

Option 1 – Partner Practice.

What we offer

- Program access within 2 weeks.
- Initial consultation is free for every patient.
- An interdisciplinary approach to pain management, coordinating input from allied health professionals (pharmacist, psychologist, and physiotherapist) and the client's own GP.
- A high level of coordination support, taking the administrative burden off GPs and their practices.
- An approach that optimises time and MBS billing for the practice.

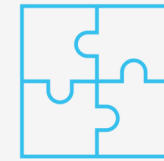
What we need from you

- Any relevant history relating to the client's chronic pain condition.
- A DMMR referral.
- A Physical and Neurological Exam if the GP believes this will be useful for the overall client clinical assessment. (we will provide a template for your practice software)
- Referral Form for Individual Allied Health services if the client is also on a GPMP / TCA.
- Your participation in a Case Conference following the allied health assessments.

We will document everything, provide case conference notes and draft an individualised pain management plan for your patient based on the case conference.

Option 2 – Referring Practice.

Some medical practices may not wish to participate as partners; however, their clients can still access the program by referring clients to a partner practice.



Pain
Education
and
Management



Contact Us

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Medical Practices

About the Program

The National Pain Strategy notes that best-practice pain management often requires coordinated interdisciplinary assessment and management involving, at a minimum, physical, psychological, and environmental risk factors in each patient.

Our program brings these elements and those commonly found in an in-patient multidisciplinary pain management program (assessment, treatment and education) into the community.

Clinical Assessment

An initial clinical assessment of a patient's pain forms the foundation for their pain management plan. The elements of the clinical assessment are

- Stage 1 - Medical history
- Stage 2 - Neurological Assessment
- Stage 3 - Pharmaceutical Review
- Stage 4 - Musculoskeletal Examination
- Stage 5 - Psychosocial Assessment
- Stage 6a - Medical Practitioner **case conference** with allied health
- Stage 6b - Plan draft and review
- Stage 7 - Medical Practitioner Pain Management Plan review with the client

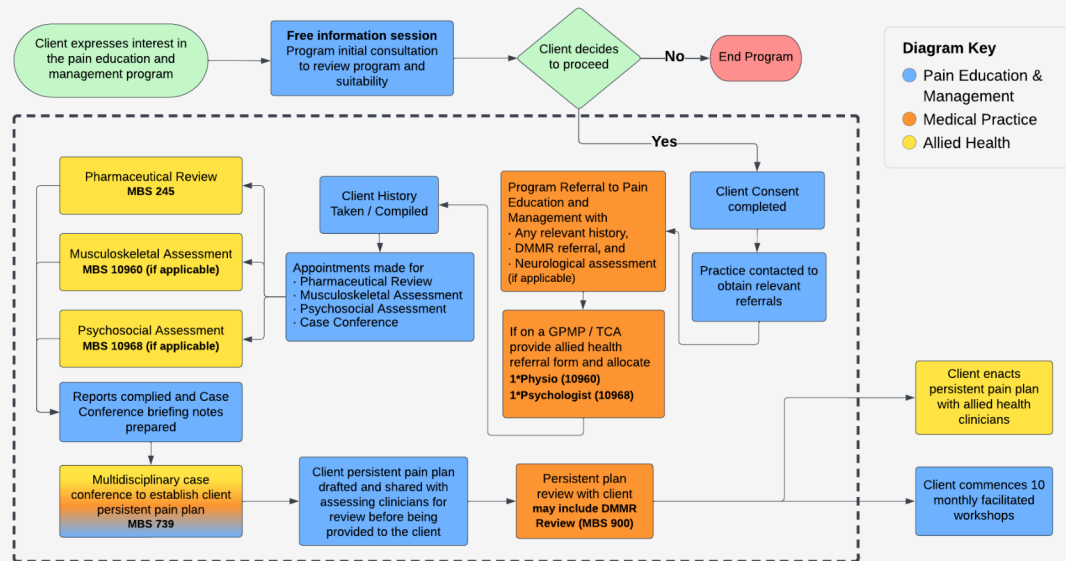
Workshops

A key component following the clinical assessment is facilitated workshops. Topics for the workshops are carefully selected from the overarching pain education and management framework to build on existing capability throughout the program and promote active self-management.

Each workshop session runs in small groups and is designed in a format that considers how adults effectively learn and retain information. Attendees are welcome to bring their partner or caregiver.

Clients will be encouraged to review their plan with their local allied health professionals and GP based on topics raised in this phase.

Clinical Assessment Process



Treatment

Pain Education and Management strongly support a philosophy of client, active self-management.

One important aim of active self-management is to empower clients to enact their initial pain management plan recommendations and then collaboratively evolve their treatment plan, with the guidance and support of their local health professionals, as their needs change over time.