

INCLUDING BIOPSYCHOSOCIAL EDUCATION IN OSTEOPATHY TRAINING: THE EXAMPLE OF THE CENTRE OSTÉOPATHIQUE DU QUÉBEC

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The biopsychosocial model (BPS), proposed by Engel (1977), is widely known for the management of chronic pain (Gatchel et al., 2007). Training therapists to use this model is an important determinant of its effectiveness, as several factors can hinder it, such as lack of knowledge and time, or attachment to the biomechanical model and traditional osteopathic identity (Sampath et al., 2021) (Augeard et al., 2022).

As osteopaths are frequently called upon to treat patients with chronic pain (Schopflocher et al., 2011), it would seem useful for them to be adequately trained in the use of the BPS model.

To meet these requirements, the Centre ostéopathique du Québec (COQ - 6-year Type II program) has added hours specifically about training on the BPS model. Introductory courses (1st year) focus on the neurophysiology of pain, to deepen students' basic knowledge and quickly introduce students to this model, while clinically oriented interventions (questionnaire, patient education, etc.) are offered in the 6th year, an intensive clinical year.

The goal of this approach is not to remove or discredit the biomechanical component of osteopathic practice. However, it seems that considering the other factors impacting on persistent pain is paramount to helping clients regain lasting health and function and empowering them to manage variation in discomfort autonomously.

Further additions to the curriculum are needed to ensure that these concepts are well integrated into practice. These necessary additions include training for all, especially clinical practitioners, and exposure students to typical clinical cases where the BPS approach is effective.

References

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