years, I have worked in renal medicine, general practice, and for the last 22 years, have specialised in musculoskeletal medicine. As Academic Coordinator for the Diploma in Musculoskeletal Medicine for the past 18 years, it has been hugely rewarding to see postgraduate students from all health disciplines successfully complete their studies and go on to enhance their own practice in healthcare."

In the year 2000, Jim was instrumental in ensuring that the New Zealand Medical Council recognised musculoskeletal medicine as a specialist discipline. In 2008 he developed the current Postgraduate Diploma/Masters programme in Pain and Pain Management, in order to satisfy a need for academic courses in pain in New Zealand, and to date almost 300 students have completed their studies in either Musculoskeletal Medicine or Pain and Pain Management.

Jim's main clinical interest is in interventional pain medicine i.e. the application of needle techniques for people with spinal pain, having trained under the auspices of the Spine Intervention Society (SIS) ensuring strict protocol according to international standards. Jim is a fellow and past president of both the New Zealand Association of Musculoskeletal Medicine and The Australasian Faculty of Musculoskeletal Medicine, and holds a Masters in Pain. A graduate of Edinburgh University, he is also a Fellow of the Royal College of Physicians of Edinburgh.

MSME 711 – PAIN ASSESSMENT (15PTS)

Offered semester one alternate years

The aim of this paper is for students to gain an appreciation of pain assessment methods and the necessary skills required to clinically assess patients with pain.

PAIN 701 – NEUROBIOLOGY OF PAIN (15PTS)

Offered semester two each year

The aim of this paper is for students to learn the current understanding of the neuropathophysiology of pain, including the concepts of transduction and transmission, nerve physiology, pain modulation, central nervous system changes in pain states, and chronic regional and neuropathic pain states.

PAIN 702 – BIOMEDICAL PAIN MANAGEMENT (15PTS)

Offered semester one alternate years

The aim of this paper is for students to gain a thorough working knowledge of the structure, function, pharmacology and rational use of local anaesthetics; non steroidal anti-inflammatory agents; primary and secondary analgesics; the pharmacological management of chronic regional and neuropathic pain states; the use of acupuncture and TENS; interventional pain diagnostics and therapy; and the use of surgical and neuromodulatory techniques in refractory and central pain states.

PAIN 703 – PSYCHOSOCIAL AND CULTURAL ASPECTS OF PAIN (15PTS)

Offered semester two alternate years

This paper extends concepts introduced in MSME 704 – Introduction to Pain, and MSME 708 – Introduction to Pain Management. Students will participate in both self-directed and class activities designed to help them question their own assumptions about pain. The course includes topics such as changing attitudes towards pain relief; subcultures where pain is sought; gender and pain; and psychological concepts such as acceptance, catastrophising and coping in the context of goal pursuit.

To find out when papers will next be offered check out this website:

otago.ac.nz/msm-pain-management/papers

Applying for entry

Apply before **10 December** for a first semester start.

Apply before **10 June** for a second semester start.

Applications are completed online by following the 'APPLY NOW' link on the webpage for the qualification you wish to take. Returning students can apply for a new programme via their eVision student portal at evision.otago.ac.nz

All candidates need to:

- Apply online for and be admitted to a programme (qualification). The approval for this process is via an admissions committee.
- Once you have been admitted to a programme you need to select papers for the current year via your eVision student portal.
- Be course approved for each paper you choose to enrol in.
- Complete the online declaration for each year of study via your eVision student portal.
- Pay fees –invoices are accessed from the student's eVision portal evision.otago.ac.nz as they are not posted out.

IMPORTANT INFORMATION

Prior to going online and applying, we recommend reading the following:

1. **Programme name** – this is the name of the Qualification you wish to take, eg Postgraduate Diploma in Musculoskeletal Medicine. In the Health Sciences suite of qualifications there are also endorsements, e.g. Musculoskeletal Management or Pain and Pain Management. Please ensure that you have selected the appropriate endorsement.
2. **Papers** – If you are unsure about the pathway/papers you wish to take, please don't hesitate to contact the department to discuss this prior to formally applying.
3. **Documentation requested** – the online application system (eVision) will ask you to upload documents from your computer, so it is a good idea to save any required documents in pdf format before applying. If this is the first time you will be enrolling through the University of Otago, you are likely to be asked for documents such as birth certificate, passport, marriage certificate, academic transcript/record from any

other institutions attended. For postgraduate health sciences programmes, you will also be asked for a CV plus a copy of your current practising certificate.

4. **Credit** – If you are seeking approval for credit of postgraduate papers you will need to provide full details of the paper including points value, level, course outline, learning objectives and assessment.
5. **Emails and Individual eVision Student Portal** – Once you have been accepted into a programme, eVision creates an individual portal for each student. The University will email you with a link to the portal if they require further information, documentation etc from you. It is important that you respond to any request promptly so that your enrolment is not held up.
6. **Returning students** – If you are a returning Otago student, you need to know your university user name and password to be able to login to eVision (the one you have been using for electronic library and Blackboard access). If you have forgotten either your username or password you can phone the university's ITS Helpdesk on 0800 479 888 or +64 3 479 8888 from outside New Zealand.
7. **Research proposal (Health Science students only)** – During the semester before commencing a research project or thesis, candidates must submit a research proposal. Contact the Department of Orthopaedic Surgery and Musculoskeletal Medicine for further information on what is required (see contact details on back cover of this Prospectus).
8. **Pick your papers** – Don't forget to complete the pick your papers task after you have accepted the offer of a place in the programme, part of the online process.

If you have any problems with the online process, please call the AskOtago Helpline 0800 80 80 98.

For further information on the programmes and papers offered from this Department, please contact:

Department of Orthopaedic Surgery and
Musculoskeletal Medicine
University of Otago, Christchurch
Tel 03 364 1086
Email msmandpainstudies.uoc@otago.ac.nz



ENGLISH LANGUAGE PROFICIENCY

All graduates from a non-New Zealand university for whom English is not their first language are required to provide evidence of adequate proficiency in both spoken and written English.

This evidence will normally be a satisfactory pass in a standard examination in English language proficiency. Applicants must obtain this before they can be considered for entry to the postgraduate programmes outlined in this prospectus.

This process enables applicants to be aware of the level of proficiency needed to do this course, and allows staff to assess the suitability of students to undertake the course. The recommended examination is the academic module of the International English Language Testing System (IELTS), for which we require a score of 6.5 in the academic module (with no individual band below 6.0).

Further information on Language Requirement check out this website: otago.ac.nz/international/postgraduate

FEES

Fees must be paid by early February for first semester papers, and mid-July for second semester papers.

Tuition fees are generally not finalised until November of the year prior to taking effect. Once set, they can be found on the University's Tuition Fees website otago.ac.nz/study/fees.

For fees relating to individual papers refer to this website: otago.ac.nz/subjects

Alternatively, please contact

The Revenue Management Office

University of Otago

Tel 03 479 9006

Email student.finance@otago.ac.nz

GRADUATION

The University holds graduation ceremonies in Dunedin each year in May, August and December. Students who have completed the requirements for a Postgraduate Diploma or Master's degree may attend these ceremonies.

Postgraduate Certificates are awarded "in absentia" via these Dunedin graduation ceremonies, i.e. students receiving Postgraduate Certificates cannot be presented with the Certificate at a Dunedin graduation ceremony.

Information and applications for graduation are sent out to all finalists in early September. All students need to complete an application for the award of their qualification before it can be either presented to them or posted ("in absentia").

For information on the Dunedin graduation ceremonies including dates and how to make an application to graduate please refer to the website otago.ac.nz/study/graduation or email graduation@otago.ac.nz





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For further information contact:
Department of Orthopaedic Surgery and Musculoskeletal Medicine
University of Otago, Christchurch
PO Box 4345, Christchurch 8140, New Zealand
Tel 64 3 364 1086, Fax 64 3 364 0909
Email msmandpainstudies.uoc@otago.ac.nz
Web otago.ac.nz/msm-pain-management