



PERSISTENT PAIN PROGRAM

2023



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NON FURTIVE PROFIT

It is estimated that **1 in 5 Australians** will suffer from persistent pain in their lifetime. Persistent pain is defined as constant daily pain for a **period of 3 months** or more. Sometimes it can be explained by an underlying cause, for example arthritis, but it may also occur when no active condition or previous injury can be detected.

The WA Primary Health Alliance (WAPHA), which is an alliance of Perth North, Perth South and Country WA PHNs, has commissioned the Persistent Pain Program since 2017. This program is based on the **Turning Pain into Gain (TPIG)** program model and is provided at no cost to adults with **chronic non-cancer pain**. The program is not suitable for consumers who are under a workers compensation claim or receiving palliative care.

Arche Health offers this free community based, multidisciplinary pain management program that aims to help people with persistent pain to better manage their pain and everyday activities. This multidisciplinary approach to pain management is a key recommendation of Australia's National Pain Strategy

Referrals can be received from **GPs, allied health providers and specialists**, however all require GP sign off and consumers must be able to consent to participate in the program. It is preferred that consumers have a **GP management plan** in place. Family members and carers welcome to participate in the program.

DELIVERY AND MANAGEMENT



The Persistent Pain Program runs over 12 months, with **individual assessment**, support and service navigation provided by a clinical facilitator. Monthly two-hour **group sessions** are provided over six months. Session topics are outlined in page 4. A refresher group session is also provided within six months of discharge from the program.

Once consumers have accessed the **five allied health consultations** covered by Medicare as part of a Chronic Disease Management Plan, they can access up to three additional individual consultations with a local allied health practitioner funded by the program.

TREATMENT PATHWAY

At the Persistent Pain Program, clients' initial appointments are conducted by one of our specialised clinical facilitators. The facilitator will provide an initial assessment, individualised case management, and regular face-to-face meetings for clients on the program.

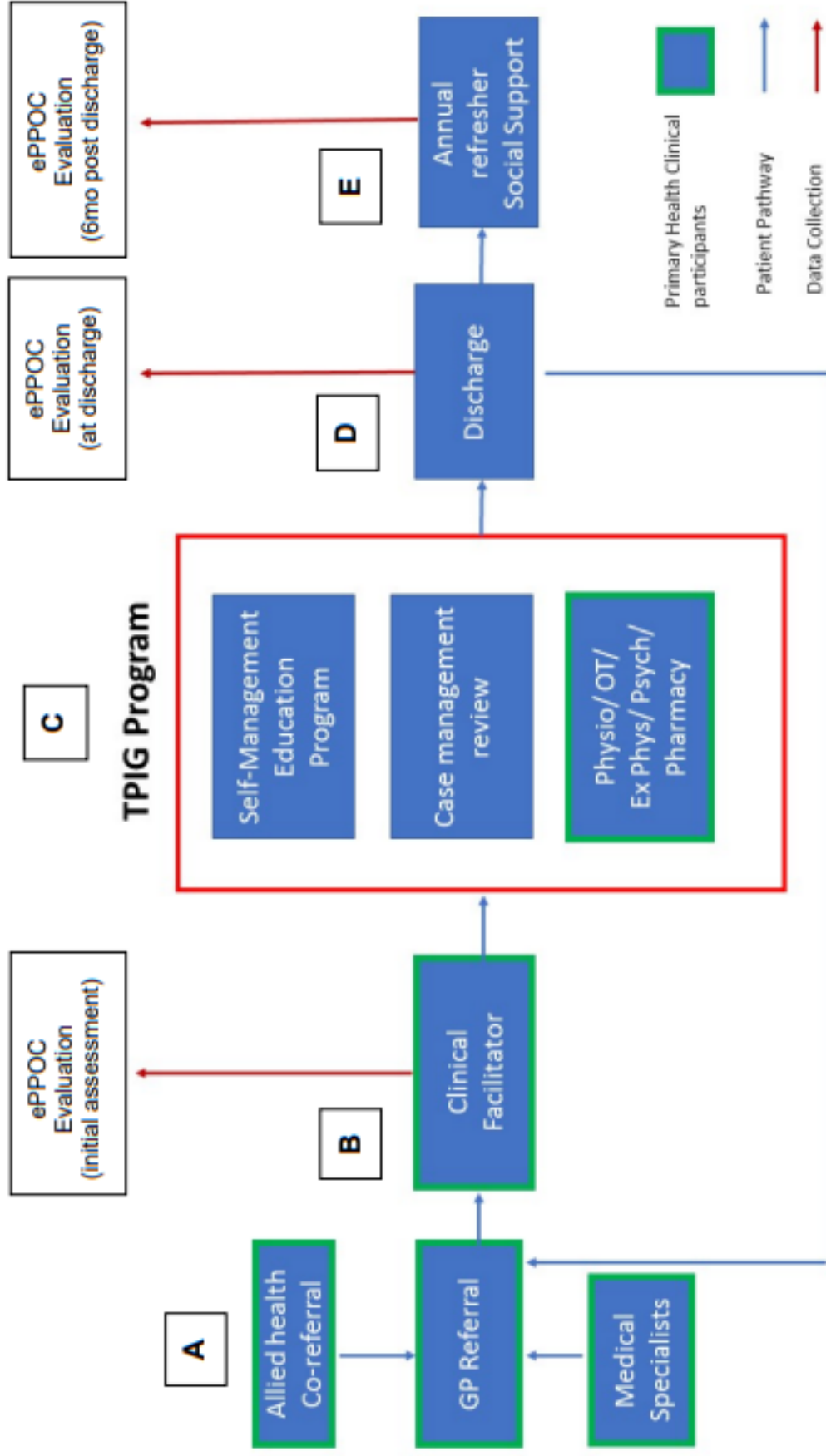
Prior to the first appointment, clients will receive a comprehensive questionnaire to complete. This questionnaire serves as a tool for our clinicians to gain an understanding of the client's pain history, current medication, pain intensity, and psychological impacts of the pain. This information collected aids the clinician in forming a clear picture of client's current concerns. Throughout the program, clients will be requested to complete questionnaires periodically to track any changes in their pain.

During the first appointment, the **clinical facilitator (Pain Coordinator)** will discuss the client's pain history and current treatments, complementing the information gathered from the questionnaire. This will assist in developing a plan for the client's treatment going forward. Once the facilitator has a clear understanding of the client's history, they will provide the client with an overview of the program along with some education on the role that allied health professionals play in ongoing pain management. At the end of the appointment, the clinical facilitator and client will together develop an individualised **pain management plan** for their time on the program. This plan will generally involve attending the group education sessions along with any individual allied health appointments that have been identified as potentially beneficial.

After the first appointment, the client will begin their treatment by attending the group education sessions and the allied health appointments identified. After a client has attended a number of these sessions, they will be booked in again to see the facilitator for a follow-up review. These appointments generally take place at 3, 6, and 12 month periods. The follow-up reviews are designed to assess the effectiveness of any treatment implemented from the initial appointment and make changes if necessary.

After 12 months on the program, a client will attend their final appointment with our facilitator. This appointment will be used to develop a discharge plan with the client for their ongoing self management once they have completed their time on the program

WA Primary Health Alliance, Persistent Pain Program (PPP) Model



GROUP SESSIONS

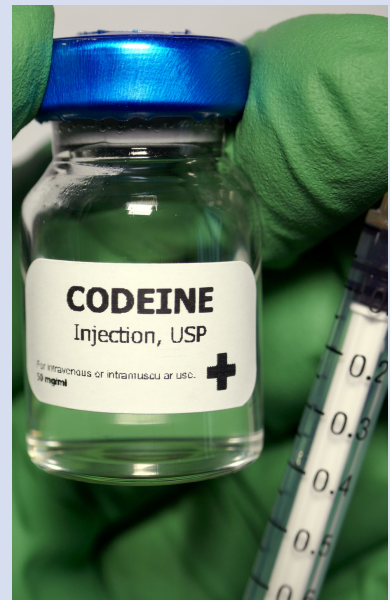


Topic 1 Pain revolution

- What is self-management?
- Understanding pain
- Taking control
- Recruiting your team

Topic 2 Medication

- Old way – not individualised
- Turning down the intensity in acute/flare-ups and pain
- Regular long-acting medication and multiple strategies
- Opioids/Medicinal Cannabis – side effects
- Other – over the counter, injectable, antidepressants, anticonvulsants, topical, benzodiazepines
- Tapering



Topic 3 Moving with ease/ medical investigations

- Breathing techniques
- Understanding medical investigations: to scan or not to scan?
- Movement planning: how to move when pain is a prevalent part of our life
- Movement goals – pacing, work



Topic 4 Food

- High quality diet
- Food and mood
- Combat fatigue
- Hints when shopping

Topic 5 Sleep nexus

- Why do we sleep?
- Mechanisms, stages
- Sleep, pain, fatigue nexus
- Sleep disorders
- Sleep medication
- Tips for better sleep



Topic 6 Emotions and thoughts

- Reducing pain through challenging your thoughts and emotions
- Unhelpful thinking
- Fear avoidance
- Depression, anxiety, trauma
- Control: relaxation, distraction, mindfulness
- Desensitisation
- Acceptance

Refresher group

- Taming persistent pain: the latest science
- Beyond pain: Combating the psychological factors
- Action plan: setting goals and applying tools

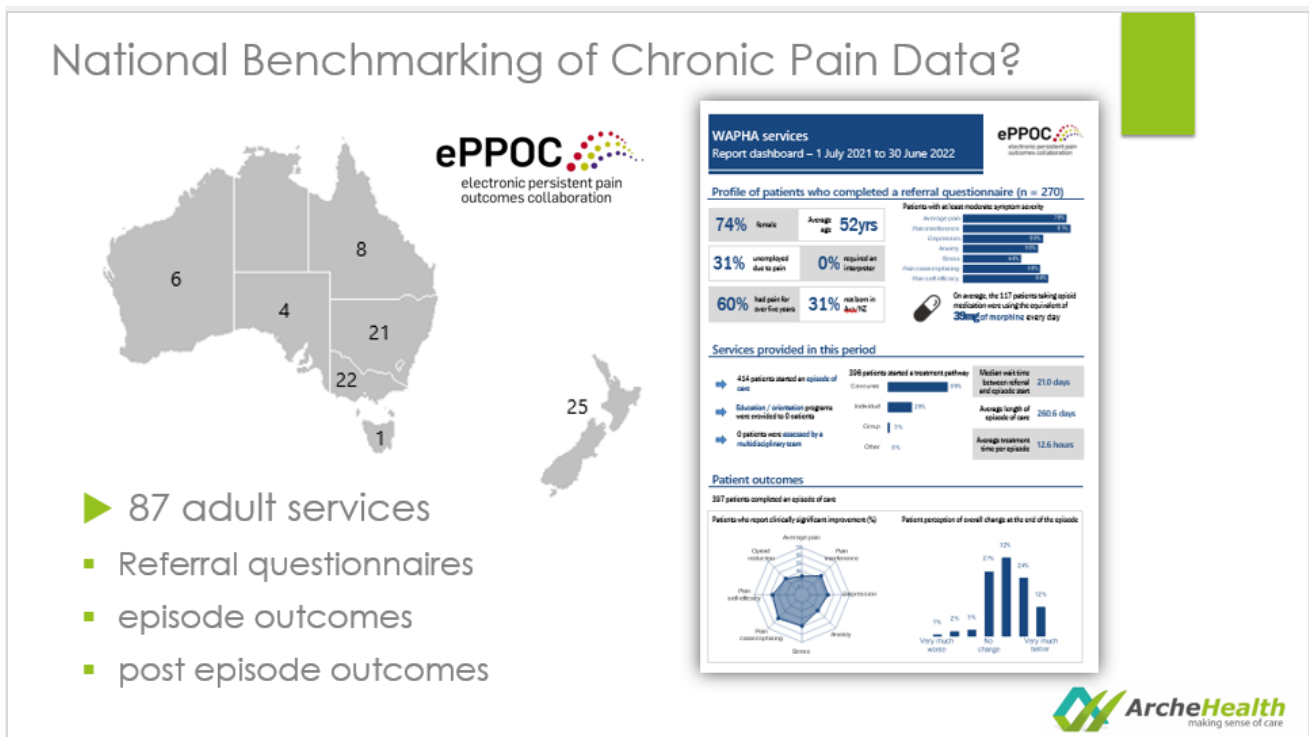


PATIENT OUTCOME

The Persistent Pain Program is a member of the electronic Persistent Pain Outcomes Collaboration (ePPOC), an Australasian initiative that aims to improve the quality of care and outcomes for people who experience chronic pain.

ePPOC involves the collection of a standard set of clinical and demographic information by pain services across Australia. This information is used to guide treatment for individual patients, measure outcomes following treatment and provide a benchmarking system for the pain sector. The benchmarking system is designed to provide comparative data to each pain service, identify best practice protocols and clinical variation, and drive quality improvement through setting aspirational targets for patient outcomes. The information collected by pain services also provides a valuable resource for research into the management of pain in Australia and New Zealand.

ePPOC is an initiative of the Faculty of Pain Medicine and was established in 2013 with funding from the NSW Ministry of Health. Over 80 adult and paediatric pain management services currently participate in ePPOC.





Thank you