

Chronic Pain Management Program

GP Referral Information



COORDINARE – South Eastern NSW PHN, in conjunction with NSW Agency for Clinical Innovation (ACI), is offering small group education programs targeting those patients suffering **low to moderate** chronic pain for more than 3 months. The programs will be delivered in the first half of 2019 in Batemans Bay, Bega, Bermagui, Goulburn and Jindabyne.

Suitable patients	Exclusions
<ul style="list-style-type: none"> • Patients experiencing chronic pain longer than 3 months and/or beyond the normal healing time of an injury resulting in declining functional and psychological well-being • Patients with an Orebro Musculoskeletal Pain Questionnaire - Short Form (OMPQSF) score of ≥ 50 • Independently mobile with the ability and willingness to attend all sessions • Low to moderate pain complexity 	<ul style="list-style-type: none"> • Patients undergoing active treatment for cancer, infection or fractures • Patients receiving high dose opioids (>60mg morphine equivalent per day) • Workers compensation, third party, and motor accident injury claims

The program consists of:

- a 3 hour face to face group session each week for 6 weeks
- small group size – maximum 10 participants
- follow-up sessions at 4 and 12 weeks post program.



ACI NSW Agency
for Clinical
Innovation

Suitably qualified Allied Health professionals deliver the program which aims to improve participants:

- functional capacity through education and management,
- ability to identify goals, overcome barriers, set boundaries and develop crisis management strategies and self-help routines.

Participants will be provided with:

- a work book: containing suitable exercises, goals chart etc
- a list of resources and websites,
- relaxation and stretching techniques, how to self-manage their routines.

As their **GP** you will receive a report following the program describing the client's progress through the program to assist with follow-up and continued care.

Dates for the Programs

All programs will be commencing throughout the first half of 2019. The Program Facilitator in each region will set the exact date depending on the day of the week they decide to run the program.

How to refer patients

You can follow this link <https://actsnsw.healthpathways.org.au/13893.htm> to Health Pathways to complete the referral form and the Orebro Musculoskeletal Pain Questionnaire - Short Form (OMPQSF).

Please return referral documentation to the appropriate Facilitator below.

Location	Facilitator	Fax number	Email	Phone
Batemans Bay Hamish Gorman	Hamish Gorman	02 4405 5746	eurobodallaep@gmail.com	0423 901 208
Bega Community Health, South East Regional Hospital	Sue Wilson, Steve Brigham	1300 797 331	SNSWLHD- communityintake@health.nsw .gov.au	1800 999 880
Bermagui Team Resolve	Josephine Richardson	02 8330 6308	3resolvepain@gmail.com	0413 659 882
Goulburn Optimum Health Solutions	Tim Roberts	02 8583 3135	tim@opt.net.au	02 4810 0700
Jindabyne Alpine-Monaro Health Centre	Kristine Ciok	02 6416 0201	kristineciok@outlook.com	02 6416 0200 0447 698 571

Further Information

For further information please contact Annette Anido, Project Coordinator – Chronic Pain, COORDINARE PHN NSW on 4474 8425 or aanido@coordinate.org.au