

# Persistent Pain Management Service (PPMS)

## Consumer information factsheet

The Persistent Pain Management Service is for people living with complex persistent pain.

We are a multidisciplinary team offering treatment and management advice in both individual and group formats. The team includes pain medicine physicians, clinical nurse consultants, advanced allied health assistants, advanced allied health practitioners, occupational therapists, physiotherapists, psychologists, psychiatrists, rehabilitation physicians and administration officers.



## Our approach

We work with you and your GP to assist in developing the best pain management coping strategies, so you can continue to manage your condition after our time-limited support is finished. We ask that you take an active role in your own care following initial contact with our service, accessing what you and the team consider to be the most necessary and evidence based, individual or group treatment.

Entry into our service will involve either an individual assessment or a Pain101 group education seminar. Patients who begin with Pain101 education will have the option of an individual assessment if they wish to proceed further with the service. Patients who have an individual assessment will be given a Pain Management Plan with specific recommendations to improve their management of pain and quality of life. As we are a patient-driven service we expect patients to initiate their required future appointments.

## Group education programs

### PAIN101

This two and a half hour seminar with the multidisciplinary team introduces patients to the mechanisms of persistent pain and the self-management approach. The session focuses on how persistent pain works, contributors to pain, and strategies for improving function and quality of life. Education about medication is also provided.

This session is not intended to replace medical treatment but is part of a broad management strategy. Participation in Pain101 helps patients to make an informed choice about treatment options and to get the most benefit from any treatments they select.

### PREP Program

The Pain Rehabilitation and Education Program (PREP) is an active small group program which involves a weekly three hour session for 6 weeks, as well as individual appointments for goal-setting and assessments of progress.

The focus is on improving function and applying active management strategies related to individuals' goals and capacity. Education includes pain physiology, goal setting, activity planning and mindfulness. Practical sessions include graded activity, hydrotherapy and relaxation.

### MIND Program

This mindfulness program involves a weekly, two hour session for eight weeks. The focus is on learning and applying mindfulness techniques and other strategies to increase coping abilities, improve pain management and reduce stress related to pain. This small group program involves a combination of education and practical learning.

### SLEEP Program

This small group program involves three, two-hour education sessions and one phone appointment which will focus on the mechanisms of sleep, sleep problems and sleep improvement strategies. Participants then have the opportunity to learn and practise specific strategies for improving sleep quality and quantity.

### Pacing Program

Two, two-hour sessions to help participants apply activity pacing strategies in the context of their individual goals, so they can engage in valued activities.

### Power Over Pain Program

A group program for children and teenagers to help young people and their families tackle pain. The program is four, three-hour workshops and a one and a half hour follow-up session. It includes aquatherapy and parent education.

# Individual treatments

## Pain medicine physician

A pain medicine physician will provide a comprehensive assessment, taking into account a patient's medical and surgical history plus other physical, psychological and social factors, to develop therapeutic medical recommendations. These may include safe and appropriate medication management and, if applicable, procedural interventions to enable active participation in prescribed rehabilitation and self-management strategies.

## Rehabilitation specialist

A rehabilitation physician specializes in the management of functional loss, and limitation of activity or participation as a result of persistent pain. Our rehabilitation physician works with patients to help them improve functioning and quality of life.

## Psychiatrist

A psychiatrist provides specialist mental health assessment and treatment, including medication recommendations. The psychiatrist may work with patients on a range of issues including adjustment to pain, and the interaction of pain and mental health.

## Psychology

A psychologist can assist with a range of psychosocial issues, including: mood, anxiety, adjustment and sleep disorders, stress management and relaxation training, targeted pain management strategies, behaviour change, coping strategies, and mindfulness.

## Occupational therapy

An occupational therapist can assist patients with pain mechanism education, goal setting, pacing, energy conservation, graded motor imagery, relaxation, functional improvement, assistive devices, and maintaining, or returning to work or education.

## Physiotherapy

A physiotherapist can provide brain physiology education, conduct comprehensive musculoskeletal assessments, advise on appropriate graded exercises with a view to restoring normal movement patterns, and prescribe programs for graded motor imagery, activity pacing and graded movement.

## Contact details

### Sunshine Coast Persistent Pain Management Service

Address: Ground Floor, Block 2,  
Nambour General Hospital,  
Hospital Road, Nambour

Free parking is available onsite.

Phone: (07) 5470 6785

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Office hours: 8.30am to 4.30pm (Monday to Friday)

Email: [SC-persistentpain@health.qld.gov.au](mailto:SC-persistentpain@health.qld.gov.au)

WWW: <https://www.health.qld.gov.au/sunshinecoast/services/ppms>

## Resources

Australian Pain Management Association (APMA): [www.painmanagement.org.au](http://www.painmanagement.org.au)  
ACI Pain Management Network: [www.aci.health.nsw.gov.au/chronic-pain](http://www.aci.health.nsw.gov.au/chronic-pain)  
Beyond Blue: [beyondblue.org.au](http://beyondblue.org.au)

## Internet based programs

<https://thiswayup.org.au/how-we-can-help/courses/chronic-pain/>  
<https://mindspot.org.au/about-pain>

## Books

Butler, D., Moseley, L. (2003/ 2010) Explain Pain, Noigroup Publications: Adelaide. Available from Noigroup [www.noigroup.com/en/Home](http://www.noigroup.com/en/Home) Moore, P and Cole, F (2014). The Pain Toolkit (Australia). E-booklet, Printable from [www.paintoolkit.org/downloads/PTK-AUSTRALIA\\_New.pdf](http://www.paintoolkit.org/downloads/PTK-AUSTRALIA_New.pdf) Nicholas, M., Molloy, A., Tonkin, L., and Beeston, L. (2011). Manage Your Pain (3rd Ed). ABC Books. Available from ABC bookshops and APMA.



**Standard 2**  
Partnering with Consumers



**Standard 11**  
Service Delivery



**Standard 12**  
Provision of Care



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