



## PATIENT INFORMATION SHEET

### 'Turning PAIN into GAIN' Program

The Gold Coast Primary Health Network is an independent, locally run, not for profit health organization funded by the Department of Health. Our aim is to improve the health and wellbeing of the Gold Coast community by coordinating and integrating health and community services, and by identifying local needs and creating local strategies to respond to them.

**Persistent pain** is one of these areas of need identified, and the Turning PAIN into GAIN program has successfully offered care to those suffering with persistent pain. Such programs have been running in different parts of Australia within hospitals at pain clinics, but can be difficult to access due to high demands for them. We are delighted that we are able to offer this program on the Gold Coast for ready access. This program will bring together services and information about persistent pain in a convenient way so that you can be navigated to the most appropriate and relevant healthcare professionals.

The current science of persistent pain has changed significantly, and understanding this is important to successfully manage persistent pain. The **"Turning PAIN into GAIN"** program will bring to you a six session education program, as well as individual service assessment appointments along the way, for a total of 12 months of support and service navigation. We have a large network of healthcare professionals specialised in persistent pain, and you will be navigated to ensure that you are sustainably supported by a pain team suitable for your needs.

The **Turning PAIN into GAIN** program:

- We are onboard to assist you for 12 months.
- Access to a phone or email HOTLINE
- Receive our newsletter to stay informed about services available to you, relevant resources and new information to further your management of persistent pain.
- Fully subsidised expert education forum presenting up to date information on how you can live well with persistent pain. You will be provided with new scientific information based on current research, but presented in a practical, easy-to-understand way.
- Education delivered by specialised healthcare professionals. Each member has a special interest in persistent pain and will speak on their expert areas. This team includes a pharmacist, physiotherapist, dietician, pain educator, counsellor, psychologist and consumer representatives.
- Available as in person (in Robina) or online sessions.
- Course material will be provided at in person sessions, with links for download for online sessions.
- Learn insights from people who are good managers of their persistent pain.

- The program also offers One-on-One service assessment appointments in Varsity Lakes to support and guide both the GP and the participant to the specialised allied health service providers who have an interest in and are upskilled in managing persistent pain.
- The participant may also be able to access 4 x FREE supplementary allied health services from our large team of healthcare professionals specialising in persistent pain. The participant's eligibility for this will be determined at the individual service assessment appointments.

**If you have any queries, please call the Program Co-ordinator, Joyce McSwan on 0412 327 795 or email: [tpigpainprogram@painwise.com.au](mailto:tpigpainprogram@painwise.com.au) - Call for your appointment TODAY!!**

*"It was amazing what a difference the program made physically, but in particular, mentally and emotionally. I had begun sleeping better without medications, feeling brighter and more peaceful, and felt regained clarity and mental agility"*

**Program Participant, 2014**

*"I have enjoyed the program immensely. I feel more confident in dealing with my pain and less fearful. I even started my own business, as that was one of the goals I set for myself during the program"*

**Program Participant, 2015**