

# OREGON OCCUPATIONAL THERAPY LICENSING BOARD

## Pain Management Requirement

All Occupational Therapists (including OT Assistants) as health professionals are required under this new 2007 legislation to complete 7 hours of CE by their 2010 renewal. This is a one-time requirement included in the required 30 hours of CE you need for your renewal by May 1, 2010.

- ◆ The required 7 hours includes six hours of Pain Management CE plus the 1 hour online free class found at [www.oregon.gov/DHS/pain/training.shtml](http://www.oregon.gov/DHS/pain/training.shtml)
- ◆ Any Pain CE classes on the Pain commission web site count
- ◆ Online Pain CE classes can be count and some are found on the Pain Commission site
- ◆ If you are not sure if the class you want to take counts, see the Pain Commission curriculum at [www.oregon.gov/DHS/pain/docs/pain\\_curriculum.pdf](http://www.oregon.gov/DHS/pain/docs/pain_curriculum.pdf) If your class topics are included, it counts
- ◆ The 7 hours are a one-time requirement.
- ◆ The 7 hours are included in the required 30 points of CE required for renewals
- ◆ Pain Management taken from 2006 up to renewal date of May 1, 2010 can count
- ◆ Licenses will not be issued if the Pain CE is not completed for the 2010 renewals
- ◆ IF you were licensed in the last year: you have two years, or the next renewal, whichever is longer to complete the Pain CE (due May 2012). This will include students who just got licensed.
- ◆ After you complete the requirement send an e-mail to [Felicia.M.Holgate@state.or.us](mailto:Felicia.M.Holgate@state.or.us) giving the name of the class(es) you took, and date completed, as well as date of 1 hour online class

The Rule adopted by the Board states:

### **339-020-0015 One-time requirement for CE on Pain Management**

(1) After January, 2008, a one-time requirement of 7 points of CE on Pain Management must be completed as part of the 30 points of CE defined in OAR 339-020-0020.

(2) All currently licensed Occupational Therapists and Occupational Therapy Assistants who renew their license in May, 2010 must complete the one-hour online Oregon Pain Commission class and six additional points of CE on Pain Management. Any classes provided by the Pain Commission will count toward the 7 points. Licensees may use any CE points on Pain Management taken between 2006 and their renewal date in May, 2010.

(3) All new applicants for Occupational Therapy and Occupational Therapy Assistants must complete the one-time requirement of 7 points of CE on Pain management (including the one online hour offered by the Pain Commission) prior to their next renewal or within two years of license in Oregon, whichever comes later.

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Specific instructions on how to find and complete the 1 hour free online class follows. Have your License number ready to type in at the end for your certificate. Print it up for records:

First, go to the Pain Commission web site:  
[www.oregon.gov/DHS/pain/training/shtml](http://www.oregon.gov/DHS/pain/training/shtml)

The screen to the right shows you what this looks like:



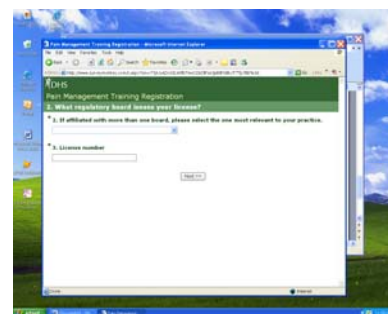
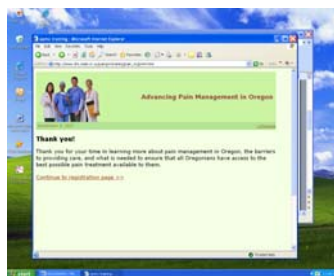
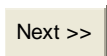
From here click on the bottom right "Start Presentation".

The screen to the right shows you what this page looks like:



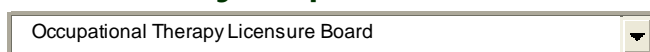
Click on NEXT as you go through all the slide pages.

Click on “Continue to Registration >>”  
Then click on the screen where it says  
“YES you are a licensed professional”.  
And click on the “next” button as shown here:



On the next page click on box showing which board you are licensed with (it lists all the health boards required to complete this requirement). Click on the right where there is an arrow pointing down until you find the entry that says “Occupational Therapy Licensure Board”.

**2. If affiliated with more than one board, please select the one most relevant to your practice.**



Type in your license number and then go to the next page. This takes you to the page where you print in your name and address. Then print your certificate which will also automatically send a copy to the Pain Commission. You need to keep your certificate and send it in if you are audited for CE.

Remember, after you complete the requirement send an e-mail to [Felicia.M.Holgate@state.or.us](mailto:Felicia.M.Holgate@state.or.us) giving the name of the class(es) you took, and date completed, as well as date of 1 hour online class Questions? Call Felicia Holgate 971-673-0198 or e-mail [Felicia.M.Holgate@state.or.us](mailto:Felicia.M.Holgate@state.or.us)

**Other information:**

**Oregon Pain Management Commission** [www.oregon.gov/DHS/pain/pmc\\_nav.shtml](http://www.oregon.gov/DHS/pain/pmc_nav.shtml)

**Pain Care Bill of Rights, American Pain Foundation:** <http://www.oregon.gov/DHS/pain/bill.shtml>

Other Pain Management Resources: <http://www.oregon.gov/DHS/pain/resources.shtml>

**The American OT Association also has information on pain management for OT:**

**What can an occupational therapist do?**

- **Identify** specific activities or behaviors that aggravate pain and suggest alternatives.
- **Teach** methods for decreasing the frequency and duration of painful episodes.
- **Implement** therapy interventions that may decrease dependence on or use of pain medications.
- **Facilitate** the development of better function for daily activities at work and home.
- **Collaborate** with the client's team of health care professionals, such as physicians, physical therapists, psychiatrists, and psychologists, to determine the best course of treatment and intervention.
- **Recommend** and teach the client how to use adaptive equipment to decrease pain while performing tasks such as reaching, dressing, bathing, and perform household chores.

**What can a person with chronic pain do?**

- **Develop** and practice a lifestyle based on wellness, which includes plenty of rest, exercise, healthy nutrition, and maintaining a positive attitude.
- **Practice** techniques to decrease the intensity of pain.
- **Organize** a daily routine with personal pain management goals, such as eliminating or modifying activities that use a lot of energy and implementing body mechanics that move the body in ways that are less likely to aggravate pain.
- **Exercise** to increase strength and flexibility and reduce pain.
- **Practice** relaxation techniques that calm the mind and reduce tensions that aggravate pain.

### **Need more information?**

Chronic pain is a serious problem that should not go untreated. If you would like to consult an occupational therapist about pain management, practitioners are available through most hospitals, community clinics, and medical centers.

Occupational therapists and occupational therapy assistants are trained in helping both adults and children with a broad range of physical, developmental, and psychological conditions. Practitioners also help clients in wellness techniques that may prevent injury and disease. Contact your local health officials for more information.

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