

Persistent Pain Management Service

Group treatment/intervention options

Information for patients, carers and their families

Group programs offered at PPMS include PREP, MIND PACING and SLEEP. These begin at different times in the calendar year. Check the group timetable for information about each group, and then call (07) 5470 6785 to request enrolment in the group of your choice. You have 12 months to use our service, after which time you will need a new referral from your G.P.

PAIN101 Program: An introduction to pain management is provided in a 2.5 hour session with the team, in a group education format. Session content includes the brain's involvement in persistent pain, the role of stress in persistent pain, relaxation, pacing, exercise, medication information. The focus is on active management of pain and practical strategies to assist patients with their own management. Participation gives patients information that helps with the selection of further treatment options within the PPMS, if required.

PREP Program: The Pain Rehabilitation and Education Program (PREP) is a six week program consisting of one three hour session per week. It focuses on improving function and applying the active management principles taught in PAIN101, in the context of individual patient goals and capacity.

PREP is run by the allied health team and reinforces the role of self-management and lifestyle factors associated with persistent pain. Topics include developing functional and lifestyle goals, strategies for achieving goals, maintaining motivation, further education about persistent pain, stress management, and graded activity. Each session combines information, discussion and applied physical activity. Patients are assessed individually before and after the program to assist with goal development and evaluation of progress.

MIND Program: The MIND Program runs for one two-hour session per week for eight weeks. Each session consists of mindfulness practice and practical content regarding inputs to, and management of persistent pain. Areas of mindfulness application include (but are not limited to) psychological aspects of pain (inputs to, and impacts of pain), stress response, sleep hygiene and effective communication.

SLEEP Program: This program consists of an introductory session (two hours) which covers education about the physiology of sleep and sleep problems, along with basic sleep enhancement strategies aimed at increasing sleep quality and quantity. A follow up session and phone appointments are conducted to assist in effective application of these strategies.

PACING Program: This small group runs for one two-hour session per week for two weeks to help patients understand the rationale for pacing strategies and application of these to valued activities, within a problem solving model. The group goals are to increase activity engagement and quality of life.

Testimonials:

PAIN101

"I've done many pain clinics over the years, in three different states. This was by far the best and most informative one I have attended, very easy to understand with no pressure or judgement!"

"Well presented and informative, helping me realise all the techniques out there I can try."

PREP

"When I started PREP I was inactive, increasing my morphine and not enjoying life. Within weeks of starting the course I joined my local pool, began to shake my booty again and smile. PREP helped me to change how I deal with pain. I have reduced my medication and look forward to a life, where pain does not define who I am."

Annie, August 2016

MIND

"I have a better understanding of how the mind and body is connected, I now take time to breathe and be more in the present moment."

Sheree, 2017

Contact details

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