

GOAL

To empower patients better understand their persistent pain condition and equip them with necessary tools to self-manage their pain successfully.

ELIGIBILITY

- Patient has persistent pain which has lasted for more than 3-6 months.
- Be at least 18 years of age.
- Patient is not suitable for surgical or urgent pain specialist intervention.
- Patient requires improved self management strategies and skills to optimise ongoing care.
- Patient is able to participate in group education.
- Have an English language capacity sufficient to understand the written and verbal materials being presented.
- Be able to give voluntary, informed consent for the ongoing collection of audit data.



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PERSISTENT PAIN PROGRAM

TURNING PAIN INTO GAIN





1 IN 5 AUSTRALIANS LIVE WITH CHRONIC PAIN.....

WHAT IS PERSISTENT PAIN?

Persistent (including chronic) pain is severe pain that is ongoing and can be long-term. It may continue long after you have healed from an injury or a treated condition, although it may also occur spontaneously.

Persistent pain creates changes in the nervous system, including the brain. It can impact all body systems and can have an effect on a person's overall physical, psychological and social wellbeing.

EVIDENCE FOR SUCCESS OF THIS PROGRAM

Effect sizes from other pain education programs averaged 0.17 (range -0.64 to 0.60), in contrast the effect size from this pain program was 1.1, i.e. clinically and statistically significant. Non-surgical pain management studies using the Pain Self-Efficacy Questionnaire as an outcome measure showed improvements of 5 to 9.3 points on the 50 point scale while a 14 point improvement was associated with the "Turning Pain into Gain" program. The program clearly demonstrated the patient's quality of life and self-management improvements despite suffering persistent pain.

Ref. International Journal of Pharmacy Practice entitled - A Pilot Study of a multidisciplinary clinical pain programme provided by the Gold Coast Medicare Local, 23 (Suppl. S1), pp. 7



WHATS IN THE PROGRAM

CASE MANAGEMENT

Case management, service navigation and assessment provided by a nominated clinical facilitator for a 12 months period.

GROUP EDUCATION

Group based self-management pain education runs 2 hours each month for 6 months and aims to help you learn range of skills that can help you make positive changes in your life.

EXTRA ALLIED HEALTH

Patients enrolled in the program have access to 3 extra allied health services in addition to the 5 chronic Disease management services under medicare (previously known as EPCs).

COST

There is no cost to the patient. This program is funded by the Department of Health through WAPHA (PHN).

