



HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED  
香港物理治療學會有限公司

中國香港特別行政區 九龍佐敦德興街12號興富中心9樓901室  
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## Occupational Safety, Health and Rehabilitation Specialty Group

### Person-centered Care for Musculoskeletal Pain:

### Putting Principles into Practice



- Date : 24 Jan 2024 (Wed)
- Time : 1830 to 2030
- Venue : HKPA Premises, Room 901, 9/F Rightful Centre,  
No, 12 Tak Hing Street, Jordan, Kowloon, Hong Kong SAR
- Speaker : **Dr. Nathan Hutting**  
Associate Professor, HAN University of Applied Sciences (HAN)  
Board member, VvAA, the Business Services Provider for Professionals in the Dutch Healthcare Sector  
Congress Programme Committee member, World Physiotherapy Congress 2025  
Physiotherapist & Manual Therapist
- Capacity : Hybrid Mode: 30 (face to face) and 100 (online)
- CPD points : 2 (to be confirmed)
- Fee : HK\$50 for OSHRSG / student members  
HK\$100 for HKPA / MPTA members  
HK\$700 for non-HKPA or MPTA members
- Registration : Send application form with a crossed cheque payment to “**Hong Kong Physiotherapy Association Limited**” with name of this course, name of applicant and contact telephone number on the back to:  
**Mr. Curtis Wong**  
**Rm QT523,**  
**The Hong Kong Polytechnic University, Hung Hom,**  
**Kowloon, Hong Kong**
- Deadline : 20 January 2024 (Saturday)
- Enquiries : Mr. Curtis WONG  
Tel: 2766 6724 Email: [curtiswong.physio@gmail.com](mailto:curtiswong.physio@gmail.com)
- Remarks : Successful applicants will be notified via email.

# **Person-centered Care for Musculoskeletal Pain:**

## **Putting Principles into Practice**

### **Course Content**

Person-centered care and self-management are considered to be an important component of contemporary musculoskeletal pain management. However, evidence suggests that person-centered care and self-management support are often insufficiently integrated in musculoskeletal practice. Moreover, healthcare providers experience barriers to integrate person-centered care and self-management support into their clinical practice. In this session, a recently published framework to support clinicians to deliver person-centered care in musculoskeletal practice will be presented. This framework consists of three overarching key principles: 1) a biopsychosocial understanding of the person's experience; 2) person-focused communication; and 3) supported self-management. An evidence based practical approach to providing person-centered care, including self-management support, will be presented, including examples and recently developed tools.

### **About Speaker**

Dr. Hutting is an associate professor at the HAN University of Applied Sciences in the Netherlands. He also works as a physiotherapist in a private practice. He is a board member of the association VvAA, the business services provider for professionals in the Dutch healthcare sector, with over 130,000 members. Nathan is also involved in the Physiotherapy Research Society (UK) and Pain, Mind and movement, a special interest group of the International Association for the Study of Pain (IASP). His current research topics include musculoskeletal conditions, self-management, patient-centered care, occupational health and vascular conditions. Nathan has published about 50 peer-reviewed articles. He has made numerous international congress presentations and has chaired focused symposia at the World Physiotherapy congresses in 2017, 2019, 2021 and 2023. Nathan is an associate editor of the European Journal of Physiotherapy and BMC Musculoskeletal Disorders and a member of the International Advisory Board of Musculoskeletal Science and Practice.

### **Special Weather Arrangement**

When Tropical Cyclone Warning Signal No. 8 (or a higher number) and / or Black Rainstorm Signal is hoisted, the following arrangements will apply.

#### *For classes and examinations have not yet started*

If Typhoon Signal No. 8 and / or Black Rainstorm Signal are / is in force 2 hours before the course, the course will be canceled.

#### *For classes and examinations that have already started*

When Typhoon Signal No. 8 or above is hoisted, classes will be immediately suspended.

Fees paid are not refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstances deemed acceptable by HKPA.

**Hong Kong Physiotherapy Association Limited**  
**Occupational Safety, Health and Rehabilitation Specialty Group**  
**Course Application Form**

Course Name	<b>Person-centered Care for Musculoskeletal Pain: Putting Principles into Practice</b>		
Name		(English)	
		(Chinese)	
HKPA/MTPA member	<input type="checkbox"/> Yes (membership no: _____ )		OSHS member: <input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> No		
PT registration No.			
Work Place			
Phone No		(Office)	
			(mobile/ pager)
Address			
E-mail			
Cheque no		Issuing Bank	
Mode	<input type="checkbox"/> Face-to-face <input type="checkbox"/> Online		
	Notes: 1. Limited capacity (30) for face-to-face attendance in the premises and there is option to choose face-to-face or online attendance; 2. The applicant consents to the arrangement of online attendance if the face-to-face capacity is full; 3. The applicant will be notified of the mode of attendance by 23 Jan 2024.		
Registration	Send application form with a crossed cheque payment to “ <b>Hong Kong Physiotherapy Association Limited</b> ” with <u>name of this course</u> , <u>name of applicant</u> and <u>contact telephone number</u> on the back to: <p style="text-align: center;"><b>Mr. Curtis Wong</b>  <b>Rm QT523,</b>  <b>The Hong Kong Polytechnic University, Hung Hom,</b>  <b>Kowloon, Hong Kong</b></p> <p style="text-align: center;"><b><i>Only successful applicants will be notified via email.</i></b></p>		

**Legal Claim Waiver Consent**<sup>#</sup>

In consideration of HKPA Ltd. accepting my registration to this course, I hereby agree to waive all my claims (however occurred) against HKPA Ltd.

Signature: \_\_\_\_\_ Name of Registrant: \_\_\_\_\_

Date: \_\_\_\_\_

<sup>#</sup>Please sign the above consent before submitting your registration.