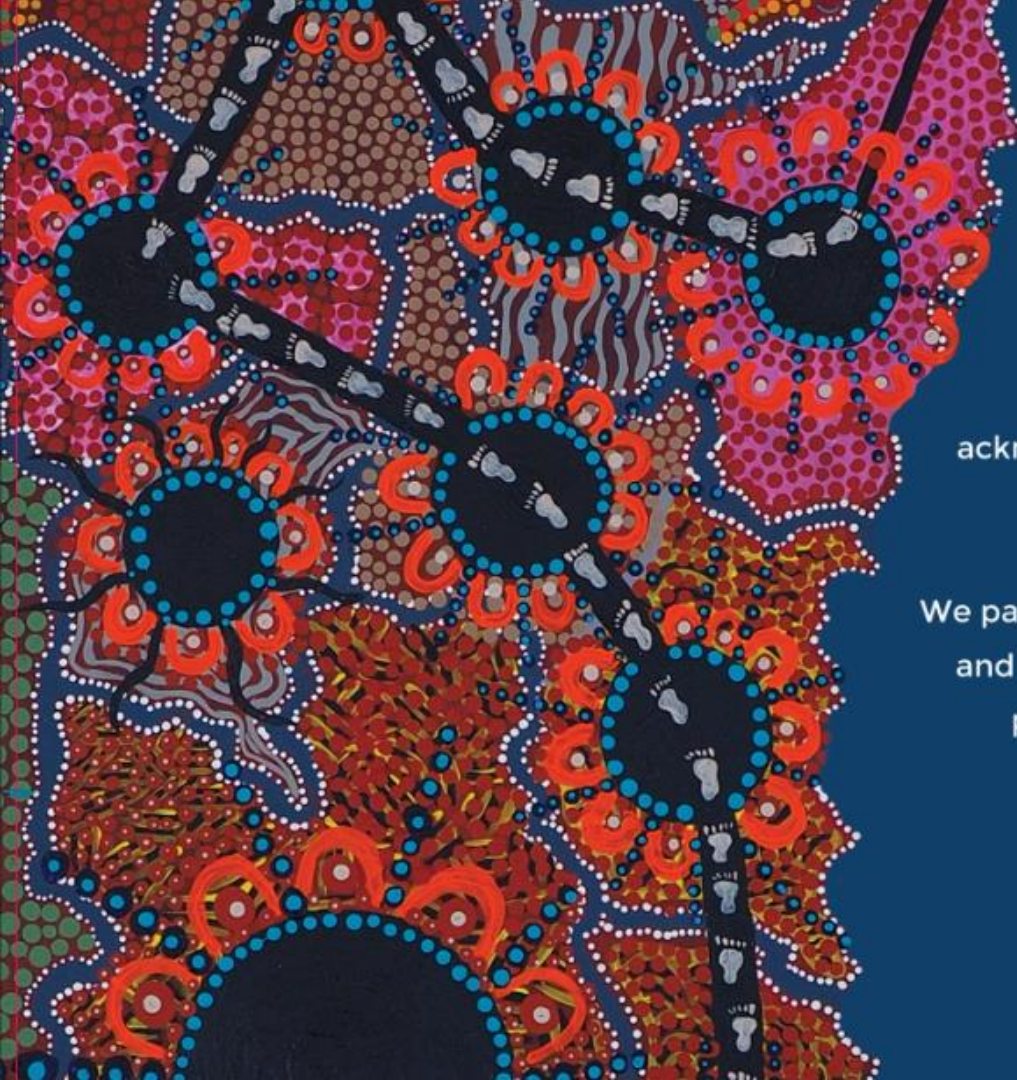




Management of Chronic Pain in South Eastern NSW

Industry Briefing and Q&A

Erin Mowbray – Commissioning Manager, Chronic Disease
Smriti Jaiswal – Project Coordinator, Chronic Conditions
Lucy (Lan) Phan – Senior Procurement & Contracts Lead
COORDINARE - South Eastern NSW Primary Health Network



COORDINARE - South Eastern NSW PHN
acknowledges the Traditional Owners and Custodians
of the lands across which we live and work.

We pay our respects to Elders past, present and emerging,
and acknowledge Aboriginal and Torres Strait Islander
peoples' continuing connection - both physical
and spiritual - to land, sea and sky.



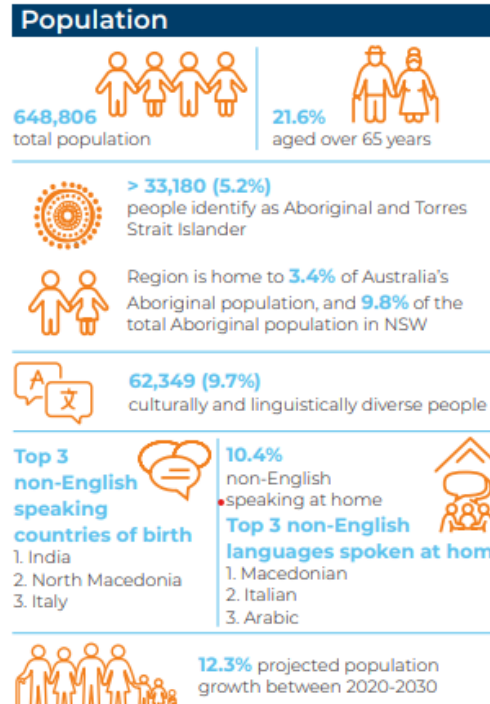
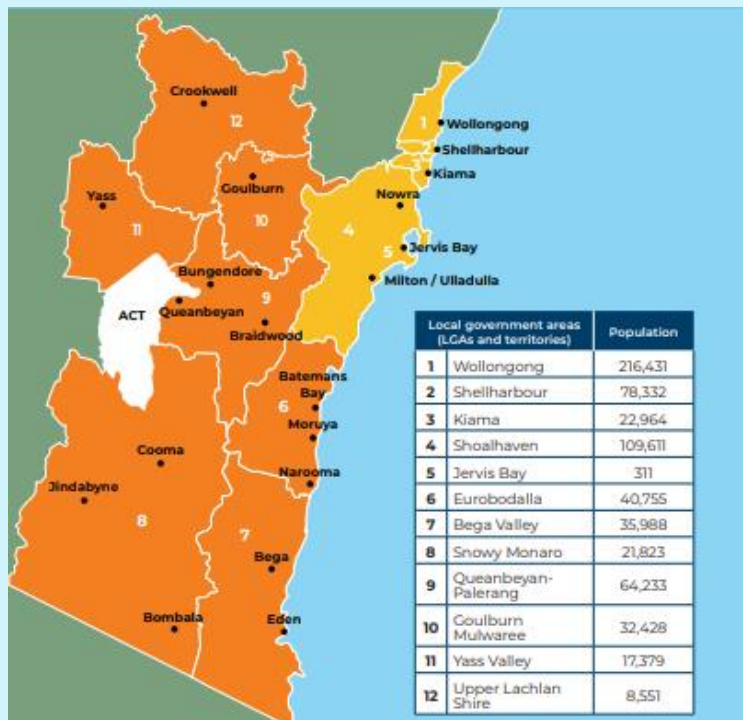
phn
SOUTH EASTERN NSW
An Australian Government Initiative

Housekeeping



- All participants will be kept on mute throughout today's presentation
- Questions can be submitted through the Q&A section at any time throughout the presentation
- All questions will be addressed at the end of today's presentation
- All questions and answers, as well as a recording of today's session will be uploaded onto Tenderlink

COORDINARE – South Eastern NSW Primary Health Network (SENSW PHN)



Who are we and who do we work with?



- We are one of the 31 Primary Health Network (PHNs) established throughout Australia
- We work directly with GPs, other primary care providers, secondary care providers, and hospitals to bring improved outcomes for patients
- We aim to address local health needs, as well as national health priorities, particularly in chronic diseases, preventable hospitalisations, mental health, drug and alcohol, Aboriginal health, after-hours services and healthy ageing
- Commissioning is central to COORDINARE's ability to achieve these objectives and address local and national priorities

Source: COORDINARE – www.coordinare.org.au

Issue Background



“Pain is Australia’s third most costly health problem and arguably the developed world’s largest ‘undiscovered’ health priority,” - Late Professor Michael Cousins AM, Ex-Chair National Pain Strategy¹.

Chronic pain, also called persistent pain, is pain that continues for more than three months after surgery, an injury, as a result of disease or from another cause. Chronic pain impacts across a range of areas for the individual and the broader community, with the financial cost for Australia in 2018 estimated at \$73.2 billion².

Chronic pain³ :

- Is associated with several behavioural risk factors (such as physical inactivity, smoking, overweight), further increasing the risk of chronic conditions
- Is strongly associated with anxiety and depression
- Is related to a range of long-term conditions
- Increases general practice presentations and hospital length of stay

¹National Pain Strategy 2011 - <https://www.painaustralia.org.au/static/uploads/files/national-pain-strategy-2011-wfvjawttsanq.pdf>

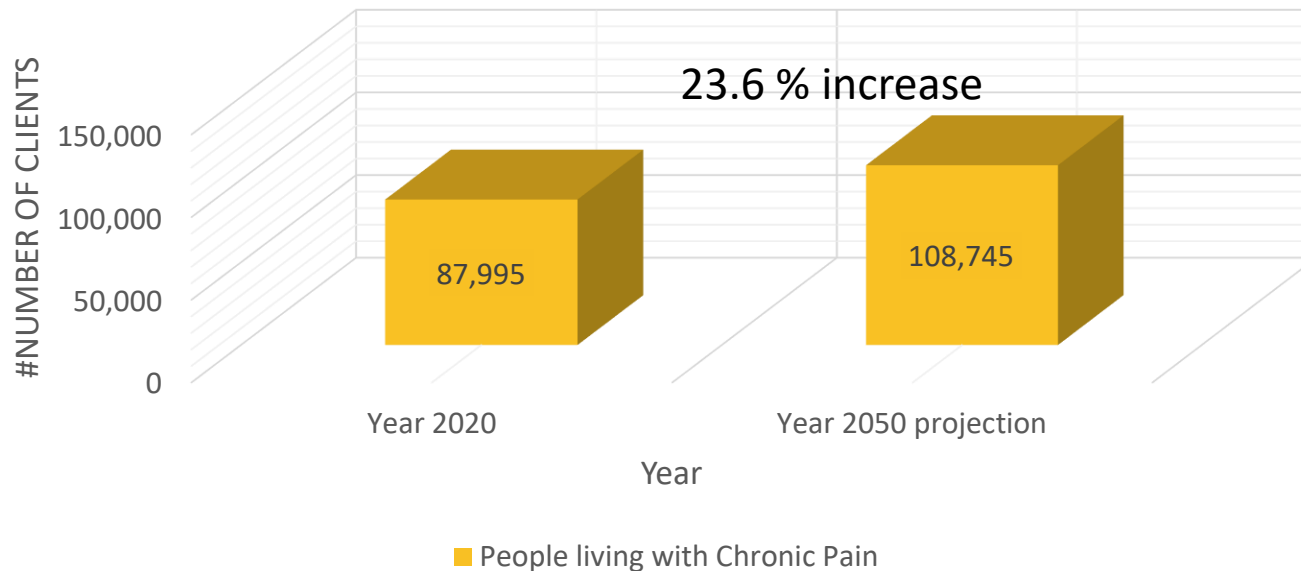
²Chronic Pain in Australia – May 2020 - [https://www.aihw.gov.au/getmedia/10434b6f-2147-46ab-b654-a90f05592d35/aihw-phe-267.pdf.aspx#:~:text=What%20is%20chronic%20pain?,2016\)](https://www.aihw.gov.au/getmedia/10434b6f-2147-46ab-b654-a90f05592d35/aihw-phe-267.pdf.aspx#:~:text=What%20is%20chronic%20pain?,2016))

³Chronic Pain Initiative Evaluation- <https://coordinare.org.au/assets/SNSW-Chronic-Pain-Initiative-Evaluation-v2.pdf>

Local Snapshot



People living with Chronic Pain⁴



⁴COORDINARE NEEDS ASSESSMENT <https://www.coordinare.org.au/assets/Needs-Assessment.pdf>

Gaps in service delivery



Chronic pain clients do not have access to best-practice pain management services, and this is particularly evident in rural, regional and remote areas.

Much of the South Eastern NSW (SENSW) catchment, particularly the Southern NSW region, is classed as rural (MM5 and MM4)⁵.

Lack of knowledge of services

Significant gaps in available services

Geographical isolation

Limited specialist pain services

Out-of-pocket costs associated with allied health appointments, and access to services that provide culturally responsive care. This particularly affects multicultural, Aboriginal and Torres Strait Islander communities

⁵Modified Monash Model -<https://www.health.gov.au/topics/rural-health-workforce/classifications/mmm>

Purpose of the Grant

Management of Chronic Pain in South Eastern NSW



- Reduce barriers to accessing programs that address chronic pain management
- Provide a referral pathway for general practitioners and other health professionals
- Improve quality of life for people living with chronic pain
- Promote evidence-based self-management skills and strategies
- Provide access to a multidisciplinary team for consumers with chronic pain
- Facilitate access to peer support and involve carers and family, where appropriate



Scope



- Within SENSW Catchment
- Chronic pain program or service to align with National Strategic Action Plan for Pain Management

Focus:

- Helping consumers learn self-management strategies,
- provide individual case management, support, goal setting and improved use of relevant community health services.
- Collaboration with key organisations
- Improved integrated health systems
- Referral pathways and working with COORDINARE to integrate the service into HealthPathways and developing 'exit' pathways for patients into other relevant health and or social services

Elements of the Chronic Pain Program



Key Elements of the program:

- Multidisciplinary and team-based care - including allied health professionals
- Communication with GPs (where relevant);
- Consumer-focused care;
 - including offering both group-based sessions and
 - individual consultations,
 - peer support, and
 - involvement of family and carers - (where relevant)
- Accessible and appropriate care;

Programs tailored to Aboriginal and Torres Strait Islander and multicultural communities, and enabling access for consumers in remote and rural locations;
- Measures client outcomes using a validated patient-reported measure, such as the PROMIS Pain Behaviour (PROMIS-PB) tool (outcome measure tool/s to be agreed with successful provider).

Who can apply and funding amounts



- General practices and other primary care providers
- Non-government organisations, including charities and not for profit organisations
- Community health providers
- Aged care providers
- Individual providers and/or organisations working in consortia or partnerships, with one lead agency nominated as the legal entity.
- Submissions from consortia and partnerships will be considered, including with organisations not eligible for direct funding under the initiative.

Note: State government agencies **are** eligible for direct funding under this initiative.

Funding amounts and period:

A total of up to \$258,482 ex GST will be dispersed through this initiative. The successful provider will be contracted prior to 30 June 2025 for a period of 12 months.

Contracting requirements- Data collection and evaluation



- Data collection will be required to support reporting on program activity
 - De-identified unit record data uploaded to secure site
 - Work with COORDINARE to develop a data schema and provide raw, deidentified unit record data for evaluation
 - Indicative KPIs have been provided however may be subject to changed based on proposals; KPIs will be negotiated with successful provider
- Outcome and experience measures
 - PROMIS tool or other relevant patient-reported measure
 - Net Promoter Score
 - Other evidenced based outcome measures may be considered as appropriate

Developing your application



- Address the selection criteria outlined on the application form via Tenderlink
- Complete the budget template to indicate the grant value being applied for, and proposed expenditure
- Please stipulate N/A where any required response is not relevant to your service or organisation
- Any further questions outside of this session, submit via Tenderlink
- Due date **Wednesday 28 April 6pm**
- Anticipating contracts commence June 2025

QUESTIONS?

Final questions in
Tenderlink
14 April 2025

Applications close
28 April 2025
6pm

THANK YOU

OTHER RESOURCES



- [SENSW-Needs Assessment 2024/25-2026/27](#)
- [SENSW - Population Health Profile](#)
- [SENSW PHN Needs Assessment - HOMELESSNESS AND CALD](#)
- [SENSW-Aboriginal-Health-Snapshot-2024.pdf](#)
- [SENSW-regional-infographic 2024.pdf](#)
- [Home - Australian Institute of Health and Welfare](#)
- [Chronic pain in Australia, Summary - Australian Institute of Health and Welfare](#)
- [The National Strategic Action Plan for Pain Management | Australian Government Department of Health and Aged Care](#)

Other useful websites

[Homepage | Painaustralia 2023 - Painaustralia](#)

[Home - Chronic Pain Australia](#)