

GP INFORMATION SHEET

Gold Coast Primary Health Network Early Intervention Subacute Pain Program



An Australian Government Initiative

This pilot program is an early intervention program, funded by the Gold Coast Primary Health Care 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.

This program is targeting those with 'yellow flags' placing them at risk of progressing from subacute to chronic pain. 'Yellow flags' include beliefs and behaviours such as fear and anxiety which can result in activity avoidance and functional disengagement.

More about Yellow Flags:

[www.aci.health.nsw.gov.au/ data/assets/pdf file/0004/212899/Yellow_Flags.pdf](http://www.aci.health.nsw.gov.au/data/assets/pdf_file/0004/212899/Yellow_Flags.pdf)

This program will provide a multidisciplinary care approach to develop each person's biopsychosocial self-management skills. Self-management strategies include increased activity, improved functional capacity, reduced reliance on medication, reduced reliance on passive modalities and reduce mental health impacts such as depression, anxiety and fear-avoidant behaviour.

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 prioritised by the patient and program clinical facilitator.
- Develop a comprehensive pain management plan in collaboration with the patient's GP.

Office: Corporate House, 155 Varsity Parade, Varsity Lakes 4227 | PO Box 5403, Robina Town Centre, QLD 4230

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The Early Intervention Subacute Pain Program gratefully acknowledges the financial and other support from the Gold Coast Primary Health Network and the Australian Government Department of Health

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ELIGIBILITY CRITERIA

- 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.

REFERRAL PATHWAY AND FURTHER INFORMATION

Referral templates and additional information are available at:

<https://gcphn.org.au/commissionedservices/early-intervention-subacute-pain-program>

For further information on the pilot program phone Joyce McSwan, Clinical Director, on the clinic line: 0412 327 795.

SERVICE PROVIDER

Painwise (*commissioned to run this service, on behalf of Gold Coast Primary Health Network*)

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