

## Chronic Pain- Physiology and Care (BIOL 830P) – Summer 2019

### Instructor Information

**Instructor:** Dr. Surabhi Chandra

**Office:** BHS 201B

**Email:** chandras2@unk.edu (preferred contact); emails responded within 48 hours

### Textbook and Computer Requirements

**Required Text:** Pain: Its Anatomy, Physiology, and Treatment by Aage R. Moller; ISBN 978-1729634844

**Recommended Text:** Any physiology textbook or access to internet sources to complement understanding of nervous system

**Computer:** You will need to have an up-to-date browser, operating system and some additional software on your computer in order to take this class. Some of the documents in this course will be available in PDF form. If you do not have Adobe Acrobat Reader software on your computer, you can download it from <https://get.adobe.com/reader/>

### Course Description and Objectives

#### Course Description:

This course is aimed to provide a basic understanding of the pain pathways- chronic pain in particular. It will include anatomy of pain transmission, physiological effects, treatment options, and pain management strategies. A prior course in Anatomy and Physiology or Human Physiology would benefit the students taking this course.

#### Course Objectives:

1. Understand the basics of pain: causes, perception and anatomy
2. Describe the different types of chronic pain: neuropathic pain, cancer pain, inflammatory pain, muscle pain
3. Define the relationship of body's response to pain
4. Know common treatment options and management strategies for combating pain

### Course Format, Access, and Attendance

#### Course Format:

Because this is a web-based course and conducted entirely online, it is extremely important that you **regularly check your UNK email and Canvas**. In this course, students will demonstrate their level of achievement by completing tests, participating in discussion boards, and submitting assignments, which will be completed online.

#### Attendance:

Since this is an online course, "attendance" refers to checking announcements, reading the content, doing the activities, and submitting the assignments by the deadline. It is required that you should be logging in the course at least 3-4 times a week. The instructor can check if you have been accessing the course regularly or not. You are advised to allot specific times on several days of the week (MWF or TTh) towards this course similar to your regular in-class sessions. Print a copy of the schedule on the last page and paste it at a prominent place to keep track of deadlines.

### Course Design

The course is outlined in the form of modules. Each module will entail reading the textbook chapters, watching the lecture videos posted, reading additional resources, and submitting the assignments. In addition to the assignments, there will be a mid-term exam and a comprehensive final exam during the semester. The details on these will be provided as per their schedule.

**Modules:** There will be 3 modules in this course which are categorized based on the content covered. You will be able to access only one module at a time, and will not be graded for the previous module if the deadline is over.

**Lecture Videos:** The lecture videos will be posted on Thursday of each week by 8 am. The content covered in these will be primarily from the textbook.

**Quizzes/or Assignments:** Each week there will be a quiz/assignment based on the content covered in the week. This will be submitted on Canvas by the deadline, Tuesday @ midnight. You will be required to do additional research and reading in order to answer some of the questions asked.

## Course Communication

**Announcements:** Announcements will be posted on Canvas when you log in. Please make sure to check them regularly, as they will contain important information regarding assignments, or class concerns.

### Discussion Board:

Discussion Board will be used as a means of online communication between students and the instructor.

**Original Post-** Each module in this course would have a discussion board. Please read the material assigned, and respond to the question posted. The length of the post must be minimum of 150-200 words with critical and thoughtful explanation of the topics.

**Reply to Postings-** There will be a minimum of 2 responses that you are required to provide on other students' postings. These responses should not be limited to one word such as "bravo", "nice" or use internet lingo (LOL, ROFL etc.). Typical responses should be at least 2-3 sentences after carefully analyzing the post and providing your inputs. You will not be able to reply unless you have submitted your original post.

**Grading -** Each original post will be worth 7 points and responses will be 3 points (each response 1.5 points). Original post MUST be submitted by Friday before the due date, and the responses will be due by the deadline.

## Grades

Discussion board postings	40 points = 3 modules (10 points each) + Introduction (10 points)
Quiz/Assignments	60 points = 7 quiz/assignments (10 pts each) – 1 lowest (10 pts)
Syllabus Quiz	10 points
Mid-term Exam	70 points
Final Exam (cumulative)	120 points

**Total 300 points**

Grades will be assigned as follows:

- 100 – 90% - A grades (>98% = A+; 97-92% = A; 91-90% = A-)
- 89 – 80% - B grades (89-88% = B+; 87-82% = B; 81-80% = B-)
- 79 – 70% - C grades (79-78% = C+; 77-72% = C; 71-70% = C-)
- 69 – 60% - D grades (69-68% = D+; 67-62% = D; 61-60% = D-)
- 60% and lower – F grade

## Other Course Policies

**Late Work:** Late work will not be accepted. If you have an extenuating circumstance, please contact me before the assignment/work is due to make alternate arrangements. I will require documentation in such cases.

**Dropping the Class:** In order to avoid getting an F for the course, it is your responsibility to officially withdraw from the course prior to the deadline. Withdrawing from a class is done through your secure student account in MyBlue.

**Receiving an Incomplete:** An incomplete ("I") is issued only if circumstances beyond your control (for example, hospitalization during finals week) prevent you from completing the required work for the class by the end of the semester. The circumstances preventing you from finishing the class must have arisen *after* the withdraw deadline. An incomplete grade will give you an *extension* to complete outstanding work only; it is *not* an opportunity to "start over" in the class. A contract must be signed detailing a timeline for completing the work, and all outstanding work must be completed within one year or the "I" grade *automatically* converts to a failing "F" grade. The conversion of an incomplete grade to a failing grade is university policy and is not within the control of instructor.

## Ethics and Behavior

You should be following the highest ethical, academic, and professional standards. The University's Academic Integrity policy is listed in Article VI of the Student Handbook. UNK Student Handbook or (<http://www.unk.edu/offices/reslife.aspx?id=2402>). Use of proper language and maintaining appropriate decorum is expected during the course. Discussion boards will be moderated and any use of abusive/foul language will be dealt strictly and can result in expulsion from the university.

## Copyright and Plagiarism Policy

All lecture videos and additional contents posted in this course is subjected to copyright restriction. Work CANNOT be used, adapted, copied, or published without the instructor's permission. Plagiarism from peers or from other sources is not acceptable, and will be subjected to a grade penalty.

### Students with Disabilities or Those Who are Pregnant

Students with disabilities or those who are pregnant are encouraged to contact me for a confidential discussion of their individual needs for academic accommodation. It is the policy of the University of Nebraska at Kearney to provide flexible and individualized reasonable accommodation to students with documented disabilities or those who are pregnant. To receive accommodation services for a disability, students must be registered with UNK Disabilities Services Coordinator, David Brandt, in the Academic Success Office, 163 Memorial Student Affairs Building, 308-865-8214 or by email [brandtdl@unk.edu](mailto:brandtdl@unk.edu). For those needing accommodation due to pregnancy, you need to visit with Student Health. The following link provides information for students and faculty regarding pregnancy rights. <http://www.nwlc.org/resource/pregnant-and-parenting-students-rights-faqs-college-and-graduate-students>

### Reporting Student Sexual Harassment, Sexual Violence or Sexual Assault

Reporting allegations of rape, domestic violence, dating violence, sexual assault, sexual harassment, and stalking enables the University to promptly provide support to the impacted student(s), and to take appropriate action to prevent a recurrence of such sexual misconduct and protect the campus community. Confidentiality will be respected to the greatest degree possible. Any student who believes she or he may be the victim of sexual misconduct is encouraged to report to one or more of the following resources: **Local Domestic Violence, Sexual Assault Advocacy Agency** 308-237-2599; **Campus Police (or Security)** 308-627-4811; **Title IX Coordinator** 308-865-8655

Retaliation against the student making the report, whether by students or University employees, will not be tolerated.

### Additional Resources

**Tech Support:** Available through email at [unkhelpdesk@unk.edu](mailto:unkhelpdesk@unk.edu) or phone 308-865-8363.

**Learning Commons:** UNK provides student services for proof reading your documents. To submit papers online for Learning Commons' writing tutors to review, [click here](#).

**Chronic Pain: Physiology and Care (BIOL830P)**  
**Summer 2019 Schedule (Tentative)**

<b>Week</b>	<b>Modules</b>	<b>Chapters Tested</b>
1	Module 1	What is Pain; <b>Quiz 1</b>
2	Module 1	Somatic Pain and Visceral Pain; <b>Quiz/assignment 2</b>
	<b>Discussion Board 1</b>	
3	Module 2	Pathological pain; <b>Quiz/assignment 3</b>
	<b>Mid-term Exam</b>	
4	Module 2	Chronic neuropathic pain; <b>Quiz/assignment 4</b>
5	Module 2	Modulation of chronic pain; <b>Quiz/assignment 5</b>
	<b>Discussion Board 2</b>	
6	Module 3	Treatment of pathologic pain; <b>Quiz/assignment 6</b>
7	Module 3	Receptors and pathways affected by pain medications; <b>Quiz/assignment 7</b>
	<b>Discussion Board 3</b>	
8	<b>Final Exam</b>	