



You no longer have to suffer persistent pain alone. The Turning Pain into Gain program is here to support you with **NEW WAYS** of managing persistent pain and living a full life!

Looking ahead: Module 3

Medical Investigations and imaging – “To scan or not to scan”?
Movement planning – “The secret of moving with minimal pain”

Educational material will be provided at each session. Please bring a cup of tea to share if you can
Please get a pen, comfortable chair for support.

Revision of Topic 2 - Understanding Pain Medicines

Key messages from Topic 2 were:

- ✓ Medicines do not CURE persistent pain. They work better when used together with other pain treatment strategies.
- ✓ Regular long acting medication is preferred to short acting medication
- ✓ Regular review of your medicines is important to ensure that the medication is still the right one for you.

Another invigorating topic as we looked at ways to optimise the effect of the pain medicines we take. Many of you had the opportunity to ask questions about the medicines that you take and some of you have even discussed the option of having a one-on-one Home Medicine Review with your local community pharmacist. If you would like this service please discuss with your Care Co-Ordinator or your GP. **Reminder: Keep an updated list of all your medicines**

Websites of the month

In each monthly newsletter, we will feature credible websites that are worthy of mention so that over the year you can build up a list of safe websites which you can trust to search health information on.

Medicines websites

Find out information about your medicines: <http://www.nps.org.au/> - this is an independent, evidence-based and not-for-profit organisation which promotes the MedicineWise campaign. They provide practical tools and information about medicines, health conditions and medical tests.

Through the NPS website you can also create your own **Medicines E-List** and email it to yourself. See it here: <http://www.nps.org.au/conditions-and-topics/topics/how-to-be-medicinewise/managing-your-medicines/medicines-list/medicines-elist>

Must have phone numbers

Medicines Line

Get expert medicines information for the cost of a local call.

1300 MEDICINE (1300 633 424) Monday to Friday 9am–5pm AEST



Adverse Medicine Events (AME) Line

You can report a problem or side effect with your medicine for the cost of a local call:

1300 134 237 Monday to Friday 9am–5pm AEST

PainWise Pharmacy in Armadale

Healthways Chemist

Westfield Shopping Town 127 Westfield road, Shop 11
CAMILLO WA 6112

PHONE: 9390 9900 FAX: 9390 9900

Do you find it hard to see your doctor for minor ailments?

Do you have questions about your medicine?

Do you sometimes wonder what medicine you are taking, or how to take it?

Do you want to know why you are taking your medicine?

Do you wonder how your medicine works to make you healthier?

There is always a pharmacist on duty when your local Guardian Pharmacy is open.

This makes your Guardian Pharmacist a great first point of call for queries about your medicines or minor ailments.

Whether it's for some basic advice, an over the counter product or a referral to your doctor, your local Guardian pharmacist can provide you with expert advice which extends beyond medications.

Medication Review Services available through your local community pharmacist that are FREE

- ✓ **MedsCheck** - This is an in-pharmacy, patient-centred service that includes a review of a patient's medicines, focusing on education and self-management and aims to identify problems that the patient may be experiencing with their medicines.
- ✓ **Home Medicines Review** - This is a comprehensive clinical review of a patient's medicines in their home by an accredited pharmacist on referral from the patient's general practitioner (GP)