

About this Course

Prerequisite

The Introduction to Lifestyle Redesign® is a prerequisite to the other courses in the Life Management Series, and must be completed first.

Schedule

Sign-in begins 30 minutes before the start of the course (8:30 am sign in, 9:00 am course).

Breaks

There are two 15 minute breaks, one in the morning, one in the afternoon, at appropriate times. There is a one hour lunch period, with lunch on your own.

CEU Credit

Participants must sign in and out. Participants must complete a learning outcomes and course evaluation in order to receive a certificate of completion. Certificates will be available at the end of the course. Participants not fulfilling these requirements will not receive a certificate. Keep a copy of the brochure and certificate for your records.

Cancellation Policy

A refund, less \$50 administrative fee, will be made if a cancellation notice is received 10 business days prior to the first course date. Cancellation by instructors will result in full refund.

Special Needs Requests

If you require ADA accommodations, please contact us at (323) 442-2811 at least two weeks before the course date for arrangements.

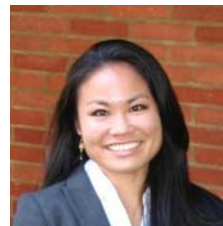
Audience

This course is designed for OTs, OTAs and others as an introductory level course; however all levels of experience are welcome s are all areas of practice.

About the Presenters

Ashley Uyeshiro Simon OTD, OTR/L, MSCS practices

Lifestyle Redesign® at the USC OT Faculty Practice, and works predominantly with clients in the Pain Management, Chronic Headaches, Multiple Sclerosis, Parkinson's disease and Ergonomics Programs. She is a National MS Society Partner in MS Care, and a Multiple Sclerosis Certified Specialist. She also teaches a course on MS, as well as a course on self-care for undergraduate students. Dr. Uyeshiro Simon is the Quality Improvement Coordinator for the Faculty Practice. She is a Faculty in Residence at USC, and has an interest in animal-assisted therapy for mental and physical health.



Lindsey Reeves OTD, OTR/L received her Doctorate of Occupational Therapy degree in 2015 from the University of Southern California. Her residency was completed at the USC

Occupational Therapy Faculty Practice where she practiced Lifestyle Redesign specializing in the chronic pain, chronic headache and ergonomic programs. Her doctoral work consisted of growing the pain management program and creating a 10-week Lifestyle Redesign Fibromyalgia Treatment and Support Group.

USC Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy

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USC Chan Division
of Occupational Science
and Occupational Therapy



Life Management Series

Lifestyle Redesign® for Chronic Pain and Headache Management

October 13, 2017

8:30 am—4 pm

University of Southern California
Health Sciences Campus
Center for Health Professions
1540 Alcazar St., Room 106
Los Angeles, CA 90089

Course Description

This course provides you with the tools and knowledge to implement an occupational therapy intervention for the prevention and management of chronic pain and chronic headaches. Detailed intervention materials and case studies to use in conjunction with the Introduction to Lifestyle Redesign® methodology course will be provided.

Learning Objectives

Participants will:

- Identify the most common chronic pain diagnoses and associated pain physiology
- Define the role of occupation in chronic pain interventions and recognize the impact of chronic pain on daily function
- Design occupational therapy lifestyle interventions for patients with chronic pain and chronic headaches
- Explain the following topics and be able to integrate this knowledge into treatment: eating routines, exercise patterns, sleep hygiene, body mechanics, activity pacing and energy conservation, lifestyle balance, stress management, pain communication, leisure and social participation, community integration (school and work), home assessment
- Design occupational therapy intervention for common psychological co-morbidities
- Implement treatment activities and strategies from the course in practice
- Analyze relevant documentation, billing and reimbursement issues when treating these diagnoses



The assignment of AOTA CEUS does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

AOTA Classification Codes: Wellness; Pain; Habits

Agenda

9:00-10:00	Introductions; Background of Common pain diagnoses; Cost and burden of chronic pain; Physiology of Pain
10:00-10:30	Introduction to Lifestyle Redesign® for Chronic Pain Management; OT evaluation and treatment goals
10:30-10:45	Break
10:45-12:00	Lifestyle Redesign® treatment interventions for Chronic Pain Management; Daily routines to support pain management (healthy eating, exercise, sleep); Body mechanics; Activity pacing, Energy conservation and life style balance; Stress management and pain communication
12:00-1:00	Lunch (on own)
1:00-1:30	OT treatment interventions for pain management; Leisure and social participation; Home assessments; Community/work integration; Creating a pain flare up plan
1:30-2:00	Incorporating psychological co-morbidities into treatment plans; Recognizing and managing symptoms of depression and anxiety that often accompany chronic pain
2:00-2:30	Interdisciplinary team approach for treating chronic pain
2:30-2:45	Break
2:45- 3:30	Documentation, billing and reimbursement
3:30-4:00	Case Studies
4:00	Learning Outcomes and Course Evaluation

.6 CEUs (6 contact hours)

For additional information go to chan.usc.edu/academics/continuing-education/life-management-series

Registration

Lifestyle Redesign® for Chronic Pain

Name: _____

Title: _____

Address: _____

City: _____

State: _____ Zip: _____

E-mail: _____

Phone: _____

AOTA #: _____ Chan Alumni

Fees and Discounts

\$180 (regular) or \$162 for AOTA members and USC Chan OSOT alumni.

Ways to Register

To pay by check:

Make check payable to **USC Chan OSOT** and mail to: Jackie Mardrossian, USC Chan OSOT, 1540 Alcazar St., CHP 133, Los Angeles, CA 90089-9003.

To pay by credit card: MasterCard Visa

Total Amount: _____

Card #: _____

Expiration: _____

CVV Code: _____

Signature: _____

Mail to the address above or fax to (323) 442-1540, attn.: Jackie Mardrossian.

You will receive an email confirmation upon receipt of registration.

Other courses in the Life Management Series:

- ♦ Lifestyle Redesign® for Weight Management, Diabetes and Related Co-morbid Conditions
- ♦ Biopsychosocial Dimensions of Creating Life Balance
- ♦ Lifestyle Redesign® for Individuals with Multiple Sclerosis
- ♦ Lifestyle Redesign® for Individuals with Autism Spectrum Disorder