Persistent Pain Management Service
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 consultant, advanced allied health assistant, advanced allied health practitioner, occupational therapist, physiotherapist, psychologists and administration officers.

Our approach
We work with the patient and G.P. to develop the best pain management and coping strategies for the patient, so that the individual can continue to manage their condition with their G.P.s assistance after our time-limited support role has finished.

We aim to help patients to improve their quality of life and patients are expected to take on an active role in their care. Entry into our service will involve either an individual assessment with a health professional/s 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.

We are a patient-driven service, therefore we expect patients to initiate their appointments after their initial attendance.

Group education programs
PAIN101
This four 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 living well with pain.

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 twice-weekly three hour session for eight 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, mindfulness and improving sleep. Practical sessions include graded activity, hydrotherapy and relaxation.

MIND Program
This mindfulness program involves a once-a-week, two hour session for eight weeks. The focus is on learning and applying mindfulness techniques and other strategies which have been shown 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 an introductory two hour session which focuses 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 by attending a once-a-week, one hour session for four weeks.

Practical skills workshops
These are two hour small group workshops for people who are interested in learning specific strategies for managing common psychosocial issues associated with pain. Topics include assertiveness, memory and pain, managing depression, managing anxiety and managing stress. Participants can choose which workshop they would like to attend.
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.

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.

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.

Referring to the Persistent Pain Management Service

The patient should have:

• Persistent pain with disability and/or psychosocial issues relating to pain
• Persistent pain that has been fully investigated medically.

Certain conditions require prompt referral:

• Complex regional pain syndrome
• Cancer related pain
• Pain after major trauma
• Pain related to acute herpes zoster or post-herpetic neuralgia or if ophthalmic, refer to ophthalmologist as first priority
• Neuropathic pain.

Conditions that require engagement with other services before referral to us:

• Untreated and unstable drug dependence
• Untreated or acute mental health conditions.

Note: Referrals of patients who are receiving treatment from other specialist services for the same pain problem cannot be accepted without mutual awareness and prior agreement between all services.

Referral pathway

All referrals to the Persistent Pain Management Service must include a G.P. Persistent Pain Management Referral Form and a entry patient questionnaire.

Both forms are available to download from the Persistent Pain Management website: health.qld.gov.au/sunshinecoast/html/services/ppm-home.asp

Referrals are valid for 12 months from the initial outpatient consultation. We accept referrals via email SC-persistentpain@health.qld.gov.au or fax number (07) 5370 3587.

Contact details
Sunshine Coast Persistent Pain Management Service
Address: 6-8 Waterfall Road, Nambour 4560
Phone: (07) 5470 6785
Fax: (07) 5370 3587
Office hours: 8.30am to 4.30pm (Monday to Friday)
Email: SC-persistentpain@health.qld.gov.au

Free parking is available onsite.

Resources
Australian Pain Management Association (APMA): www.painmanagement.org.au
Beyond Blue: beyondblue.org.au

Books