

Where can I find more advice or support?

For more information or additional resources that can assist you with persistent pain self-management, exploring some of the following books may be useful:

Books:

M Nicholas, A Molloy, L Tonkin, L Beeston, *Manage Your Pain: Practical and Positive Ways of Adapting to Chronic Pain*, ABC Books, Sydney, 2006

G Rome, *Mayo Clinic on Chronic Pain*, 2nd Edn, Mayo Clinic Health Information, Rochester, Minn, 2002

D Butler, L Moseley, *Explain Pain*, Noigroup Publications, Adelaide, 2003

J Gardner-Nix, L Costin-Hall, *The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management*, New Harbinger Publications Inc, Oakland CA, 2009

N Shone, *Coping Successfully with Pain* 3, Sheldon Press, London, 2005

www.health.qld.gov.au/persistentpain/

Where can I find more advice or support?

For more information or additional resources that can assist you with persistent pain self-management, exploring some of the following websites may be useful:

Websites:

Australian Pain Management Association
www.painmanagement.org.au

Beyondblue
www.beyondblue.org.au

Chronic Pain Australia
www.chronicpinaustralia.org.au

Lifeline Australia
www.lifeline.org.au

MoodGYM
www.moodgym.anu.edu.au

Queensland Health
www.health.qld.gov.au



Persistent Pain Management Services

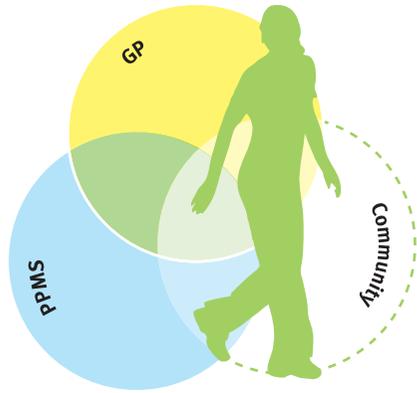
Partners in persistent pain management:

- the person with pain
- the GP
- the Persistent Pain Management Service
- the community.



**Queensland
Government**

What is a Persistent Pain Management Service and how can it help me?



Persistent Pain Management Services offer a broad approach with up-to-date information and advice to assist you in managing your pain.

The service is made up of a team of healthcare professionals including doctors, physiotherapists, psychologists and nurses who will focus on addressing the impact that pain has on your life, rather than the cause of your pain. It is accepted that your pain condition will have been appropriately investigated by your General Practitioner (GP) or specialist doctor/s prior to your referral.

Persistent Pain Management Services will work with you, your GP and other services in your community to help you develop the skills required to better understand and self-manage your pain.

What is persistent pain self-management?

Self-management is actively participating in learning about your pain and practising skills on a daily basis to improve your quality of life.

Self-management:

- focuses on you taking control of your pain management by making and participating in decisions
- requires development of skills to improve day-to-day living despite pain
- involves acceptance that pain management may not take the pain away completely
- builds partnerships with others who are involved in your pain management
- involves tracking your progress to achieve and maintain a better quality of life and improved level of activity.

What are my rights and responsibilities?

Your rights include:

- to have access to pain management without discrimination
- to have your pain acknowledged
- to be informed about how your pain can be managed
- to have access to trained healthcare professionals.

Your responsibilities include:

- to be an active participant in your pain management
- to use medication only as prescribed
- to work with the team to develop your own pain management plan which will become a part of your everyday life.

Persistent Pain Management Services aim for:

- you to gain better ways to manage your pain
- you to become more confident doing the things that are important to you
- you to become more active and improve your health
- you to make the best use of your pain medications.