



Australian Government

HLTMSG016 Apply principles of pain neuroscience

Release: 1

HLTMSG016 Apply principles of pain neuroscience

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to apply the principles of pain neuroscience in health care assessment and treatment.

This unit applies to a broad range of health care practitioners.

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Massage Therapy

Unit Sector

Health

Elements and Performance Criteria

ELEMENTS	PERFORMANCE CRITERIA
<i>Elements describe the essential outcomes</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Maintain practical knowledge of the principles of pain neuroscience.	1.1. Research and monitor credible sources of information relevant to pain neuroscience. 1.2. Interpret credible sources of information to identify recent developments in pain neuroscience relevant to health care assessment and treatment. 1.3. Reflect on application of recent developments in pain neuroscience to own health care assessment and treatment practice.
2. Apply principles of pain neuroscience to	2.1. Consult with client and review client health records to

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| health care assessment and treatment. | gather client pain presentation information. |
| | 2.2. Discuss biopsychosocial factors that may impact on pain presentation with the client. |
| | 2.3. Discuss health care treatment options and client expectations relevant to pain presentation with the client. |
| | 2.4. Document health care treatment plan to meet client needs including pain presentation. |
| | 2.5. Recognise pain presentation needs that are beyond scope of own practice and offer referrals where needed. |
| 3. Reflect on practice. | 3.1. Use feedback from others and self-reflection to determine improvements to own practice. |
| | 3.2. Identify areas of own practice for further research or development to support client outcomes. |
| | 3.3. Proactively seek and respond to professional development opportunities relevant to pain neuroscience. |
| | 3.4. Identify current and emerging industry developments and networks that can support improvement of own practice. |

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	comprehend and interpret client records.
Writing skills to:	record client information accurately and comprehensively.
Oral communication skills to:	- use listening and questioning to seek information and confirm understanding - deliver information to an audience in an appropriate manner to ensure comprehension.
Technology skills to:	access online sources of information.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>

Assessment Requirements for HLTMSG016 Apply principles of pain neuroscience

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- apply the principles of pain neuroscience involving:
 - conducting research of credible sources of information to update own knowledge of one recent neuroscience development
 - consulting with three clients to develop a documented treatment plan to meet their needs including their pain presentation
 - reflect on own practice after completing each of the three client consultations above.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- anatomy and physiology of the central and peripheral nervous system applicable to health care assessment and treatment:
 - key structures:
 - cerebrum
 - cerebellum
 - midbrain
 - brainstem
 - spinal cord
 - spinal synapses and lamina
 - key functions
 - monitoring and feedback mechanisms
 - how the anatomy and physiology of the central and peripheral nervous system relates to touch
- phases of sensory processing as related to pain:
 - transduction
 - transmission
 - modulation
 - perception
- how people experience pain

- how chronic pain is developed
- how acute pain is developed
- biopsychosocial approach to pain:
 - biological:
 - gender
 - physical health
 - genetic predisposition
 - immune function
 - effects of medication
 - psychological:
 - behaviours
 - emotions
 - attitudes and beliefs
 - level of stress and ability to cope
 - mental health
 - social:
 - family relationships
 - socio-economic factors
 - cultural factors
- basic neurological assessment:
 - dermatome
 - myotome
 - reflexes
- how a biopsychosocial understanding of pain can be applied to clinical practice
- modulation of pain:
 - placebo and nocebo and their effect on pain
- role of descending inhibition in relief of pain
- signs and symptoms of sensitisation:
 - peripheral
 - central
 - effect on chronic pain
- types of pain:
 - nociceptive
 - neuropathic
 - nociplastic
- principles of a client-centred approach:
 - empathy
 - non-judgemental attitude
- referral options for therapists:
 - allied health service and other health modalities

- medical practitioner
- support service
- types, limitations and availability of further medical testing
- criteria for determining credible sources of information
- documentation requirements for recording treatment details using industry standard abbreviations
- techniques for self-reflection.

Assessment Conditions

Skills must be demonstrated in a simulated clinical environment that reflects workplace conditions set up for the purpose of skills assessment.

Assessment must ensure access to:

- client information including health records
- treatment plan template
- private consultation area.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessor, and

- have current clinical experience working as a health care practitioner providing services to the general public.

Links

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