

Early intervention Subacute Pain Program



Persistent Pain
Program

phn
GOLD COAST

An Australian Government Initiative

Forward completed Referral via Medical Objects to: **Joyce McSwan (Preferred)** or Fax **07 3539 9801**

For further information phone Joyce McSwan on **0412 327 795**

DATE of referral:

PATIENT DETAILS

Patient Name:		DOB:	Gender: M / F
Address:			
Daytime contact number:	Home:	Work:	Mobile:

PATIENT PRESENTATION

Clinical History:

The patient has met ALL the following criteria to be eligible for the program (please tick).

- 18 years and above
- Experienced pain for **6-12 weeks**
- Displaying **Yellow Flag indicators**. This includes challenging thought patterns associated with poor progression and outcomes e.g. pain related worry or fear, poor expectations and unhelpful beliefs.
- The patient is **not displaying any Red Flags**.
- The patient is **not suitable for surgical or urgent specialist interventions**.
- The patient is **not a palliative care patient**.
- The patient is **not on worker's compensation**.
- The patient **requires improved self-management strategies** and skills to optimise ongoing care.
- The patient **can participate in group education**.
- Able to give voluntary, informed consent** for the ongoing collection of audit data.
- If the patient has had surgery in the past 12 weeks, a functional instructional plan is provided with this referral.

REFERRING GP/ORGANISATION DETAILS:

Please stamp/insert details:

G.P. Signature _____

Date _____

REFERRING ALLIED HEALTH PROFESSIONAL DETAILS (if applicable)

****A GP Sign off is mandatory for this referral to be accepted****

Please stamp/insert details:

AHP Signature: _____

Date: _____

Please note the following:

- We will contact the patient within 5 working days of receiving the GCPHN Early Intervention Subacute Pain Program referral.** This initial contact will include an appointment allocation for our initial service assessment and follow up program planning. Our Service Assessments and program will be held at our office at Corporate House, Varsity Lakes. Patients can also call us directly to enquire further on 0412 327 795.
- If the patient has had pain for >6 months, please refer into the TPIG Persistent Pain program,** <https://gcpnh.org.au/community/health-resources-for-community/persistent-pain/>

This Early Intervention Subacute Pain Management Program is supported by funding from Gold Coast Primary Health Network through the Australian Government's PHN Program. GCPHN is collecting your personal information for the purpose of assisting its activities and functions in the primary health care sector. Your contact details may be used to forward information and notifications from GCPHN. In some circumstances we may provide your information to our funding agency (Dept of Health) or to service providers that enter legal contracts with us which are bound by confidentiality. There is

no legal requirement for you to provide your personal information, and you will not be in any way excluded from our services and programs should you choose to withhold your personal information. We do not routinely disclose information overseas. For further information on how we manage your personal information see our website www.gcphn.org.au

GP Information sheet



Early intervention Subacute Pain Program

The Subacute Pain Management Program (SPMP) is a pilot program and there is a capacity for 40 patients. This program is targeting those with 'yellow flags' placing them at risk of progressing from subacute to chronic pain. 'Yellow flags' include unhelpful beliefs and behaviors such as fear and anxiety which can result in activity avoidance and functional disengagement.

More about Yellow Flags: https://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0004/212899/Yellow_Flags.pdf

Each participant will receive the following:

- Individual pain assessment with our clinical allied health team throughout their engagement in the program
- Group based education session that will be presented by experts in pain management and discuss topics related to:
 - The pain and healing cycle
 - Identifying the contributors and triggers of pain
 - Psychosocial tools that can reduce pain
 - Pacing concepts to regain function and improve quality of life.
 - Rationalising safe medication use
- Access to allied health services that will be funded by the pain program as prioritized by the patient and program clinical facilitator.
- Develop a comprehensive pain management plan in collaboration with the patient's GP.

This pilot program is an early intervention program funded by the Gold Coast Primary Health Network with the aim of assisting those who are currently challenged with managing subacute pain (pain duration 6-12 weeks) and to reduce the progression from subacute to chronic pain. Early identification targeting those with psychosocial, 'yellow flag', risk factors are a key component of the program. This program will provide a multidisciplinary care approach to develop each person's biopsychosocial self-management skills. Self-management strategies include increased activity, improve functional capacity, reduce the reliance on medication, reduce the reliance on passive modalities and reduce mental health impacts such as depression, anxiety and fear-avoidant behavior.

Referral pathway and further information:

Please complete and forward **referral via Medical Objects to: Joyce McSwan or Fax: 07 3539 9801**

For further information on the pilot program phone **Joyce McSwan, Clinical Director, on Clinic Line - 0412 327 795.**

Corporate House, 155 Varsity Parade, Varsity Lakes QLD 4227; E: tpigpainprogram@painwise.com.au;
F: 07 3539 9801; T: 0412 327 795

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