Allied Health 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".*

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 and improve quality of life.

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.

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. The program clearly demonstrated 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 Cost Medicare Local, **23** (Suppl. S1), pp. 7

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

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 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?

- 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 months education program and 12 months of clinical support, we will continue to invite past participants to refresher programs to ensure the support continues.
- This program does not provide pain specialist interventional or surgical services.
- Patients who have previously attended the Interdisciplinary Persistent Pain Clinic can be referred to this program.

Being an Allied Health Service Provider with the Program:

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.

Patient 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 the TPIG Program are approved service providers who can deliver the extra allied health approved services. Contract Agreement arrangments 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

We are also looking for allied heatlh who are keen to present in the pain program and there is a paid remuneration of $150 (Ex. GST) for this. All notes are provided.

Allied Health Referrals

Allied Health can complete the referral form and provide this to the patient to bring to their GP or discuss the proposed referral directly with the GP. GPs will still need to sign the referral form prior to lodging it to authorize the referral.

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.

Further enquiries please call Joyce on 0412327795 or email: tpigpainprogram@painwise.com.au