







Persistent Pain Management Service

Group Programs 2021

Programs	Day / Time / Duration	Description	When	
Pain101 Telehealth 	T-H from Home or Local T-H Facility Thursdays 9:00am-10:00am or 11:00am-12:00md (1hr)	Introduction to understanding persistent pain and self-management. This is often the first entry to our service – designed to help you choose your treatment pathway, make the best use of any treatment they engage in, and identify relevant self-management strategies. Delivered in various formats: telehealth (in the home or individual sites, or as a group from a Wide Bay and Rural Hospital site) and face-to-face (at Nambour Hospital). Run by our interdisciplinary pain team.	Jan 07, 14, 21 Feb 04, 11, 18 Mar 04, 11, 18 Apr 01, 08, 15, 22 May 06, 13, 20 Jun 03, 10, 17	Jul 01, 08, 15, 22 Aug 05, 12, 19 Sep 02, 09, 16, 23 Oct 07, 14, 21 Nov 04, 11, 18 Dec 02, 09
Pain 101 Face-to-Face 	Face-to-Face Thursdays 9:00am-10:00am or 11:00am-12:00md (1hr)	Patients can attend Pain 101 in-person at the Persistent Pain Management Service Nambour Hospital. For patients who do not have a computer or reliable internet access at home and cannot attend a local telehealth facility. Run by our interdisciplinary pain team. COVID-safe precautions and protocols apply	Jan 28 Feb 25 Mar 25 Apr 29 May 27	Jun 24 Aug 26 Sep 30 Oct 28 Nov 25
Pain 101 Wide Bay 	Telehealth at Wide Bay T-H Facility Thursdays 11:00am-12:00md (1hr)	Patients who live in the Wide Bay Region can attend Pain101 at their local hospital. This is suitable for patients who do not have a computer or reliable internet access at home. This is delivered in a group telehealth setting to Bundaberg Hospital, Hervey Bay Hospital, and Rural Wide Bay Hospitals and Community Health Centre. Run by our interdisciplinary pain team. COVID-safe precautions and protocols apply	Feb 25 Apr 29 Jun 24 Aug 26 Oct 28	
M.A.P. Medication Action Plan 	Face-to-Face & Telehealth Wednesdays 10:30am-11:30am (1hr)	MAP is a 1-hr education session focusing on how to reduce pain medications. Suitable for new individuals entering the service who would benefit from early medication education as well as current patients. MAP is delivered by telehealth or face-to-face (F2F), run by the Pain Pharmacist or Pain Nurse. COVID-safe precautions and protocols apply with F2F delivery	Telehealth Mar 03 May 05 Jun 02 Jul-Dec TBA	Face-to-Face April 07 Jul-Dec TBA


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P.R.E.P Pain Rehabilitation Education Program		Fridays Program Sessions: 09:30am-1:00pm (3.5hrs) Orientation 10:00am-11:00am Individual Assessments Specific times for each person TBA	9:30am-1:00pm	2 X Face-to-Face at Nambour Hospital 2X T-H in the home
F-2-F FEB-MAR Orientation: 05/02 10am-11am Assess: Feb 12 time TBA Prog (9:30-1:00) Wk 1 19/02 Wk 2 26/02 Wk 3 05/03 Wk 4 12/03 Wk 5 19/03 Wk 6 26/03 Assess: TBA	F-2-F AUG-SEP Orientation: 06/08 10am-11am Assess: 13/08 time TBA Prog (9:30-1:00) Wk 1 20/08 Wk 2 27/08 Wk 3 03/09 Wk 4 10/09 Wk 5 17/09 Wk 6 24/09 Assess: TBA	PREP (Pain Rehabilitation and Education Program) is an interactive group program focused on developing your confidence and ability to be more active - whether that is with movement, everyday activities, hobbies or with others. You set the goals, we will help you achieve them, safely and gradually. The program runs over 8 weeks (1 session a week) - consisting of 1 Orientation Session, 1 Individual Assessment and 6 Topic Sessions. PREP is delivered by telehealth or face to face (F2F), run by our Physiotherapist, Occupational Therapist and Allied Health Assistant. COVID-safe precautions and protocols apply with face to face delivery.	Telehealth MAY-JUN Orientation: May 07 10am-11am Assess: May 14 time TBA Prog (9:30-1:00) Wk 1 21/05 Wk 2 28/05 Wk 3 04/06 Wk 4 18/06 Wk 5 25/06 Wk 6 02/07 Assess: TBA	Telehealth OCT-NOV Orientation: 08/10 10am-11am Assess: 15/10 time TBA Prog (9:30-1:00) Wk 1 22/10 Wk 2 29/10 Wk 3 05/11 Wk 4 12/11 Wk 5 19/11 Wk 6 26/11 Assess: TBA
SLEEP		6 Week program held on Tuesdays 10:00am-12:00md (2hrs) or Wednesdays 1:00pm-3:00pm (2hrs)	2 X Face-to-Face at Nambour Hospital JUN & NOV	2 X T-H in the home FEB & OCT
F-2-F JUN-JUL TUESDAY 10am-12md Wk 1 08/06 Wk 2 15/06 Wk 3 22/06 Wk 6 13/07	F-2-F NOV-DEC TUESDAY 10am-12md Wk 1 02/11 Wk 2 09/11 Wk 3 16/11 Wk 6 07/12	SLEEP is an interactive group program to help you learn about healthy sleep, sleep problems and how to improve sleep. It consists of 3 x 2hr-workshops (Weeks 1, 3 and 6) and 1 x phone appointment (Week 2). There is no contact in weeks 4 and 5, to allow time for you to apply the strategies. If you have Obstructive Sleep Apnoea, you should see your GP as your condition may require medical investigation and treatment. This program may be delivered individually if minimum group size is not reached. SLEEP is delivered by telehealth (T-H) or face to face (F2F), run by the Pain Psychologist. COVID-safe precautions and protocols apply with face to face delivery.	Telehealth FEB-MAR WEDNESDAY 1pm-3pm Wk 1 10/02 Wk 2 17/02 Wk 3 24/02 Wk 6 17/03	Telehealth OCT-NOV WEDNESDAY 1pm-3pm Wk 1 06/10 Wk 2 13/10 Wk 3 20/10 Wk 6 10/11

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MIND		<p>5 Week program (2hr sessions) held on Tuesdays 10:00am-12:00md & Wednesdays 1:00pm-3:00pm</p>	<p>Tuesdays 10am-12md Telehealth</p> <p>MAR Wk 1 16/03 Wk 2 23/03 Wk 3 30/03 Wk 4 06/04 Wk 5 13/04</p>	
	<p>Wednesdays 1pm-3pm Telehealth</p> <p>APR Wk 1 28/04 Wk 2 05/05 Wk 3 12/05 Wk 4 19/05 Wk 5 26/05</p>	<p>This interactive group program teaches mindfulness techniques and other strategies to manage problems you may have with sleep, mood, stress, thoughts, relationships and pain. This group is now shortened to 5 weeks, consisting of 5 x 2hr sessions per week. MIND is delivered by telehealth or face-to-face (F2F), run by our Pain Psychologists. COVID-safe precautions and protocols apply with F2F delivery.</p>	<p>Wednesdays 1pm-3pm F-2-F</p> <p>AUG Wk 1 04/08 Wk 2 11/08 Wk 3 18/08 Wk 4 25/08 Wk 5 01/09</p>	
		<p>PACING PROGRAM</p> <p>TO BE SCHEDULED ON DEMAND no set dates</p> <p>This interactive group program builds upon the Single Session PACE Workshop. This is a longer program, comprising of 2 x 2hrs session program which will cover more technical tips on pacing, to help you do more of the things that matter with less risk of flare-ups. Run by the Pain Occupational Therapist. If you haven't done the Single Session PACE Workshop, please do this first or discuss your enquiry with our occupational therapist.</p>		