

# Chronic Pain Management Program

## Information for GPs



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 are expected to continue throughout the 2019-2020 financial year in Batemans Bay, Bega, Bermagui, Goulburn and Jindabyne.

Suitable patients	Exclusions
<ul style="list-style-type: none"> <li>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</li> <li>Patients with an Orebro Musculoskeletal Pain Questionnaire - Short Form (OMPQSF) score of <math>\geq 50</math></li> <li>Independently mobile with the ability and willingness to attend all sessions</li> <li>Low to moderate pain complexity</li> </ul>	<ul style="list-style-type: none"> <li>Patients undergoing active treatment for cancer, infection or fractures</li> <li>Patients receiving high dose opioids (&gt;60mg morphine equivalent per day)</li> <li>Workers compensation, third party, and motor accident injury claims</li> </ul>

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.

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**, at the conclusion of the program you will receive a report describing the client's progress to assist with follow-up and continued care.

### Dates for the Programs

The programs are expected to run throughout the 2019-2020 financial year. 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.communityhealthpathways.org/13893.htm> to HealthPathways 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
<b>Batemans Bay</b> Eurobodalla Exercise Physiology	Hamish Gorman	02 4405 5746	eurobodallaep@gmail.com	0423 901 208
<b>Bega</b> Community Health, South East Regional Hospital	Sue Wilson, Steve Bringham	1300 797 331	SNSWLHD- communityintake@health.nsw.gov.au	1800 999 880
<b>Bermagui</b> Team Resolve	Josephine Richardson	02 8330 6308	3resolvepain@gmail.com	0413 659 882
<b>Goulburn</b> Optimum Health Solutions	Michael Adams	02 8583 3135	Michael.adams@opt.net.au	02 4810 0700
<b>Jindabyne</b> Alpine-Monaro Health Centre	Kristine Ciok	02 6416 0201	admin@alpinemonarohealthcentre.com.au and / or info@alpinemonarohealthcentre.com.au	02 6416 0200 0477 698 571

### Further Information

For further information please contact Annette Anido, Project Coordinator – Chronic Pain, COORDINARE SENSW PHN on 4474 8425 or [aanido@coordinare.org.au](mailto:aanido@coordinare.org.au)