



Weitzman ECHO Pain Didactic Curriculum

1. What is Pain?
2. Psychological Factors Affecting Pain
3. Pain Assessment in Primary Care
4. Psychological Approaches to Pain Management
5. Psychotropics in Pain Management
6. Psychological Nervous System Trauma and Pain
7. Pain Exam in Primary Care
8. Low Back Pain in Primary Care: Back Pain > Leg Pain
9. Low Back Pain in Primary Care: Leg Pain > Back Pain
10. Opioids I: Assessing for Addiction
11. Opioids II: Lawful Prescribing
12. Opioids III: Maintaining and Monitoring Compliance
13. Opioids IV: Opioid Prescribing
14. Opioids V: Assessment and Management of Addictions
15. Difficult Conversations Regarding Opioid Prescribing for Chronic Non-Malignant Pain
16. Medication Tapers - When and How
17. Insomnia in the Chronic Pain Patient
18. Sleep Quality and Architecture - How Medications Affect Sleep
19. Nonsteroidal Anti-inflammatory Drugs (NSAIDs)
20. Acupuncture & Oriental Medicine
21. Impact of Nutrition on Pain
22. Headache in Primary Care
23. Pain Treatment in the Older Adult
24. Myths and Realities of Chronic Pain Treatment