

YouTube Video Critique

Student Name: Andrea Trebilcock

Case # + Diagnosis: Neck and Upper Back Pain due to desk sitting

Data for Video:

Title of the Video	How does your brain respond to pain?
Duration of the Video	4:57 minutes
Date put on YouTube	Published June 2, 2014
Total Number of Views	832,925 as of March 21, 2016
Link to the Video	https://www.youtube.com/watch?v=l7wfDenj6CQ http://ed.ted.com/lessons/how-does-your-brain-respond-to-pain-karen-d-davis#review
Comments of the Viewers	Viewers responded by describing their own ways to cope with pain, how their body responds to pain, and ways that drawing attention away from current pain can help with performing other occupations.

Criterion for utility in the site:

Technical Aspects	
Images are clear	The images are clear and can be deciphered from background images. There is no fuss or static within the video. The images are bright and effectively capture the attention of the listener. The animation helps the viewer easily understand the content about how your brain responds and is affected by pain sensation.
Sounds are clear and background is free from noise	The sound is clear; narrator speaks well and with good tone and pitch.
Time to download is reasonable (about 10-15 minutes at the maximum)	There is no download time needed. The video is able to stream immediately from youtube.com, and is

	only approximately 5 minutes in length. With good internet connection, the video experienced no buffering or lag time.
Author/creator	
The creator and/or organization providing the video are mentioned	The video was created by the organization Ted-Ed. the. Lesson was provided by Karen D. Davis, and animated by Brett Underhill.
The information about the creator is up-to date	Yes, it appears that the information for both the creator, writer and animator are up to date as the video was posted in 2014. Additional information can be found on the Ted-Ed website where the full lesson is available.
<p>Provide further support for the use of this YouTube video on your case site.</p> <p>This youtube video provides valuable information about how the body responds to pain and how this sensation can be very different depending on the person who is experiencing it. The video also provides characteristics and ways to quantify pain, as well as a description of how the brains structures react to pain and how a pain response is produced. Different techniques for how to deal with pain and how treatment must be individualized is discussed. Information regarding how the brain responds to pain and how it may be stopped can help the client understand the best way to alleviate the pain and help find the best treatment that is unique to the client. Although this information is very informative for the health care professional and the client, the video is missing specific information regarding the unique type of neck and shoulder pain the client is experiencing. Therefore, although the information is very helpful when trying to grasp a general understanding of pain sensation and perception in relation to the</p>	

brain, it is less effective for a unique approach that may inform neck and shoulder pain. Instead, this information provides intel into how a client feels and how they may respond to treatment. This component of the video is valuable for supporting the case because Stephanie is experiencing pain which is a result of prolonged sitting. Therefore, this video is able to help Stephanie better understand what may be contributing to her pain experience, and how her own perception of that pain is a result of how her brain is responding to this uncomfortable sensation. In addition, Stephanie and the health care professionals assisting her can utilize the information in the video to gain a unique approach on how to treat and accommodate her experience based on the pain she is feeling.