

Veterans in Pain: Where the body and mind meet

Continuing Professional Development Learning Record

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Your details

Your name:

Date completed:

Activity Name: Veterans in Pain: Where the body and mind meet

Learning outcomes Through a facilitated panel discussion of a vignette, this webinar provides the opportunity to:

- better recognise the complex relationship between chronic pain and mental health, risk factors for and warning signs of mental health in chronic pain presentations specific to the veteran experience
- describe the challenges, merits and opportunities in evidence-based approaches deemed most effective in treating veterans presenting with chronic pain
- increase confidence in treating veterans presenting with chronic pain and mental health issues.

Time spent engaged in the activity:

(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:

- Explore the topic further in a supervision session or with a peer/colleague
- Identify and read the latest research
- Undertake additional courses, study or training
- Search MHPN's webinar or podcast libraries for more PD content
- Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.