



Turning Pain into Gain: An innovative case study to alleviate the health burden of chronic pain

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ACCESS TO CARE

Up to 80% of people living with chronic pain are missing out on treatment

- Most public and private pain clinics that offer interdisciplinary care in one physical location are predominately located in the major capital cities.
- There only **7 (out of 31)** primary healthcare pain programs commissioned out of Primary Healthcare Networks in Australia



- 20% of all GP presentations in Australia involve chronic pain



- 1/100 will receive multidisciplinary care referrals to pain specialists and occur in less than 15% of GP consultations where pain is managed



- A 30% increase in opioid prescribing occurred between 2009 and 2014.

Today the TPIG program is nation wide

MANAGING CHRONIC PAIN WHO CAN HELP ?



PROGRAM LOCATIONS

Western Australia

- [Persistent Pain Program \(WA Primary Health Alliance\)](#)

Arche Health

ppp@archehealth.com.au
or (08) 9458 0545

Black Swan Health LTD

info@blackswanhealth.com.au
or 1300 820 398

360 Health + Community

info@360.org.au or 1300 706 922

South Australia

- [Living Well with Persistent Pain Program \(Adelaide PHN\)](#) (08) 8219 5900

Central Western Adelaide region

painprogramwest@adelaidephn.com.au
or 0450 539 733

Northern Adelaide region

pnorth@adelaidephn.com.au or (08) 8354 9800

- Supporting people from culturally and linguistically diverse communities to manage persistent pain (Adelaide PHN)

H.Radford@sttars.org.au

DID YOU KNOW...

Primary Health Networks (PHNs) are delivering community-based pain programs across Australia.

These programs help consumers to better understand their pain condition; equip them with the tools to self- manage their pain; and improve their quality of life through group-based education and individualised support.

These programs are comparable to programs delivered in hospitals, which often have long wait lists.

HELPING YOU AND YOUR HEALTHCARE PROVIDER TO FIND PROGRAMS TO BETTER MANAGE CHRONIC PAIN.

Programs for adults are running in the following catchment regions:

Queensland

- [Turning Pain into Gain Program \(Gold Coast PHN\)](#)
- [Early Intervention Subacute Pain Program \(Gold Coast PHN\)](#)

tpigpainprogram@painwise.com.au
or (07) 5635 2455

New South Wales

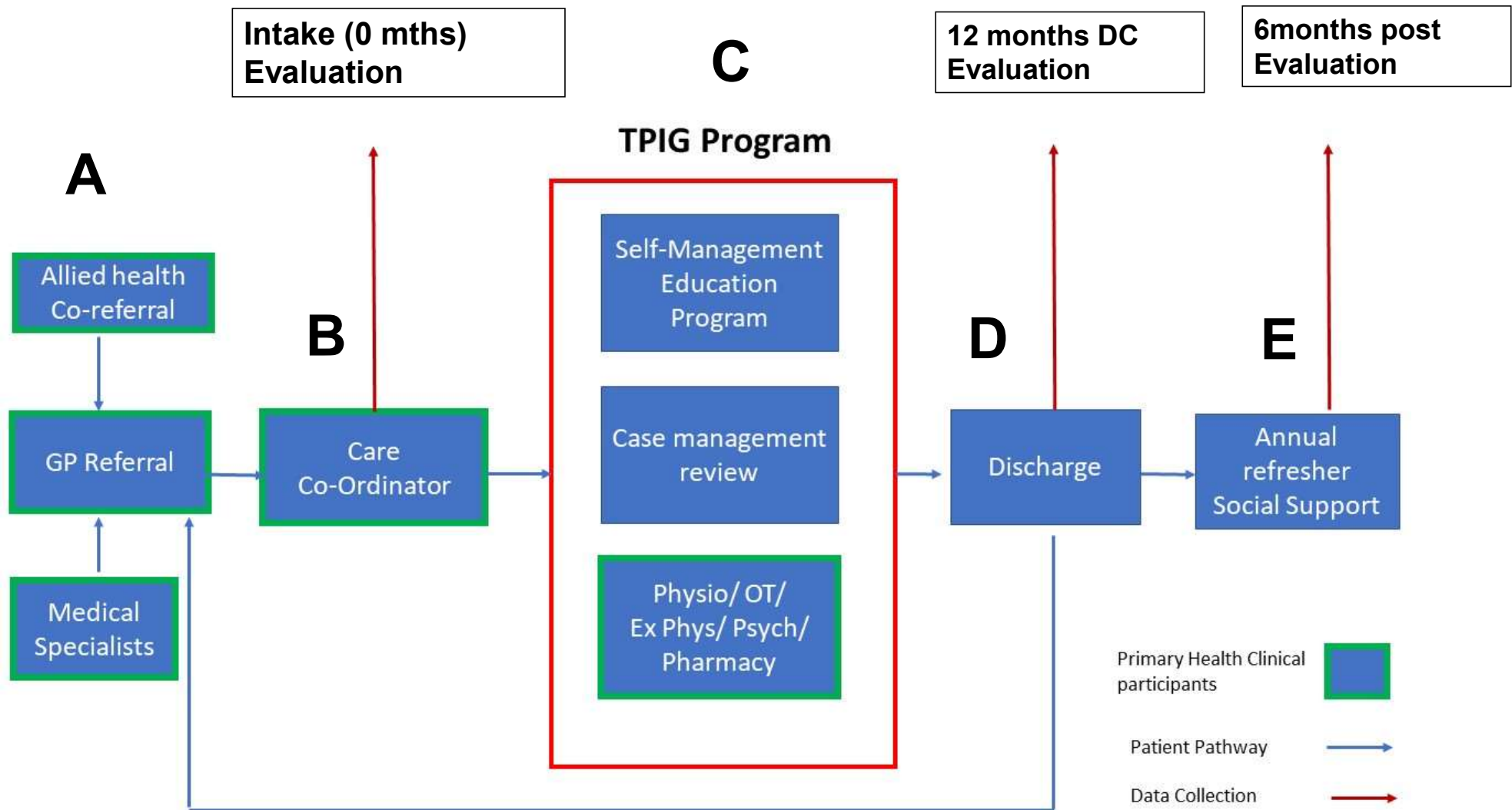
- [Chronic Pain Management Program \(South Eastern NSW PHN\)](#) info@coordinare.org.au or 1300 069 002
- [Community Chronic Pain Program \(Nepean Blue Mountains PHN\)](#) Kate.Tye@nbmphn.com.au or (02) 4708 8100
- [Community Chronic Pain Management Program \(Western NSW PHN\)](#) marijka.brennan@wnswphn.org.au or michele.pitt@wnswphn.org.au or (02) 8811 7100

Victoria

- [Chronic Pain Management Service \(North Western Melbourne PHN\)](#) service.access@merrihealth.org.au or jesse.osowicki@nwmphn.org.au or (03) 9347 1188
- [Living Well with Pain \(North Western Melbourne PHN\)](#) livingwellwithpainfootscray@cohealth.org.au or jesse.osowicki@nwmphn.org.au or (03) 9448 5521

The information in this factsheet was collected from PHNs about pain services in early 2021. Data on any programs in the Northern Territory, Australian Capital Territory and

TPIG Clinical Pathway



Patient Eligibility

Turning Pain into Gain Persistent Pain Program

- Aged 18 years and over
- The patient has suffered chronic or persisting pain which has lasted for more than 3-6 months
- The patient is not suitable for surgical or urgent pain specialist interventions
- The patient is not a palliative care patient
- The patient requires improved self-management strategies and skills to optimise ongoing care
- The patient is able to consent to and participate in group education
- Able to give voluntary, informed consent for the ongoing collection of audit data.

What does the patient get ?

6 month pain education program - 'Turning Pain into Gain' Program

- Meet monthly for 2 hours each month
- Monthly worksheets supplied with workbook
- Monthly newsletter (emailed or mailed between each program topic).
- Morning tea (healthy choice catering for dietary requirements)
- Delivered by an interdisciplinary healthcare pain team
- Access to patient led support groups

Interdisciplinary Allied Health Team approach

- Reinforced knowledge and learning
- Learning at one –on- one sessions with AH
- Service assessment

Extra Allied Health Interventions

- 5 extra sessions for allied health services once initial Chronic Disease Management plans have been used

Individual Pain Treatment Plan

- Modified and monitored over 8-12 months
- Collaboration with GPs for ongoing medication management and monitoring



Permission to use granted by participants

Living well despite pain... Meet Jackie

- 2013 inaugural patient
- 25 year old
- Chron's Disease
- High opioid use
- Unemployed

- 1st patient facilitator who started the TPIG Lunch Support Group
- Trained in Certificate IV Mental Health
- Currently working full time as NDIS support worker



Permission granted by patients to share their pictures

Living well despite pain... Meet MJ

- 2020 patient, referred by GP due to post workplace injury
- 45 year old
- Low back pain and PTSD
- High opioid use with forced withdrawal with no GP
- Homeless with 2 dogs

- Currently studying to be an AIN
- Caring for elderly mother recently diagnosed with dementia



Permission granted by patients to share their pictures



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<https://gcpnh.org.au/commissionedservices/persistent-pain/>

Commission services

› GCPHN Commissioned Services

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1800 595 212

for advice and support for your mental health

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HeadtoHealth.gov.au

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Content last updated 5/03/2024

Turning Pain into Gain (Persistent Pain Program)

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Turning Pain into Gain (Persistent Pain Program)

The "Turning Pain into Gain" Persistent Pain Program aims to help persistent pain sufferers become better managers of their pain through the education program, individual case management, support, goal setting and improved use of community health services.

DESCRIPTION

The "Turning Pain into Gain" Persistent Pain Program supports people explore a range of different strategies through education programs, individual case management, peer support, goal setting and improved use of community health services. It offers psychological support to clients experiencing anxiety due to pain and who may need additional mental health support.

INTENSITY

Primary and Community Chronic Disease

PROVIDER

Painwise

ACTIVITIES

The service is available for a period of up to 12 months and includes:

- assessment
- service navigation
- group education program
- individual sessions with allied health professionals, as required
- peer support group.

ELIGIBILITY

- Individual has persisting pain which has lasted for more than 3-6 months.
- The patient is not suitable for surgical or urgent pain specialist interventions.
- Individual is not a palliative care patient.
- The patient requires improved self-management strategies and skills to optimise ongoing care.
- The patient is able to participate in group education.

ACCESS AND REFERRALS

- A GP referral is required for this service
- [Persistent Pain Referral Form](#)

Find us

<https://gcphn.org.au/commissionedservices/persistent-pain/>

for advice and support
for your mental health

It's free, and no appointment is needed.
[HeadtoHealth.gov.au](https://www.headtohealth.gov.au)

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ENQUIRIES

Painwise

- Phone: 0412 327 795
- Email: [✉️ tpigpainprogram@painwise.com.au](mailto:tpigpainprogram@painwise.com.au)

MORE INFORMATION

Clinician Resources

- [📄 Persistent Pain Allied Health Information Sheet \(PDF\)](#)
- [📄 Persistent Pain GP Information Sheet \(PDF\)](#)

Patient Resources

- [📄 Persistent Pain Patient Information Sheet \(PDF\)](#)

Read Less —

CHRONIC DISEASE

MENTAL HEALTH