

# **2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda**

## **Occupational Therapy and Physiotherapy to Prevent and Treat Chronic Pain Across the Servicemembers Lifespan**

**Presented by: LT Ruth Chase, MA, OTR/L, BCPR and CAPT Fiona Lovell**

**Offered: 13 August 2025, 0830–1130 AM ET**

**Location: ZoomGov**

**Course Description:** This virtual workshop will introduce participants to Occupational therapy and Physiotherapy's unique roles in the prevention and treatment of chronic pain. Participants will develop an understanding of modifiable and non-modifiable risk factors related to chronic pain, and will learn about evidence-based, non-pharmacological prevention and treatment strategies. Additionally, we will discuss the impact of military healthcare culture and communication with some practical applications to enhance a person-centered, biopsychosocial approach as we consider the impact of pain chronicity across the servicemember lifespan. The workshop will include interactive checks on learning, case examples, and review of recent research, giving participants the opportunity to consider practical applications to their own practice.

### **Learning Objectives:**

1. Understand the unique roles of Occupational Therapy (OT) and Physiotherapy (PT) in preventing and treating chronic pain.
2. Differentiate between modifiable and non-modifiable risk factors for service members developing chronic pain.
3. Discuss the multi-faceted impacts of military healthcare culture and communication and reflect on personal experiences.
4. Identify practical applications to reduce the chronicity of pain throughout the service-members lifespan.

### **13 August 0830–1130 AM ET**

0830–0900	Overview of OT and PT Role in Pain Prevention and Treatment
0900–0945	Literature Review of Risk Factors for Developing Chronic Pain
0945–1000	----- BREAK -----
1000–1045	Discussion Around Unique Challenges Associated with Risk Factors Within Military Healthcare
1045–1115	Identify Practical Applications and Key Takeaways
1115–1130	Q & A, Discussion and Wrap-Up