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 several suites of University of Otago qualifications, including:

- the Certificate and Diploma in Musculoskeletal Medicine
- the Certificate and Diploma in Health Sciences and the Master of Health Sciences degree endorsed in Musculoskeletal Management
- and more recently, the Certificate and Diploma in Health Sciences and the Master of Health Sciences degree 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 course addressing assessment and management of musculoskeletal and pain problems. Our qualifications programme was extended to include allied health and nursing professionals in the late 1990s. We believe that one of the main strengths of our programme is its inter-professional focus, which provides an opportunity for exchanging ideas between people with different perspectives and from different backgrounds.

Throughout your study in the Postgraduate Musculoskeletal and Pain programmes you will frequently encounter the biopsychosocial model upon which our programmes are integrated. This follows the framework and concepts endorsed by the International Association for the Study of Pain.

To support all this, we have a great team of academics and staff who teach and administer the papers, and who are dedicated to maintaining the highest of 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 are all very easy to contact, and would encourage all potential students to get in touch 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, MM(Med (Pain))
Academic Coordinator, Postgraduate Musculoskeletal and Pain Programmes
University of Otago, Christchurch
The University of Otago Postgraduate Musculoskeletal and Pain programmes promote best practice in musculoskeletal and pain management. The University’s postgraduate programmes provide clinically-oriented academic training in both these areas for a wide range of health and related professions. The emphasis is on acquiring both practical skills and theoretical knowledge from an evidence-based perspective.

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

- Students in the Postgraduate Musculoskeletal and Pain Programmes benefit from the support and knowledge of highly committed staff, interested in encouraging students to develop your careers.
- Distance delivery makes it possible to study both from within New Zealand and internationally.
- The programme structure allows flexibility to build your academic success — and at a pace that suits you.
- Staff in the Postgraduate Musculoskeletal and Pain Programmes are active researchers and clinicians, encouraging rigour in clinical reasoning and using a strong evidence base.
- We run a truly inter-professional programme with staff and students from multiple disciplines including medicine, physiotherapy, occupational therapy and psychology.
- Students with our qualifications offer specialist skills for patients with musculoskeletal and pain problems in New Zealand.
- We offer a broad range of paper topics that cover nearly all major areas of musculoskeletal practice.
- As 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.
- Qualification staircase — start with the Postgraduate Certificate and add papers to earn a Diploma or Master’s.
- Our qualifications are the only New Zealand programmes in musculoskeletal and pain management.
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. Students link in from home via their computer and a good broadband connection for regular sessions throughout the semester. These sessions are recorded as podcasts for later review, and students are also encouraged to use Blackboard 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.

However, in the Postgraduate Certificate and Diploma in Musculoskeletal Medicine suite of qualifications, we do require students to attend a compulsory on-campus course held in Christchurch (Papers – MSME 701 and MSME 709 only – course duration of 9 and 7 days respectively). The dates for these on-campus courses have not been confirmed as yet but are likely to be held in April/May 2015.

MSME 701 – Clinical Diagnosis
MSME 709 – Clinical Therapeutics

The completion of MSME 701 is a prerequisite for enrolling in MSME 709 which means that 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.

*Both MSME 701 – Clinical Diagnosis and MSME 709 – Clinical Therapeutics are held concurrently.

Bronwyn Thompson

Bronwyn is a Senior Lecturer in Pain and Pain Management and responsible for coordinating the Postgraduate Musculoskeletal Management programme in the Department of Orthopaedic Surgery & Musculoskeletal Medicine, University of Otago, Christchurch. Bronwyn’s research interests include (among other things) chronic pain, pain anxiety, coping, patient-provider interactions and secondary prevention of disability arising from pain. Bronwyn has worked for over 20 years in chronic pain management using her clinical background in occupational therapy, and since completing her MSc in Psychology, has been teaching in the musculoskeletal and pain programme for the last 11 years. She has recently completed her PhD developing a grounded theory of living well with chronic pain, looking at coping in individuals with low disability and distress, but moderate pain. She has supervised students undertaking both qualitative and quantitative research, and is actively engaged in researching coping in daily life in people with fibromyalgia; psychosocial risk factors for delayed recovery from hip and knee surgery; health professionals’ understanding of spirituality and pain, and the ways people who engage in body suspension cope with acute pain.

“The most exciting parts of my teaching job are when I see a student begin to understand how complex our experience of pain is, and how the biopsychosocial model is such a relevant concept.

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.”
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.

A range of learning and teaching methodologies are used to support learning. At the start of each course, convenors and administration staff are available to provide information about the services and resources available within the University for students.

STUDY OPTIONS

There is 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 when it suits your needs.

Postgraduate Certificate

A postgraduate certificate is a coursework qualification that recognises continuing professional development. A postgraduate Certificate 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.

Postgraduate Diploma

A postgraduate diploma provides a specialist postgraduate qualification. Students are able to 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, 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 240 points of papers (which must include a 30-point research methods paper and a 30-point research project). To receive endorsements in Musculoskeletal Management you need to have completed at least three compulsory papers from the Musculoskeletal Management Programme (MSME 704 – Introduction to Pain, MSME 708 – Introduction to Pain Management, and MSME 707 – Musculoskeletal Management.)

For an endorsement in Pain and Pain Management, students need to have completed all of the compulsory Pain & Pain Management papers, e.g. MSME 704, MSME 708 – as above, plus MSME 711 – Pain Assessment, PAIN 701 – Neurobiology of Pain, PAIN 702 – Biomedical Management of Pain, and PAIN 703 – Psychosocial and Cultural Aspects of Pain.
**PROGRAMMES OFFERED**

The only qualifications that are restricted to medical practitioners are the PG 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.

Postgraduate Certificate in Health Sciences endorsed in Musculoskeletal Management PGCertHealSc (MSMT)

Postgraduate Certificate in Health Sciences endorsed in Pain and Pain Management PGCertHealSc (Pain)

Postgraduate Diploma in Health Sciences endorsed in Musculoskeletal Management (PGDipHealSc (MSMT) and PGDipHealSc (Pain)) or endorsed in Pain and Pain Management (PGDipHealSc Pain)

Master of Health Sciences (MHealSc) endorsed in Musculoskeletal Management or Pain & Pain Management

### Postgraduate Certificates

- **PGCert**
  - Musculoskeletal Medicine (medical practitioners)
  - MSME 701, 704 & 708 + any other MSME paper

- **PGCertHealSc**
  - Musculoskeletal Management
  - MSME 704, 708 + two approved MSME papers

- **PGCertHealSc**
  - Pain and Pain Management
  - MSME 704, 708, 711 & PAIN 701

### Postgraduate Diplomas

- **PGDip**
  - Musculoskeletal Medicine (medical practitioners)
  - MSME 701, 702, 703, 704, 708 & 709 + two papers from MSME 705, 706, 707, 710 & 711 + one 3000 – 5000 word essay

- **PGDipHealSc**
  - Musculoskeletal Management
  - MSME 704, 707 & 708 + 75 points from approved papers (must include one (30 point) research methods paper if intending to go on to master’s)

- **PGDipHealSc**
  - Pain and Pain Management
  - MSME 704, 708, 711 & PAIN 701, 702 & 703 + 30 points from approved papers (must include one (30 point) research methods paper if intending to go on to master’s)

### Master of Health Sciences

- **MHealSc**
  - Musculoskeletal Management
  - Thesis option = MSME 704, 707, 708 + 30 point research methods paper and 45 points from approved papers + 120 point thesis
    - Coursework option = MSME 704, 707, 708 + 30 point research methods paper and 135 points from approved papers + 30 point research project

- **MHealSc**
  - Pain & Pain Management
  - Thesis option = MSME 704, 708, 711, PAIN 701, 702, 703 + 30 point research methods paper + 120 point thesis
    - Coursework option = MSME 704, 708, 711, PAIN 701, 702, 703 + 30 point research methods paper + 90 points from approved papers + 30 point research project

60 points 120 points 240 points

N.B. Please refer to the University of Otago Christchurch Postgraduate Health Sciences Course Book for detailed information. With regards to the coursework pathway, the information on approved research methods papers is currently under discussion and may be amended. Please clarify with your course administrator before enrolling.
Programmes of Study

POSTGRADUATE CERTIFICATE IN MUSCULOSKELETAL MEDICINE

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. It can be completed by studying part-time over a 1 – 3 year time frame.

Who is it intended for?
The Postgraduate Certificate in Musculoskeletal Medicine is aimed at registered medical practitioners in both primary care and allied musculoskeletal specialties such as rheumatology and orthopaedic surgery. Current medical registration is an admission requirement, and students must be registered as medical practitioners in the country in which the programme is taught.

What is the course content?
There are four papers consisting of
MSME 701 – Clinical Diagnosis (on-campus)
MSME 704 – Introduction to Pain
MSME 708 – Introduction to Pain Management
Plus one other 15 point MSME paper.

What can this Certificate lead to?
Past graduates of the Postgraduate Certificate in Health Sciences (Musculoskeletal Medicine) 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

POSTGRADUATE DIPLOMA IN MUSCULOSKELETAL MEDICINE

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 suffering from musculoskeletal pain problems. The Diploma 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.

Who is it intended for?
The course is intended for registered medical practitioners who are:
• Interested in, or working with, people who have musculoskeletal problems
• Wanting to develop a questioning approach to their practice
• Wanting to work towards a recognised academic qualification

Previous students have come from General Practice, Rheumatology, Orthopaedic Surgery and Sports Medicine.

What is the course content?
It involves 8 papers (6 compulsory* and two optional) from the following range:
*MSME 701 Clinical Diagnosis (on-campus)
*MSME 702 MSM Tissues
*MSME 703 MSM Disorders
*MSME 704 Introduction to Pain
MSME 705 Regional Disorders – Spine
MSME 706 Regional Disorders – Limbs
MSME 707 MSM Management
*MSME 708 Introduction to Pain Management
*MSME 709 Clinical Therapeutics
To complete the Diploma, students must submit a 3000 – 5000 word essay on an approved topic.

The course regulations for the Postgraduate Certificate/Diploma in Musculoskeletal Medicine are set out in the University of Otago Calendar.

**PROGRAMME OF STUDY / SCHEDULE FOR THE POSTGRADUATE CERTIFICATE IN HEALTH SCIENCES ENDORSED IN MUSCULOSKELETAL MANAGEMENT**

1. **Two compulsory papers (30pts)**
   - MSME 704 Introduction to Pain (15pts)
   - MSME 708 Introduction to Pain Management (15pts)

2. **Two further approved papers from the following (30 pts)**
   - MSME 702 Musculoskeletal Tissues (15pts)
   - MSME 703 Musculoskeletal Disorders (15pts)
   - MSME 705 Regional Disorders – Spine (15pts)
   - MSME 706 Regional Disorders – Limbs (15pts)
   - MSME 707 Musculoskeletal Management (15pts)
   - MSME 710 Recreational and Sports Injuries (15pts)
   - MSME 711 Pain Assessment (15pts)

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**Andrea Robinson**

“I completed my GP vocational training in the United Kingdom in 2007 and less than two years later I had moved to New Zealand. As a rural GP, a high proportion of my patients have occupations involving manual labour. I noticed a large component of my workload involved musculoskeletal problems and pain management. The opportunity to explore these areas in greater depth has been invaluable, both for me and, I hope, my patients. I am a self-professed exercise junkie and, lately, a keen tramper. The module of sports injuries has allowed me to diagnose my aches and pains quite effectively!

Enrolment in further study 6 months after the move to New Zealand wasn’t foreseen. However, the ability to work in residential courses, audio conferences and assignments around my work through a distance-learning format held great appeal. I soon found a pace of study that suited me and my lifestyle and completed the Diploma in three years. This was not without its challenges and conflicts, but the University’s Blackboard and podcasts of audio conferences meant that no problem was insurmountable and I could happily continue to travel the world!

In the short time since I completed professional training and looked forward to a break from recognized training programmes, I am now actively looking at options for more study in 2015. The decision to take on the Diploma in Musculoskeletal Medicine has sharpened my clinical skills and introduced more variety and enjoyment in my role as a GP.”
PROGRAMME OF STUDY / SCHEDULE FOR THE POSTGRADUATE DIPLOMA IN HEALTH SCIENCES ENDORSED IN MUSCULOSKELETAL MANAGEMENT

1. Compulsory Papers (45pts)
   MSME 704 Introduction to Pain (15pts)
   MSME 708 Introduction to Pain Management (15pts)
   MSME 707 Musculoskeletal Management (15pts)

2. Further approved papers (75 points)
   Some recommended papers are:
   MSME 702 Musculoskeletal Tissues (15pts)
   MSME 703 Musculoskeletal Disorders (15pts)
   MSME 705 Regional Disorders – Spine (15pts)
   MSME 706 Regional Disorders – Limbs (15pts)
   MSME 710 Recreational and Sports Injuries (15pts)
   MSME 711 Pain Assessment (15pts)
   PAIN 701 Neurobiology of Pain (15pts)
   PAIN 702 Biomedical Pain Management (15pts)
   PAIN 703 Psychosocial and Cultural Aspects of Pain (15pts)
   REHB 701 Rehabilitation Principles (30pts)
   SPME 706 Sports Physiotherapy (30pts)

Students hoping to advance to a Master’s programme by thesis are advised to include a 30 point research methods paper in their Diploma programme.

PROGRAMME OF STUDY / SCHEDULE FOR THE MASTER OF HEALTH SCIENCES ENDORSED IN MUSCULOSKELETAL MANAGEMENT

1. Compulsory papers (45pts)
   MSME 704 Introduction to Pain (15pts)
   MSME 708 Introduction to Pain Management (15pts)
   MSME 707 Musculoskeletal Rehabilitation (15pts)

2. With regard to the Coursework pathway, the information on approved research methods papers is currently under discussion and may be amended. Please clarify with your course administrator before enrolling – examples include:
   PUBH 723 Survey Methods – taught on-campus Christchurch (15pts)
   PUBH 724 Introduction to Qualitative Research Methods – taught on-campus Christchurch (15pts)
   PUBH 711 Principles of Epidemiology – taught on-campus Christchurch (15pts)
   PUBH 725 Applied Biostatistics 1: Fundamentals – distance taught via Dunedin (15pts)
   NURS 415 Nursing Research Methods – taught in on-campus blocks in Christchurch (30pts)
   PSME 406 Special Topic: Research Methods (Mental Health) Taught via on-campus blocks in Christchurch via the Department of Psychological Medicine
   PHCY 506 Research Methods – distance taught via Dunedin School of Pharmacy (30pts)
   HASC 417 Health Sciences Research Methods – distance taught via Wellington (30pts)
   AVME 785 Research Methods – entirely distance taught via Wellington (online and audio conferences) (30pts)
3. Further approved papers (45pts)

Some recommended distance taught papers are:

MSME 702 Musculoskeletal Tissues (15pts)
MSME 703 Musculoskeletal Disorders (15pts)
MSME 705 Regional Disorders – Spine (15pts)
MSME 706 Regional Disorders – Limbs (15pts)
MSME 710 Recreational and Sports Injuries (15pts)
MSME 711 Pain Assessment (15pts)
PAIN 701 Neurobiology of Pain (15pts)
PAIN 702 Biomedical Pain Management (15pts)
PAIN 703 Psychosocial and Cultural Aspects of Pain (15pts)
REHB 701 Rehabilitation Principles (30pts)
SPME 706 Sports Physiotherapy (30pts)

4. Research Pathway (120pts)

A thesis (120 pts)

5. Coursework Pathway (120pts)

Further approved papers to the value of 90 points (30pts)

A research project (30pts)

Students are strongly encouraged to discuss their research project or thesis with a potential supervisor from within the Department of Orthopaedic Surgery and Musculoskeletal Medicine before undertaking the research methods paper to allow for development of the proposal as part of the research methods course.

PROGRAMME OF STUDY / SCHEDULE FOR THE POSTGRADUATE CERTIFICATE IN HEALTH SCIENCES ENDORSED IN PAIN AND PAIN MANAGEMENT

1. Four Compulsory Papers (60pts)

MSME 704 Introduction to Pain (15pts)
MSME 708 Introduction to Pain Management (15pts)
MSME 711 Pain Assessment (15pts)
PAIN 701 Neurobiology of Pain (15pts)

Diana Bowalgaha Ralalage

“I first started looking at postgraduate study options whilst I was a second year nursing student in Melbourne, though when I was about to complete my new grad year, I thought, “no more studies after all that!” It was with my husband’s support and encouragement that I decided to embark on an exciting journey of postgraduate study with the University of Otago. It was certainly a shaky start, to say the least, when I began my PGCert in Health Sciences endorsed in Musculoskeletal Management. This was in February 2011 with the earthquakes and constant aftershocks! It was an enriching, stimulating and challenging year, and I made it through!

2012 was an exciting year because I was looking forward to attaining the PGDip in Health Sciences endorsed in Musculoskeletal Management and attending graduation in Dunedin. I must admit that I love graduation!

I work as a general medicine nurse in Christchurch Hospital, and I wanted to pursue a further qualification as I hoped to go back to acute rehabilitation nursing one day (namely trauma and orthopaedics) as this was my background before commencing my new grad year. I learnt heaps whilst completing the musculoskeletal management papers, and it really opened my eyes to the concept of pain. I was able to understand better why a patient might be presenting the way they are, the concept of fear and avoidance, medical conditions that I see in my everyday practice such as gout, RA, OA, PMR, and using this knowledge to empower my patients, and teaching what I’ve learnt to student nurses, new graduate nurses and my colleagues.

I believe second semester last year changed me forever! I had to write ten reflective journal entries for one of the papers I was doing, and towards the end it made me realise that I loved working with palliative care patients and their families. It was then that I decided that palliative care nursing was my future, so I decided to embark on the Master of Health Sciences endorsed in Nursing (Clinical). I’m excited about where all this will lead me, and I encourage everyone to dip their toes in postgraduate studies if they can, as it is certainly very rewarding.”
PROGRAMME OF STUDY / SCHEDULE FOR THE POSTGRADUATE DIPLOMA IN HEALTH SCIENCES ENDORSED IN PAIN AND PAIN MANAGEMENT

1. Compulsory Papers (90pts)
   - MSME 704 Introduction to Pain (15pts)
   - MSME 708 Introduction to Pain Management (15pts)
   - MSME 711 Pain Assessment (15pts)
   - PAIN 701 Neurobiology of Pain (15pts)
   - PAIN 702 Biomedical Pain Management (15pts)
   - PAIN 703 Psychosocial and Cultural Aspects of Pain (15pts)

2. Further approved papers (30 points)
   Some recommended papers are:
   - MSME 702 Musculoskeletal Tissues (15pts)
   - MSME 703 Musculoskeletal Disorders (15pts)
   - MSME 705 Regional Disorders – Spine (15pts)
   - MSME 706 Regional Disorders – Limbs (15pts)
   - MSME 710 Recreational and Sports Injuries (15pts)
   - REHB 701 Rehabilitation Principles (30pts)
   - REHB 702 Assessment, Goals, Outcomes (30pts)
   - SPME 706 Sports Physiotherapy (30pts)

Note: Students hoping to advance to the Master’s programme by thesis are advised to include a 30 point research methods paper in their Diploma programme.

PROGRAMME OF STUDY / SCHEDULE FOR THE MASTER OF HEALTH SCIENCES ENDORSED IN PAIN AND PAIN MANAGEMENT

1. Compulsory papers (90pts)
   - MSME 704 Introduction to Pain (15pts)
   - MSME 708 Introduction to Pain Management (15pts)
   - MSME 711 Pain Assessment (15pts)
   - PAIN 701 Neurobiology of Pain (15pts)
   - PAIN 702 Biomedical Pain Management (15pts)
   - PAIN 703 Psychosocial and Cultural Aspects of Pain (15pts)

2. With regard to the Coursework pathway, the information on approved research methods papers is currently under discussion and may be amended. Please clarify with your course administrator before enrolling – examples include:
   - PUBH 723 Survey Methods – taught on-campus Christchurch (15pts)
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   - PSME 406 Special Topic: Research Methods (Mental Health) (30pts) Taught via on-campus blocks in Christchurch via the Department of Psychological Medicine
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   - HASC 417 Health Sciences Research Methods – distance taught via Wellington (30pts)
   - AVME 785 Research Methods – entirely distance taught via Wellington (online and audio conferences) (30pts)
3. Research Pathway (120pts)
   A thesis (120 pts)

4. Coursework Pathway (120pts)
   A research project (30pts)

   Further approved papers to the value of 90 points. Some recommended distance taught papers are:
   MSME 703 Musculoskeletal Disorders (15pts)
   MSME 705 Regional Disorders – Spine (15pts)
   MSME 706 Regional Disorders – Limbs (15pts)
   MSME 710 Recreational and Sports Injuries (15pts)
   REHB 701 Rehabilitation Principles (30pts)
   SPME 706 Sports Physiotherapy (30pts)

Most MHealSc (Pain and Pain Management) candidates begin by completing the Postgraduate Diploma in Pain and Pain Management. It is best to discuss individual courses with the Master’s Programme Coordinator.

Students are strongly encouraged to discuss their research project or thesis with a potential supervisor from within the Department of Orthopaedic Surgery & Musculoskeletal Medicine before undertaking the research methods paper; to allow for development of the proposal as part of the research methods course.

As an MRI radiographer working in a specialist musculoskeletal imaging centre, I wanted to increase my clinical knowledge and understanding of musculoskeletal injuries, diseases and diagnoses to improve my scanning skills and provide a better service to my patients. I had already been bitten by the ‘study bug’ so I searched for a distance learning course that would provide me with the knowledge I was seeking. The University of Otago’s Postgraduate Diploma in Musculoskeletal Management did just that. I gained a comprehensive understanding of the finer details of musculoskeletal anatomy, management, psychosocial assessment and treatment which has certainly benefitted my patients as I now approach my scanning from a new perspective. I am able to do a quick evaluation of their symptoms, am more sensitive to subtle signs, so when I perform their imaging I am focusing on their pain and potential causes.

The added bonus of the bi-monthly audio/video conferences with recognised experts in their field made the coursework so much more satisfying. That aspect alone makes these courses worthwhile. And if I missed one, they were still available online. Otago University has certainly provided an excellent course fully supported to suit the needs of its students who are often working full-time. I found the content and pace quite manageable and the satisfaction of graduating with my Postgraduate Diploma after passing those exams a worthy achievement.

I have continued on with my studies with a Master in Pain and Pain Management and once again, it has surpassed my expectations. Now what lies ahead? A Doctorate in Health Science at Otago? With no hesitation. Certainly a very infectious ‘study bug’, but well managed by Otago.

Thanks!
Desiree Mulders

Desiree Mulders
Master of Health Sciences endorsed in Pain and Pain Management

As an MRI radiographer working in a specialist musculoskeletal imaging centre, I wanted to increase my clinical knowledge and understanding of musculoskeletal injuries, diseases and diagnoses to improve my scanning skills and provide a better service to my patients. I had already been bitten by the ‘study bug’ so I searched for a distance learning course that would provide me with the knowledge I was seeking. The University of Otago’s Postgraduate Diploma in Musculoskeletal Management did just that. I gained a comprehensive understanding of the finer details of musculoskeletal anatomy, management, psychosocial assessment and treatment which has certainly benefitted my patients as I now approach my scanning from a new perspective. I am able to do a quick evaluation of their symptoms, am more sensitive to subtle signs, so when I perform their imaging I am focusing on their pain and potential causes.

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Thanks!
Desiree
**Teaching**

**WHAT ARE OUR TEACHING METHODS?**

A combination of distance learning and on-campus coursework has been chosen for teaching as it gives students flexible access to the course with an opportunity to learn clinical skills away from home and work.

As a result professionals throughout New Zealand can join the programme, avoiding the need to take extended time out from their practice. A range of clinicians teach this course, mostly practising clinicians with a special interest in musculoskeletal pain.

On-campus courses are held for papers MSME 701 and 709. Teaching involves a range of interactive approaches including:

**Online teaching sessions**

These sessions offered through a web link to Otago Connect are used to discuss course material including case studies and questions. Normally these are held on a Thursday evening fortnightly during the academic term, but specific dates will be confirmed at the start of each semester.

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, a web camera and headset with microphone.

**Internet and Email**

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.

Blackboard, an internet-based platform designed for education is used for all of the papers. Blackboard is free, easy to use and will be explained at the beginning of the course.

Some papers may also use Moodle, another interactive internet-based educational platform, which also is easy to use.

For information about the minimum level of computer technology required please visit the following website: blogs.otago.ac.nz/sits/it-support/ or call the University of Otago Computer Facility Helpdesk on 0800 479 888.

**Course DVDs**

Course DVDs are provided for many of the papers; they contain module outlines and some readings if copyright permits, plus powerpoint, and information on case studies and assignments.

**Assessment**

Assessments vary depending on the paper, but most papers include one written assignment, and a written examination. On-campus courses involve completing a structured clinical examination at the end of the course.

**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.
MSME 701 – CLINICAL DIAGNOSIS (15pts)
Taught at special on-campus courses in Christchurch annually – dates for 2015 are not yet finalised but likely to be April/May.
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)
Offered first semester 2015
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)
Offered second semester 2015
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 2015
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)
Not offered 2015 – next offered 2016
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)
Not offered 2015 – next offered 2016
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)
Offered second semester 2015
This paper focuses on the prevention and rehabilitation of musculoskeletal disorders. It includes an overview of the principles of epidemiology, critical understanding and analysis of research, clinical decision analysis and clinical epidemiology.

MSME 708 – INTRODUCTION TO PAIN MANAGEMENT (15pts)
Offered second semester 2015
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)
On-campus
Taught at special on-campus courses in Christchurch annually – dates for 2015 are not yet finalised but likely to be April/May.
This paper is restricted to registered medical practitioners and the completion of paper MSME 701 is a prerequisite. Both of these papers are taught concurrently.
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
Not offered 2015 – next offered 2016
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.

*Previously called MSMX 707 – Musculoskeletal Rehabilitation
MSME 711 – PAIN ASSESSMENT (15pts)
Offered second semester 2015
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 first semester 2015
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)
Offered first semester 2015
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)
Not offered 2015 – next offered 2016
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.

PAIN 704 – PAIN IN SPECIAL CONTEXT
In preparation, and subject to approval.
The purpose of this paper is to understand the epidemiology, diagnostics, assessment and the approach to pain management in special clinical contexts, and in selected different populations.
Apply before 10 December for a first semester start. Apply before 10 June for a second semester start. Applications are completed online via eVision.

In 2013 the University introduced compulsory online programme admission and enrolment via its corporate website, i.e. it is no longer possible to apply for a programme by completing a paper application form.

All candidates need to:

1. Be admitted to a programme – the approval for this process is via an admissions committee – apply online.
2. Complete enrolment/select papers each year that they are studying – apply online.
3. Be course approved for each year of study and complete the online declaration.
4. Pay fees – the invoice is accessed from the student’s eVision portal (it is not posted out).

Online link
There will be a link to the admission/application page on the University’s web page otago.ac.nz. New students should click the Apply Now link.

IMPORTANT INFORMATION
Prior to going online and applying, candidates should consider the following:

1. Programme name – you need to know the correct name of the programme, plus the endorsement or specialisation, e.g. Master of Health Sciences/ or Diploma in Musculoskeletal Medicine (this is the programme name). 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 – You also need to know which papers you wish to undertake to complete the programme (see programme schedules earlier in this book). 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. Credit – If you are seeking approval for credit in another postgraduate qualification, you will need to have details of this.

4. Documentation – the online system allows you to upload documents from your computer, so it is a good idea to save any required documents in pdf format on your computer.

If this is the first time you will be enrolling through the University of Otago, you are likely to be asked for such documents 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 (which should include details of your qualifications (including institution and year completed), and details of your past and current employment, plus a copy of your current practising certificate.

5. If you are a returning Otago student, you need to know your user name and password – the one you have been using for electronic library and Blackboard access.

6. Emails and Individual Student Portal – Once you have applied online, the system 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.

7. Research proposal (Health Science students only) – During the semester before commencing a research project or thesis, candidates must submit a research proposal. There is more detailed information concerning this in the Postgraduate Health Science Courses Christchurch booklet.

8. Pick your papers (actual enrolment for 2015) – 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 Free Helpline 0800 80 80 98.

For further information on the programmes offered from this Department, please contact:
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Department of Orthopaedic Surgery and Musculoskeletal Medicine
University of Otago, Christchurch
Tel 03 364 1086
Email veronica.mcgrogan@otago.ac.nz

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 website.
General information
otago.ac.nz/study/fees
Individual paper costs
otago.ac.nz/subjects/index
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.
The University of Otago, Christchurch, holds a postgraduate presentation/prize-giving ceremony in December each year. This is not a full graduation ceremony (there are no caps or gowns) but students can elect to have Postgraduate Certificates, Postgraduate Diplomas, Master’s Degrees or PhD Certificates presented at this presentation ceremony. Students can attend either a Dunedin graduation ceremony, or the December Christchurch presentation ceremony – they cannot attend both.
Postgraduate Certificate students have the option of attending the Christchurch December presentation ceremony or receiving their Certificate in the post.
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, please email graduation@otago.ac.nz or students could refer to the website at otago.ac.nz/study/graduation/
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Staff

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PG Dip An Med (Otago) FAFEM (RACP)

Veronica McGroggan  
NZ Diploma in Business; Diploma in Marketing (C.C.E)  
NZIM Diploma in Management  
Departmental and MSM Programmes Manager

Anne McHugh  
Administrative Assistant  
Other contributors from within the University of Otago and from national and international centres will augment the teaching body.

CONTACT

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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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