

Pain Management

All OTs as health professionals are required under this new 2007 legislation to complete 7 hours of CE by their 2010 renewal. This is a one-time requirement included in the required 30 hours.

Questions and Answers on Mandatory CE Pain management classes:

Click on the following link: http://www.oregon.gov/DHS/pain/q-a_training.shtml

Oregon Pain Management Commission

http://www.oregon.gov/DHS/pain/pmc_nav.shtml

Governor's Advocacy Office, Pain Management Program

500 Summer Street NE Salem, OR 97301-1097

Joint Statement of the Pain Commission: The OT board has signed a joint statement on the position of state health care professionals. [To see it Click here.](#)

SB 879A 2007 session: To see a copy of the legislation adding OT to the mandatory professionals that must complete this one time 7 hours of Pain Management as part of their CE [Click here to see it.](#)

Pain Care Bill of Rights, American Pain Foundation: <http://www.oregon.gov/DHS/pain/bill.shtml>

About the Pain Management Program: <http://www.oregon.gov/DHS/pain/about.shtml>

Other Pain Management Resources: <http://www.oregon.gov/DHS/pain/resources.shtml>

The American OT Association has excellent information about how OT's deal with pain:

What can an occupational therapist do?

- **Identify** specific activities or behaviors that aggravate pain and suggest alternatives.
- **Teach** methods for decreasing the frequency and duration of painful episodes.
- **Implement** therapy interventions that may decrease dependence on or use of pain medications.
- **Facilitate** the development of better function for daily activities at work and home.
- **Collaborate** with the client's team of health care professionals, such as physicians, physical therapists, psychiatrists, and psychologists, to determine the best course of treatment and intervention.
- **Recommend** and teach the client how to use adaptive equipment to decrease pain while performing tasks such as reaching, dressing, bathing, and perform household chores.

What can a person with chronic pain do?

- **Develop** and practice a lifestyle based on wellness, which includes plenty of rest, exercise, healthy nutrition, and maintaining a positive attitude.
 - **Practice** techniques to decrease the intensity of pain.
 - **Organize** a daily routine with personal pain management goals, such as eliminating or modifying activities that use a lot of energy and implementing body mechanics that move the body in ways that are less likely to aggravate pain.
 - **Exercise** to increase strength and flexibility and reduce pain.
 - **Practice** relaxation techniques that calm the mind and reduce tensions that aggravate pain.
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Need more information?

Chronic pain is a serious problem that should not go untreated. If you would like to consult an occupational therapist about pain management, practitioners are available through most hospitals, community clinics, and medical centers.

Occupational therapists and occupational therapy assistants are trained in helping both adults and children with a broad range of physical, developmental, and psychological conditions. Practitioners also help clients in wellness techniques that may prevent injury and disease. Contact your local health officials for more information.

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The OT Licensing Board is working with the OT Association of Oregon to provide information and classes about this new requirement for all therapists. Feel free to contact Felicia Holgate, Director if you have any questions. Phone: 971-673-0198 or e-mail Felicia.M.Holgate@state.or.us

DHS Pain Management Information on how to access the mandatory one-hour online mandatory **free** CE and the new draft rule follows.

The new rule follows as well as how to access the one hour online class that is required by the Pain Commission.

OREGON OCCUPATIONAL THERAPY LICENSING BOARD

Sept. 2007 New CE Requirement for Occupational Therapists

* DRAFT of new rule *

3380020-0030 One-time requirement for CE on Pain Management

(1) After January, 2008, a one-time requirement of 7 points of CE on Pain Management must be completed as part of the 30 points of CE defined in OAR 339-020-0020.

(2) All currently licensed Occupational Therapists and Occupational Therapy Assistants who renew their license in May, 2010 must complete the one-hour online Pain Commission class and six additional points of CE on Pain Management. Any classes provided by the Pain Commission will count toward the 7 points. Licensees may use any CE points on Pain Management taken between 2006 and their renewal date in May, 2010.

(3) All new applicants for Occupational Therapy and Occupational Therapy Assistants must complete the one-time requirement of 7 points of CE on Pain Management (including one online hour offered by the Pain Commission) prior to their next renewal or within two years of licensure in Oregon, whichever comes later.

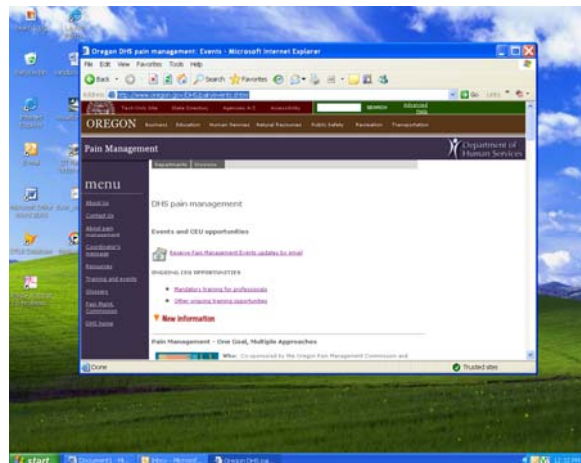
Here are specific instructions on how to get on the web site to do the Pain Commission required one-hour online Pain Class and obtain other information.

The screen to the right shows what comes up when you get on the Pain Commission web site at <http://www.oregon.gov/DHS/pain/training.shtml>

You can look through the web site about pain management, sign up to receive e-mails of new classes and resources as shown below:



[Receive Pain Management Events updates by email](#)



ONGOING CEU OPPORTUNITIES

- [Mandatory training for professionals](#)
- [Other ongoing training opportunities](#)

On the next page are instructions on completing the one hour online class which is mandatory for all Occupational Therapists in the state to be completed when you renew your Oregon OT license in May, 2010.

First, go to the Pain Commission web site:
www.oregon.gov/DHS/pain/training/shtml
The screen to the right shows
you what this looks like:

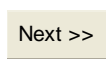


From here click on the bottom right
where it says “Start Presentation”.
The screen to the right shows you
What this page looks like:



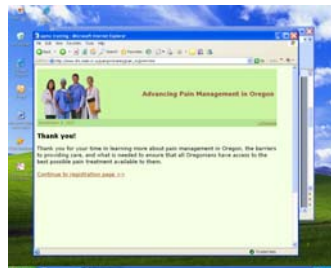
Click on NEXT as you go through
all the slide pages.

The final page looks like this:
Click on “Continue to Registration >>”
Then click on the screen where it says
“YES you are a licensed professional”.
And click on the “next” button as

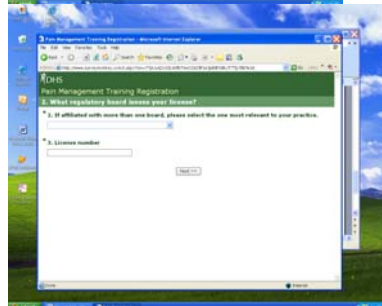


shown

here:



On the next page you will need to click on the box
“#2 If affiliated with more than one board...” as shown:
Click on the right where there is an arrow pointing down
find the entry that says “Occupational Therapy Licensure
Type in your license number (it is required) and then go
page.



until you
Board”.
to the next

2. If affiliated with more than one board, please select the one most relevant to your practice.

Occupational Therapy Licensure Board

This takes you to the page where you print in your name and address. Then print your certificate which will also automatically send a copy to the Pain Commission, and is what you need in order to prove that you have completed the requirement for the OT Licensure Board.

Questions? Call Felicia Holgate 971-673-0198 or e-mail Felicia.M.Holgate@state.or.us