

Day-to-day program of the practical module Persistent health problems and rehabilitation management

04.07.2022 – 15.07.2022

Note: There is a possibility a few adjustments to the program will be made because of the development of this course.

Before starting this two-week course there will be preparation exercises which can be viewed online.

Week 1

Saturday and Sunday, 6 & 7 July		
Time	Activity	Description
12.00-18.00	Key pick up	You will find the exact key pick up location in the pre-departure information, which becomes available after you have paid the course fee.

Monday, 4 July		
Time	Activity	Description
9:15 9:30-11:00	Reception General Introduction	Heidelberglaan 7, Utrecht Heidelberglaan 7, Room:
11:00-12:00	Introduction of the course	Introduction to summer course program, lecture on course content and criteria of assessment Getting to know each other.
12:00-13:00	Lunch	No program
13:00-16:00	Case based learning: HOACC/ICF with example case Guidelines: national/international	Interactive lecture with Else Scheffer MSc. / Mayke Kummer MSc. Preparation will be discussed

Tuesday, 5 July		
Time	Activity	Description
9:00-12:00	General: Lecture Chronicity	By Dr. Harriet Wittink professor research group lifestyle and health.
12:00-13:00	Lunch	No program
13:00-17:00	Case based learning and self-study	We will make a start with the case you bring, and start with the international difference of the meaning of pain.

Wednesday, 6 July		
Time	Activity	Description
9:00-12:00	Reactivate and exercise	Reactivate and lets exercise, lecture and workshop
12:00-13:00	Lunch	
13:00-16:00	Field trip: UMC	You will have a sneak peek at the Pain Centre in UMC hospital. You will learn and experience the biomedical approaches of pain.

17:00-19:00	General Opening Summer school	Official opening Summer school, in the Janskerk at Jans Kerkhof
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Thursday, 7 July		
Time	Activity	Description
9:00-12:00	Lecture Illness Perceptions in persistent Pain	Workshop by Dr. Edwin de Raaij
12:00-13:00	Lunch	No program
13:00-16:00	Case based learning	You will give meaning of the knowledge from the lectures to your case

Friday, 8 July		
Time	Activity	Description
10:00-12:00	Workshop clinometric	By Prof. Dr. Harriët Wittink
12:00-13:00	Lunch	No program
13:00-15:00	Case Based Learning	You will give meaning of the knowledge from the lectures to your case
15:00-17:00	Self-study with learning teams	Work on the final assessment in your learning group

Week 2

Saturday and Sunday, 9 and 10 July		
Time	Activity	Description
Free time	Free time	Free time

Monday, 11 July		
Time	Activity	Description
10:00-11:00	Goal setting and treatment planning	Working on casuistry with focus on goal setting in treatment
11.00- 12.00	Case Based Learning: communication	Working on casuistry with focus on communication
12:00-13:00	Lunch	No program
13:00-15:00	Work-shop Motor learning and persistent Pain	Bring your sportswear
15:00-17:00	Self-study with learning teams	Work on the final assessment in your learning group Available room

Tuesday, 12 July		
Time	Activity	Description
9:00-12:00	Workshop Health literacy	
12:00-13:00	Lunch	No program
13:00-16:00	Senso and biofeedback	By Mayke Kummer MSc.
16:00-17:00	Self-study with learning teams	Work on the final assessment in your learning group

Wednesday, 13 Jul		
<i>Time</i>	<i>Activity</i>	<i>Description</i>
9.00-12.00	Running Therapy Guideline Healthy living	Hour 1: Theory about healthy living Hour 2/3: Active running outside setting Room: The beautiful green area around USP in your sportswear
12:00-13:00	Lunch	No program
13.00-14.00	Practice Pitches	Working on the examination in small groups, maximum 10 people
14:00-17:00	Self-study with learning teams	Work on the final assessment in your learning group Room:

Thursday, 14 July		
<i>Time</i>	<i>Activity</i>	<i>Description</i>
9:00-12:00	Presentations of Assessments (pitch)	Individual assessments
12:00-13:00	Lunch	No program
13:00-16:00	Presentations of Assessment (pitch)	Individual assessments

Friday, 15 July		
<i>Time</i>	<i>Activity</i>	<i>Description</i>
9:00-10:00	Check out	
10:00-12:00	Evaluation AND Certificates	Course evaluation and certificate ceremony

For information about the social program, please have a look at https://www.utrechtsummerschool.nl/social_programme