University of Otago, Christchurch

Musculoskeletal and Pain Programmes

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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 to the postgraduate Musculoskeletal and Pain programmes, University of Otago, Christchurch, and to the Department of Orthopaedic Surgery and Musculoskeletal Medicine. The Department is home to the:

- Postgraduate Certificate and Diploma in Musculoskeletal Medicine
- Postgraduate Certificate/Diploma/Masters in Health Sciences endorsed in Musculoskeletal Management
- Postgraduate Certificate/Diploma/Masters in Health Sciences endorsed in Pain and Pain Management

The Postgraduate Diploma in Musculoskeletal Medicine was first offered in 1989. It was developed in response to the need for a clinically focused and academically rigorous course addressing assessment and management of musculoskeletal and pain problems. The Musculoskeletal Management programmes for Allied Health professionals followed in 1998 and the Pain programmes were introduced in 2011. We believe that an important strength of our programme is its inter-professional focus, which provides an opportunity for exchanging ideas between professionals with different perspectives and from different health-care backgrounds.

Our programmes are based on an integrated biopsychosocial model which follows the framework and concepts mandated by the International Association for the Study of Pain. We are proud to have had our programmes recently endorsed by this internationally prestigious Association.

To deliver these programmes we have a great team of academic and clinical staff who teach and administer the papers, and who are dedicated to maintaining the highest of academic standards. We ensure that all material is kept as up to date and relevant as possible and strongly support original research through the department.

We welcome your enquiries and are always happy to discuss options so that your particular requirements for study in the domains of musculoskeletal and/or pain management can be met.

We look forward to hearing from you soon.

Dr Jim Borowczyk
BSc, MB ChB, FRCP, Dip MSM, FAFMM, MMed (Pain)
Academic Coordinator, Postgraduate Musculoskeletal and Pain Programmes
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.

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 HAVE RECENTLY BEEN 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 are 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.
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.
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.

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

Programmes offered
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 a 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 likely to be held in August.

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.
POSTGRADUATE DIPLOMA IN MUSCULOSKELETAL MEDICINE
PGDip MSM (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

Dr Tore Eivers
General Practitioner, Queensland, Australia
Postgraduate Diploma in Musculoskeletal Medicine

I have been a GP for most of the last 20 years. During time spent in the UK I developed an increasing awareness of musculoskeletal medicine and how musculoskeletal conditions contribute to such a large portion of our patients’ suffering and disability. Much of it is not amenable to diagnosis with standard imaging or pathology tests nor treatment with drugs and surgery.

The University of Otago Postgraduate Diploma in Musculoskeletal Medicine was and is the only qualification offered in Australasia that provides the depth and breadth of understanding in the basis of musculoskeletal conditions and pain that I was looking for.

With a busy work and family life the flexible nature of the course and online teaching meant I was able to fit study around these other commitments. The online learning tools were easy to use and provided for good communication with lecturers, both during tutorial sessions and at other times. The library resources available are extensive and provided the opportunity to explore beyond the set texts and curriculum.

The on-campus papers provided an opportunity to meet and connect with other students from all over the world with excellent hands on teaching and the ability to soak up the experience of other students as well as the tutors. Without the passion and friendly support of lecturers and coordinators such as Jim and Bronnie the course would not have been nearly as enjoyable as it was.

The Postgraduate Diploma, however, is not the end of my journey but a bridge. I feel far more confident in my management of musculoskeletal problems in general practice and am now involved in the local musculoskeletal focus group in south east Queensland.

With the foundations of the diploma I am now finding new paths forward and advancing my experience and practise further.
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.
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 706 Sports Physiotherapy (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 14 for suggested approved Research Methods papers.

Emma Fairs
Osteopath, Christchurch
PGDipHealSc endorsed in Musculoskeletal Management

Emma has been in clinical practice as an Osteopath for 24 years. In 2011 she completed the Postgraduate Diploma in Health Sciences endorsed in Musculoskeletal Management through University of Otago which in her own words she “found both very interesting and clinically useful”.

In 2010 Emma was appointed to the Osteopathic Council of New Zealand (OCNZ) by the then Minister of Health and was Chair of the OCNZ from 2011 through to 2015. She found through her time with the OCNZ she become increasingly interested in “what makes and keeps us, as clinicians, competent”.

Emma found that whilst there is an increasing volume of literature about this part of practice life from other professions, there was a complete lack of data from the NZ osteopathic profession. Emma wanted to begin the process of investigating this in order that both the profession and the regulator had a clearer understanding of the osteopathic professions’ thoughts and beliefs regarding Continuing Professional Development (CPD).

“Having previously had a great time studying with Otago I decided to have a chat with them about starting my Master’s Thesis to answer the questions I had about this area of practice.”

Emma enrolled part-time in 2016 and is now in the final year of completing her Master’s thesis.

“I have found the support provided by the University to be excellent and the quality of supervision is exceptional. The time demands for the study have been very achievable, in amongst clinical and family demands, and is certainly not onerous. The online access to supervision sessions and library access provides for a flexible study schedule which works very well for me.”
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 706 Sports Physiotherapy (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.
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 706 Sports Physiotherapy (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 14 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 706 Sports Physiotherapy (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.

I am a registered nurse working as a Clinical Nurse Specialist (CNS) in Persistent Pain in Timaru Hospital. I completed the Master in Health Sciences (Nursing – Clinical) program in 2013. I was unable to include the pain papers to my Masters program due to scheduling clashes so after taking a short break from studies I welcomed the opportunity to take on the entire Postgraduate Certificate in Health Sciences endorsed in Pain and Pain Management as I found it particularly relevant to my clinical role.

A CNS is considered a nursing expert in the chosen clinical field. Besides the direct care delivery to complex patients the role includes supporting staff learning and development and quality improvement initiatives within the speciality. Being part of a very small pain team and the only member with the focus on the psychosocial component of persistent pain management, my knowledge prior to undertaking these papers was mainly a result of self-directed learning. Considering the large volume of research in this scientific field in the last decades, this form of learning did not guarantee that I had accessed the best scientific evidence or interpreted and utilised it adeptly despite my best efforts.

The four papers that comprised the Postgraduate Certificate exceeded my expectations. The high quality, up to date content, has significantly enhanced and broadened my knowledge and understanding of pain science and pain management which I am now able to utilise in my clinical practice.

One of the highlights of the programme for me was the professional diversity of my fellow students. The online discussions, during the videoconferencing and via blackboard, elucidated for me, and made me appreciate their respective viewpoints and functions in pain management. This is congruent with the current best evidence which supports a multifaceted approach to management of complex persistent pain where the contribution of interdisciplinary team members, working on the same wavelength, is integrated to provide the best care for their patients.

Luba Gajduskova
Clinical Nurse Specialist in Persistent Pain, Timaru
PGCertHealSc endorsed in Pain and Pain Management
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 Special Topic: 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 am a Senior Lecturer in our Musculoskeletal and Pain programmes, and responsible for coordinating the Postgraduate Musculoskeletal Management programme. My clinical background is in occupational therapy with most of my clinical career in chronic pain management and vocational management for people experiencing musculoskeletal pain. I completed my MSc (Psych) and PhD exploring the experiences of people who live with pain, and my ongoing research is trying to understand the daily life decisions people need to make when their pain persists. 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.

In developing the courses I coordinate, I introduce students to a wide range of research paradigms, stimulate their appreciation of the complexity of pain, and hope that students understand their contribution as part of a team of clinicians who work to help reduce both distress and disability associated with pain. I'm especially interested in clinical reasoning and how we can incorporate a biopsychosocial perspective in our practice and as part of the wider healthcare team.

I provide supervision to Master of Health Sciences students undertaking projects and theses, across 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 a student begin to understand how complex our pain experience is, and how the biopsychosocial model is such a relevant framework for untangling the 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. Students become very passionate about making sure people with pain have quality treatment.
## 2018 Timetable

### SEMESTER 1  
**19 FEBRUARY – 22 JUNE 2018**

- MSME 701 Clinical Diagnosis
- MSME 704 Introduction to Pain
- MSME 705 Regional Disorders – Spine
- MSME 710 Recreational and Sports Injuries
- MSME 711 Pain Assessment

### SEMESTER 2  
**9 JULY – 10 NOVEMBER 2018**

- MSME 706 Regional Disorders – Limbs
- MSME 708 Introduction to Pain Management
- MSME 709 Clinical Therapeutics
- PAIN 701 Neurobiology of Pain
- PAIN 703 Psychosocial and Cultural Aspects of Pain

### NEXT OFFERED IN 2019 (TO BE CONFIRMED)

- MSME 702 Musculoskeletal Tissues (2019 semester 1)
- MSME 703 Musculoskeletal Disorders (2019 semester 2)
- PAIN 702 Biomedical Pain Management (2019 semester 1)
- MSME 707 Musculoskeletal Management (2019 semester 2)

### KEY

- Distance taught
- On-Campus taught (residential course)
**Papers**

**MSME 701 – CLINICAL DIAGNOSIS (15PTS)**  
Offered first semester 2018  
Consists of a 9-day on-campus course in Christchurch, New Zealand. Dates are not yet to be finalised but likely to be in March 2018. 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)**  
Not offered 2018 – next offered first semester 2019  
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)**  
Not offered 2018 – next offered second semester 2019  
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 first semester 2018  
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 first semester 2018  
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 second semester 2018  
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)**  
Not offered 2018 – next offered second semester 2019  
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 second semester 2018  
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)**  
Offered second semester 2018  
Consists of a 7-day on-campus course in Christchurch, New Zealand. Dates are not yet to be finalised but likely to be in August 2018. 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 first semester 2018
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.

MSME 711 – PAIN ASSESSMENT (15PTS)
Offered first semester 2018
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 second semester 2018
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)
Not offered 2018 – next offered first semester 2019
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 second semester 2018
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.
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, e.g. 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 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 (actual enrolment for 2018)** – Don’t forget to complete the pick your papers task after you have submitted the application for admission, 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