



## THE PAIN CENTRE OF EXCELLENCE

# PERSISTENT PAIN PROGRAM

## OVERVIEW

The Pain Centre of Excellence at Spendelove Private Hospital proudly offers our Persistent Pain Program for people suffering from pain lasting more than three months.

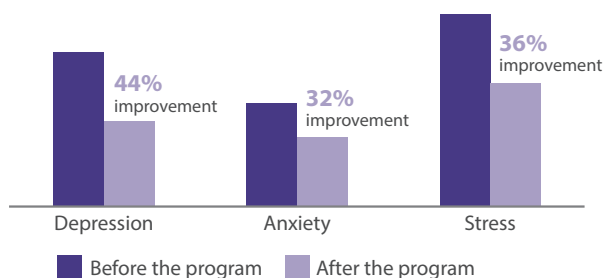
We know that long-lasting pain is real, and can impact on you physically, emotionally, financially and socially. We understand that persistent pain can lead to physical impairments, mental health disorders and social withdrawal, making it difficult to maintain a high quality of life.

This is why the Pain Centre of Excellence 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 to help equip you with strategies and understanding of your condition to let you take back your life! We specialise in supporting people in returning to their normal function, helping you get back into your hobbies, return to work and seize your life again!

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 unique for offering additional services, such as individual psychology consultations and step-down follow-up sessions to ensure that the gains are incorporated into your normal daily life.

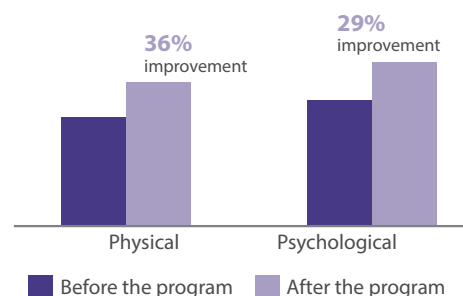
### Depression, Anxiety and Stress

Depression Anxiety Stress Scales 21 (DASS-21)



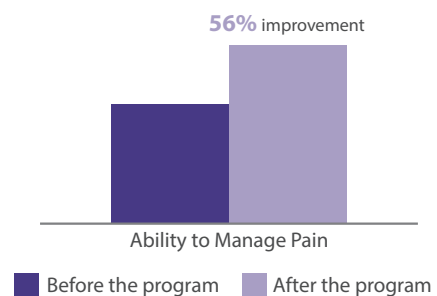
### Physical and Psychological Health

World Health Organisation - Quality of Life BREF



### Ability to Manage the Pain

Pain Self-Efficacy Questionnaire





## 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 that is 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
<ul style="list-style-type: none"><li>• Stay at Spendelove Private Hospital for 2 weeks to complete the program</li></ul>	<ul style="list-style-type: none"><li>• Stay at home and come in each day of the program for 3-5 hours</li></ul>

## 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 a few months, depending on the waiting period associated with the policy. WorkCover and DVA and patients are also generally covered in most cases. Phone us for more information.

## A TYPICAL DAY IN THE PROGRAM

**The program has 3-5 hours of structured individual and group-based sessions each day plus un-structured activities for in-patients, covering the following:**

- **Return to physical functioning:** balance work and stretching, endurance and strength work, Feldenkrais, hydrotherapy, movement-based activities, safe moving and lifting techniques
- **Pain management education:** pain science explained, pacing, medication usage, role of foods
- **Psychology:** including Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, mindfulness practices, relaxation techniques





## WHERE IS IT?

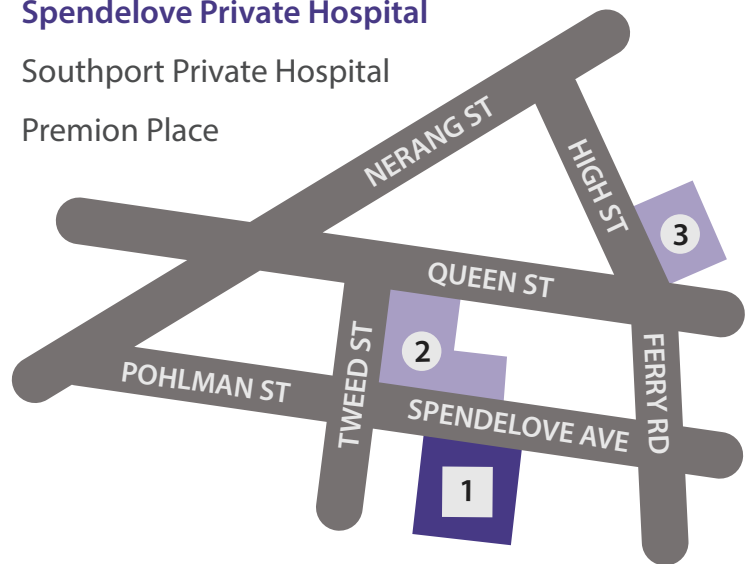
The Pain Centre of Excellence is located at Spendelove Private Hospital in Southport on the Gold Coast. Spendelove Private Hospital is a well-established sub-acute hospital providing first-class care and accommodation.

## REFERRAL PROCESS

All patients require a doctor's referral either from your GP 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.



- 1 Spendelove Private Hospital
- 2 Southport Private Hospital
- 3 Premion Place



## THE PAIN CENTRE OF EXCELLENCE

SPECIALISTS IN PAIN MANAGEMENT

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