

GP INFORMATION SHEET

Turning PAIN into GAIN' Program

Gold Coast Primary Health Network presents a monthly Persistent Pain education and therapeutics Program, *“Turning PAIN into GAIN”*.

Program Goal:

- To enhance self-management and improve healthcare utilisation within primary healthcare
- To provide a sustainable and supportive environment necessary to facilitate positive changes and enhance quality of life
- To support GPs and allied health through the coordination of a proactive approach so as to optimize the patient's current pain management plan per current evidence and guidelines.
- To support continuity of care for patients transitioning from tertiary care to primary care and prevent unnecessary hospital admissions and healthcare waitlist burden.

Objective:

To empower the patient to better understand their persistent pain condition through education and equip the patient with the necessary multimodal tools required to self-manage successfully.

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. One year follow-up of patients showed **100% improvement** in their quality of life. The program clearly demonstrates 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

Program duration: This self-management pain education program will run for 2 hours each month for 6 Topics and a total of 12 months service navigation and assessment. Programs will run in the mornings from 10am to 12 noon.

Cost: There is no cost to the patient. This program is fully funded by the Department of Health.

Location: Our initial and ongoing service assessments are held at our Varsity Lakes office. Education pain programs will be held in a variety of venues in Robina, Southport and Coolangatta. The choice will be the participant's as to which venue is more convenient to them.

How is this program different to the GCUH Interdisciplinary Persistent Pain Clinic Service at Robina Hospital or other hospital based pain programs?

- The Turning Pain into Gain program utilises the primary healthcare workforce specialising in persistent pain to sustain patients in their pain management using a primary healthcare mixed funding model to collaborate closely with GPs.
- The Turning Pain into Gain program is able to provide the patient with a holistic self-management pain program, case coordination of services and funded allied health service extension. The program has a combination of group program and individual pain service assessments.
- This service is not a time limited service as the program sustains the patient with a community based pain management approach preventing avoidable hospital presentations. Aside from the initial 6 topic education program and 12 months of clinical support, we will continue to invite past participants to refresher programs to ensure the support continues.
- Patients can access our patient-led Turning Pain into Gain Support group at three venues across the Gold Coast.
- This program does not provide pain specialist interventional or surgical services.
- Patients who have previously attended the Interdisciplinary Persistent Pain Clinic or other pain programs can be referred to this program.

Extra Allied Health services offered:

Patients actively engaging in the program can also access an additional **4 extra Chronic Disease Management Services (previously known as EPCs)**. This is in addition to the Medicare allocated 5 CDM services.

Eligibility for access to these extra services includes:

- Active engagement in the Pain Program
- Completed the use of their 5 Chronic Disease Management Services accessed via GP Management Plan.

Allied Health who have a contract agreement with GCPHN are approved service providers who can deliver the extra GCPHN approved CDM services. Contract Agreement arrangements will need to be arranged by contacting the Program Co-Ordinator.

The purpose of these extra services is to:

- Provide service access for the patient to try new allied health treatment modalities that they otherwise may be unable to explore due to limited service access and/or
- To optimise their current treatment modality.

The Pain Program empowers the patient to continue to plan sustainable ways of self-management so that reliance on subsidized allied health services are not the only means of managing their condition.

All allied health service providers involved within the program must be upskilled on the current evidence based research of managing persistent pain.



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Patient participation

Patients participating in this program must meet the program eligibility criteria as set out in the referral form. Patients participating in this program should be able to attend a 2 hour monthly education program at Robina or Kirra Hill Community Centre and attend ongoing individual service assessment at our Varsity Lakes consulting room.

GPs and Specialists can refer to the program by completing the referral form. Further enquiries please call Joyce on 0412327795 or email: tpigpainprogram@painwise.com.au