

# 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. To meet the needs of patients and ensure COVID safe program delivery, the Chronic Pain Management Programs (CPMP) have been adapted to meet COVID-19 group gathering requirements and an online program is now being offered. Programs will run throughout the 2020-2021 financial year in Batemans Bay, Bega, Bermagui and Goulburn, dependent on pandemic guidelines.

Suitable patients	Exclusions
<ul style="list-style-type: none"> <li>Patients experiencing chronic pain &gt;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>Low to moderate pain complexity</li> <li>Ability and willingness to attend all sessions</li> <li>For face to face programs - Independently mobile</li> <li>For online program – Computer literate and internet connection</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:

- Face to face: a 3 hour face to face group session each week for 6 weeks OR
- Online: 2 x 1.5 hour sessions per week for 6 weeks
- Follow-up sessions at 4 and 12 weeks post program.
- Small group size – maximum 10 participants face to face, or 6 participants online

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, develop crisis management strategies and self-help routines.

**Participants** will be provided with:

- a work book: containing suitable exercises, relaxation strategies, stretching techniques, goals chart etc
- a list of resources and websites,

Their referring **GP** will receive a report describing the patient's progress to assist with follow-up and continued care.

### Dates for the Programs

The programs are expected to run throughout the 2020-2021 financial year. Contact the Program Facilitator for program dates in your area.

### How to refer patients

Complete the referral form on HealthPathways <https://actsnsw.communityhealthpathways.org/13893.htm> and the Orebro Musculoskeletal Pain Questionnaire - Short Form (OMPQSF) and send to the appropriate Facilitator below.

Location	Facilitator	Fax number	Email	Phone
<b>Batemans Bay</b> Eurobodalla Exercise Physiology	Hamish Gorman	02 4405 5746	hamish@eurobodallaep.com	0423 901 208
<b>Bega</b> Community Health, South East Regional Hospital	Ed Moore	1300 797 331	<a href="mailto:SNSWLHD-communityintake@health.nsw.gov.au">SNSWLHD- communityintake@health.nsw.gov.au</a> Secure Messaging (Argus): 3043011@connectingcare.com	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>Online Program</b> Offered across Southern NSW	Hamish Gorman	02 4405 5746	hamish@eurobodallaep.com	0423 901 208

### Further Information

For further information please contact Annette Anido, Project Coordinator – Chronic Pain, COORDINARE SENSW PHN on 4474 8425, 0459 867 067 or [aanido@coordinare.org.au](mailto:aanido@coordinare.org.au)