



The Pain Centre of Excellence

The Persistent Pain Program

OVERVIEW

The Pain Centre of Excellence at Spendelove Private Hospital is proud to introduce the Persistent Pain Program for people suffering from pain lasting more than 3 months.

We know that long-lasting pain is real, and can impact on you socially, emotionally and economically. We understand that persistent pain can lead to frustration, depression, disordered sleep and social withdrawal. All these things, coupled with physical impairments and the pain itself can make it very hard to participate fully in the things you want to do and maintain a high quality of life.

This is why the Pain Centre of Excellence has developed the Persistent Pain Program as an interdisciplinary program which treats you as a "whole person" and sees the goal not only to treat the pain, but help arm you with strategies and understanding of your condition to let you take back your life!

The Pain Centre of Excellence offers the only private hospital-based program on the Gold Coast which has been developed in conjunction with University researchers in persistent pain. The program is also unusual in offering additional services included in the program, such as individual Psychology consultations and step-down follow-up sessions to ensure that the gains are incorporated into normal daily life.

This is an excerpt from a scientific paper on the original program which has been adapted to be exclusively offered at The Pain Centre of Excellence:

Improvements in participants' self-efficacy, i.e. the ability to cope with, and manage despite, their pain were significant. In comparison to similar studies of patients experiencing chronic pain, the effect sizes were greater and indicated that large clinically significant improvements in self-efficacy were achieved over the life of the program.



THE
PAIN CENTRE
OF EXCELLENCE

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PAIN TEAM & PROGRAM GOALS

YOUR PAIN TEAM

The research on the best treatment of persistent pain strongly recommends a team-based approach. Our team comprises highly regarded experts in chronic pain. We seek to help people by providing careful assessment and appropriate treatment tailored to each individual.



GENERAL PROGRAM GOALS

- Gradual return to daily activities
- Get strategies & support for managing your pain
- Improve your physical conditioning & mobility
- Learn to move well again through gentle land and water movement
- Improved confidence to manage your own pain
- Understand your diagnosis
- Get specialist advice on pain medications and interventions
- Get help with sleep and mood disturbances
- Learn how you can wind down your sensitised nervous system

INDIVIDUAL GOAL-SETTING

Every patient is encouraged to develop their own individual goals, in collaboration with the Pain Team, that they would like to achieve from the program. Here is an example of one patient's goals...

Sue (not her real name) has had a "bad back" for a number of years. Her goals before the persistent pain program were:

- To improve her understanding of pain
- To spend less time lying in bed
- To return to leading a more active life - e.g., walking around the supermarket independently again
- To learn to move more naturally again
- To learn to pace and plan what she could realistically do in a day
- Reduce her medications (because they were causing "foggy thinking" and constipation)



HOW DOES IT RUN?

The program includes both individual and small group sessions led by experts in the field of pain management. It is offered as either a day-patient or inpatient:

DAY-PATIENT	INPATIENT
<p>Stay at home and come in each day of the program for 3-5 hours.</p> <p>We recommend doing the whole program in 2 weeks (Monday to Friday for 2 weeks), but it's also possible to do the program more slowly (e.g., 1 or 2 days per week)</p>	<p>Stay at Spendelove Private Hospital for 2 weeks to complete the program.</p>
<p>Day-patient follow-up sessions are also provided to all patients who have completed the program, whether as a day-patient or inpatient, so that you can learn to apply your new knowledge and skills in your daily life with support from The Pain Centre of Excellence. The follow-up gets less frequent as you have increasing independence in the management of your own pain.</p>	

COST

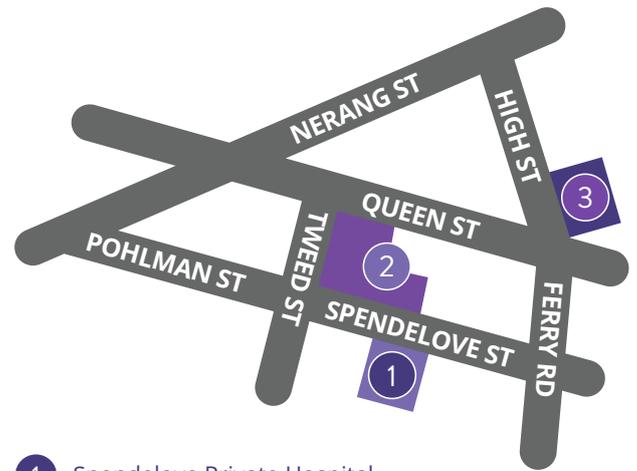
The program is fully covered by private health insurance. In fact, even if you don't currently have private health insurance, you can sign up and become eligible for the Persistent Pain Program in only 2 months (instead of serving the usual 12 month waiting period for pre-existing conditions) as this program falls under the category of rehabilitation.

WorkCover, DVA patients and patients covered by third party compulsory insurance require written approval prior to the commencement of the programs.

A TYPICAL DAY IN THE PROGRAM

The program has 3-5 hours of structured individual and group-based sessions each day, covering the following:

- Return to physical functioning (movement - land and water-based, cardiovascular, strength, movement, mindfulness, stretching and balance work)
- Pain management education (e.g., pain science explained, pacing, medication usage, safe moving & lifting techniques, etc.)
- Psychology (including CBT, Acceptance and Commitment Therapy including Mindfulness (ACT), and anxiety-reducing strategies, such as relaxation techniques)



WHERE IS IT?

The Pain Centre of Excellence is located at Spendelove Private Hospital in Southport on the Gold Coast. Spendelove Private Hospital is a well-established sub-acute hospital providing first-class care and accommodation.

- 1 Spendelove Private Hospital
- 2 Allamanda Medical Centre
- 3 Premion Place

REFERRAL PROCESS

All patients require a doctor's referral either from your G.P. or specialist to attend the program. Referrals to the Pain Centre of Excellence should be made to both the Pain Specialist – Dr Heide Feberwee and the Rehabilitation Physician – Dr Dionne Litton.

We are passionate about helping patients with persistent pain – please call us on (07) 5503 0911 for more information on how we can help you.



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