9 Carol Davila" University of Medicine and Pharmacy
Quality Assurance Committee

DISCIPLINE SHEET

1. Data about the programme

1.1.	"CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY
1.2.	FACULTY OF MEDICINE
1.3.	DEPARTMENT 9
1.4.	DISCIPLINE PHYSICAL MEDICINE AND REHABILITATION
1.5.	DOMAIN OF STUDY: HEALTH – Sectorally regulated within the European Union
1.6.	STUDY CYCLE: LICENCE
1.7.	STUDY PROGRAME: MEDICINE – ENGLISH MODULE

2. 2. Data about discipline

2.1.	Name of the discipline in the educational plan: Pain Management				
2.2.	Discipline code:				
2.3.	Discipline type (FD/SD/CD):				
2.4.	Discipline regimen (MD/OPD/):OPD				
2.5.	The holder of the course activities Assoc. Prof. DELIA CINTEZĂ Lecturer DANIELA POENARU				
2.6.	The holder of the seminar activities: Assoc. Prof. DELIA CINTEZĂ Lecturer DANIELA POENARU Lecturer MARIANA ISABELA CONSTANTINOVICI Univ. teaching assistant CLAUDIA GABRIELA POTCOVARU				
2.7. Year of study	IV	2.8. Semester	I/II	2.9. Type of evaluation (E/C)	C

3. Total estimated time (hours/semester of didactic activity an self preparation/study

I. Academic training (teaching, practical application, assessment)						
3.1. Nr hours/week	2	From which:	3.2. lecture	2	3.3. seminary/ laboratory	2
3.4. Total hours of educational plan	28	From which:	3.5. lecture	14	3.6. seminary/ laboratory	14
Evaluation (nr. of hours) : 2						
II. Self preparation/study						
Time allocation						hours
Study of course materials, textbooks, books, study of the recommended minimal bibliography						6
Additional research in the library, research through the internet						6
Performing specific activities for preparing projects, laboratories, elaborating reviews or other tasks						6
Specific preparation activities for projects, laboratory work, assignments, and reports						6
Tutoring						6

Other activities		6
3.7. Total individual study hours		32
3.9. Total hours per semester (3.4.+ 3.7.)	60	
3.10. Number of credits	2	

4. Preconditions (where applicable)

4.1. of curriculum	Principles of drug treatment
4.2. of competences	Medical history taking, clinical examination, recommendation and interpretation of paraclinical investigation results, principles of drug treatment

5. Conditions (where applicable)

5.1. to conduct the lecture	PowerPoint presentations, use of multimedia systems, and projector
5.2. to conduct the seminar / laboratory	Equipped with the necessary apparatus for conducting practical activities

6. Learning outcomes

Knowledge	Skills	Responsibility and autonomy
The student identifies, explains, and correlates the principles of clinical and paraclinical diagnosis with those of functional diagnosis according to the ICF in different pain-generating conditions.	The student adapts, integrates, and correctly applies evaluation methods and techniques, including those assessing activity limitations and participation restrictions (as defined in the WHO-ICF), in different types of pain-generating conditions.	The student coordinates, integrates, and supports, under appropriate supervision, personalized therapeutic plans for patients with pain-generating conditions

7. Course objectives (aligned with the learning outcomes)

7.1. General objective	To provide students with the knowledge and clinical skills necessary to understand the mechanisms, assessment, and multidisciplinary management of pain in order to improve patient function, quality of life, and participation.
7.2. Specific objective	To understand the physiological, psychological, and social mechanisms underlying pain and to apply evidence-based strategies for its assessment and treatment. To develop the ability to evaluate and manage acute and chronic pain using pharmacological, non-pharmacological, and interventional approaches within a multidisciplinary rehabilitation context.

8. Contents

8.1. Lecture	Teaching methods	Observations
COURSE 1. Introduction. Definition. Types of pain. Pain pathways.	Electronic presentation (PPT) Educational videos	**2h**

Pain assessment. Pain management team.		
COURSE 2. Pain management principles, pharmacological and non-pharmacological modalities	Electronic presentation (PPT) Educational videos	
COURSE 3. Acute pain: definition, types of pain, pharmacological and non-pharmacological management	Electronic presentation (PPT) Educational videos	
COURSE 4. Chronic pain (I): definition, types of pain. Neuropathic pain: definition, types, assessment, pharmacological and non-pharmacological management	Electronic presentation (PPT) Educational videos	
COURSE 5. Chronic pain (II). Fibromyalgia: definition, asssessment, pharmacological and non-pharmacological management. Complex regional pain syndromes: definition, asssessment, pharmacological and non-pharmacological management. Other types of chronic pain.	Electronic presentation (PPT) Educational videos	
COURSE 6. Disability and pain	Electronic presentation (PPT) Educational videos	
COURSE 7. Chronic pain management for oncologic patients	Electronic presentation (PPT) Educational videos	
8.2. Laboratory/ practical lesson	**Teaching methods**	**Observations**

LP 1. Cervical pain: definition, clinical aspects, assessment, management. Low back pain: definition, clinical aspects, assessment, management	Electronic presentation (PPT) Educational videos Practical demonstrations on patients	2h
LP 2: Low back pain: definition, clinical aspects, assessment, management	Electronic presentation (PPT) Educational videos Practical demonstrations on patients	
LP 3: Knee pain: definition, clinical aspects, assessment, management.	Electronic presentation (PPT) Educational videos Practical demonstrations on patients	
LP4: Shoulder pain: definition, clinical aspects, assessment, management.	Electronic presentation (PPT) Educational videos Practical demonstrations on patients	
LP5: Complex pain regional syndrome	Electronic presentation (PPT) Educational videos Practical demonstrations on patients	
LP6: Pain modulation	Electronic presentation (PPT) Educational videos Practical demonstrations on patients	
LP7: Chronic pain management for oncologic patients	Electronic presentation (PPT) Educational videos Practical demonstrations on patients	

Recent bibligraphy :

- **Electronic course materials of the discipline**
- **Wall & Melzack's Textbook of Pain, 7th Edition (2023) – Edited by Stephen McMahon, Martin K**
  The gold-standard reference on pain mechanisms, assessment, and treatment.
- **Bonica's Management of Pain, 5th Edition (2018) – Edited by Scott M. Fishman, Jane C. Ballanty**
  Comprehensive multidisciplinary guide to clinical pain management.

9. Evaluation

Activity type	**9.1. Evaluation criteria**	**9.2. Evaluation methods**	**9.3. Percentage in the final grade**
9.4. Lecture	Knowledge of the theoretical concepts taught in the course.	Attendance at the course	50%

		Written multiple-choice exam with 10 questions	
9.5. Seminary/ practical activity	Activity during the practical training sessions	Attendance at practical sessions	50%
9.5.1. Individual project (if applicable	-	-	-
9.6. Minimum performance standard			
50% from each activity included in the evaluation			

Date of completion : **Signature of the course holder** **Signature of the laboratory holder**

Date of approval by the Department Council: **Signature of the Department Director**