



**ACI** NSW Agency  
for Clinical  
Innovation

Service Directory

# NSW Ministry of Health Chronic Pain Services

Pain Management Network

**Collaboration. Innovation. Better Healthcare.**

**The Agency for Clinical Innovation (ACI) works with clinicians, consumers and managers to design and promote better healthcare for NSW. It does this by:**

- **Service redesign and evaluation** – applying redesign methodology to assist healthcare providers and consumers to review and improve the quality, effectiveness and efficiency of services.
- **Specialist advice on healthcare innovation** – advising on the development, evaluation and adoption of healthcare innovations from optimal use through to disinvestment.
- **Initiatives including Guidelines and Models of Care** – developing a range of evidence-based healthcare improvement initiatives to benefit the NSW health system.
- **Implementation support** – working with ACI Networks, consumers and healthcare providers to assist delivery of healthcare innovations into practice across metropolitan and rural NSW.
- **Knowledge sharing** – partnering with healthcare providers to support collaboration, learning capability and knowledge sharing on healthcare innovation and improvement.
- **Continuous capability building** – working with healthcare providers to build capability in redesign, project management and change management through the Centre for Healthcare Redesign

ACI Clinical Networks, Taskforces and Institutes provide a unique forum for people to collaborate across clinical specialties and regional and service boundaries to develop successful healthcare innovations.

A priority for the ACI is identifying unwarranted variation in clinical practice and working in partnership with healthcare providers to develop mechanisms to improve clinical practice and patient care.

[www.aci.health.nsw.gov.au](http://www.aci.health.nsw.gov.au)

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**Produced by:** Pain Management Network.

Further copies of this publication can be obtained from the Agency for Clinical Innovation website at [www.aci.health.nsw.gov.au](http://www.aci.health.nsw.gov.au)

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# Concord Hospital Pain Clinic (Tier 3)

## Contact

Concord Repatriation General Hospital

Hospital Rd, Concord NSW 2139

Phone: 02 9767 7830

Fax: 02 9767 7841

Director: Dr Winnie Hong

## Team

- Addiction Medicine
- Nurse consultant
- Pain Specialist
- Physiotherapist
- Psychiatrist
- Psychology

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Procedures offered

- Botox injections
- Myofascial trigger point injections
- Nerve blocks
- Spinal blocks

## Special areas of interest chronic pain and

- Adult Burns
- Children with disability 14-16
- Cognitive behaviour therapy
- Colorectal pain
- Drug and Alcohol
- Elderly
- Mental health
- Minimising dependence on medication
- Rehabilitation focus post stroke / amputation
- Sub acute and post surgical pain
- Vascular pain

## Support for GPs and other primary care professionals

- Pre-consultation telephone advice for GPs
- Twice yearly GP talks

## Pain Programs

See attached ACI document '[Which Patient for Which Programme](#)'.

'Do it Better'	
<b>Type</b>	Medium intensity Offered concurrent with multi- disciplinary intervention following initial assessment
<b>Content</b>	<p><b>3 Goals of the program</b></p> <ul style="list-style-type: none"> <li>• To reduce reliance on medications</li> <li>• To improve activity tolerance and function</li> <li>• To improve pain coping</li> </ul> <ol style="list-style-type: none"> <li>1. Interactive medical sessions:           <ul style="list-style-type: none"> <li>• Acute and chronic pain</li> <li>• Principles of management</li> <li>• How to minimise pain</li> <li>• Role of Medication</li> </ul> </li> <li>2. Medications Review</li> <li>3. Group Cognitive Behaviour Therapy-pacing and pain coping strategies</li> <li>4. Group exercise therapy-individual and general targets, learning about pacing in practice, gym work</li> </ol>
<b>Fee</b>	Nil for public patients
<b>Number of hours</b>	30 hours total
<b>Frequency</b>	Ten weekly sessions of up to 3 hours
<b>Group size</b>	4-6 people per group with spouse or support person
<b>Availability</b>	3 times per year
<b>Eligibility</b>	Patients must be independently mobile
<b>Follow up</b>	<p>Monthly group reunions</p> <p>As advised by pain clinic staff</p> <p>Participants can attend more than one program</p>

# Gosford Hospital Pain clinic (Tier 2)

## Contact

Level 3 Outpatients

PO Box 361

GOSFORD 2250

Phone: 02 4320 2609

Fax: 02 4320 3505

Team Leader: Libby Harvey

## Support for GPs and other primary care professionals

- Pre-consultation telephone advice for GPs
- Post consultation telephone advice for GPs

## Pain program

See attached ACI document '[Which Patient for Which Programme](#)'.

## Team

- Occupational Therapy
- Physiotherapist
- Psychology
- Social Worker
- Pain Specialist

## Services offered

- Education and advice
- Multidisciplinary assessment
- Pain program (see below)
- Treatment planning and appointments with Health professionals e.g. psychology and physiotherapy
- Multidisciplinary case conferencing

## Procedural service

No - available through linkage to Royal North Shore Hospital

## Special areas of interest chronic pain and

- Trauma

## Pain Management Program

Type	Medium intensity
Content	<ul style="list-style-type: none"><li>• Understanding pain</li><li>• Physical fitness</li><li>• Strategies and skills in managing pain</li><li>• Emotions, communication and relationships</li><li>• Issues for carers</li><li>• Medication and pain</li><li>• Energy conservation</li><li>• Flare up management</li></ul>
Fee	Nil for public patients
Number of hours	49 hours total
Frequency	7 hours, 2 days per week for 7 weeks
Group size	8 people
Availability	3 times per year
Eligibility	Persisting pain
Follow up	3, 6, 12 months and 2 years

# Greenwich Hospital Pain Clinic (Tier 2)

## Contact

Greenwich hospital

97-115 River Road Greenwich 2065

Phone: 02 8788 3958

Fax : 02 9903 8269

[www.hammond.com.au/services/pain-management](http://www.hammond.com.au/services/pain-management)

Director: Professor Phillip Siddall

## Team

- Nurse consultant
- Pain Specialist
- Physiotherapist
- Psychology

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Pain program (see below)
- Multidisciplinary case conferencing
- Telehealth consultations
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Procedural service

No - available through linkage to Royal North Shore Hospital

## Support for GPs and other primary care professionals

- Pre-consultation telephone advice for GPs
- Post consultation telephone advice for GPs
- Once yearly GP talks
- Telehealth consultations

## Special areas of interest chronic pain and

- Elderly
- Nerve injury
- Rehabilitation focus post stroke / amputation
- Spinal Cord Injury

## Research interests

- Brain imaging of pain
- Contribution of existential issues to the experience of pain
- Management of pain in spinal cord injury
- Pain and dementia
- Pain and neuroplasticity

## Pain Programs

See attached ACI document '[Which Patient for Which Programme](#)'.

Greenwich Pain Program	
Type	Medium intensity
Content	Understanding pain <ul style="list-style-type: none"><li>• exercise</li><li>• graded activity</li><li>• pacing</li><li>• managing flare ups</li><li>• stretching</li><li>• relaxation</li><li>• meditation</li><li>• brain retraining</li><li>• goal setting</li></ul>
Fee	Nil
Number of hours	30 hours total
Frequency	3 hours once day per week for 8 weeks
Group size	8-10 people
Availability	5 times per year
Eligibility	Persisting pain
Follow up	Follow up for 6 months through attendance at four two hour sessions



# Hunter Integrated Pain Service (Tier 3)

## Contact

John Hunter Hospital  
2 Lookout Rd  
New Lambton Heights NSW 2305

Phone: 02 4922 3435

Fax: 02 4985 5045

Referrals Fax: 02 4922 3893

[www.hnehealth.nsw.gov.au/pain](http://www.hnehealth.nsw.gov.au/pain)

Director: Dr Chris Hayes

## Team

- Addiction Medicine
- Nurse consultant
- Pain Specialist
- Physiotherapist
- Psychology
- Psychiatrist

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy Education and advice

## Special areas of interest chronic pain and

- Aboriginal health and Culturally and Linguistically Diverse groups Drug and alcohol
- Community and primary care Education
- Mental health
- Spinal cord injury

## Procedures offered

- Myofascial trigger point injections
- Nerve blocks
- Neurolytic procedures
- Spinal blocks

## Support for GPs and other primary care professionals

- Pre-consultation telephone advice for GPs
- Post consultation telephone advice for GPs
- Supported management advice for GPs
- Twice yearly GP talks
- Website support through [Health Pathways](#) or [HIPS website](#)

## Research interests

- Service redesign
- Benchmarking of outcomes

## Pain programs

See attached ACI document '[Which Patient for Which Programme](#)'.

### Understanding Pain

<b>Content</b>	This is a 90 minutes information session delivered to the majority of patients and support people. It runs monthly with extra sessions if needed. Numbers are typically 20-40 per group. The aim is to provide education about contemporary neuroscience and whole person management as well as orientation to the HIPS pathway. There is a DVD available for distant patients.
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### Assessment and planning

<b>Content</b>	This pre assessment group is designed for up to 8 patients plus support people. It is run fortnightly with 5 hours of content on a single day. The aim is to undertake a supported self assessment and then develop a management plan.
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### Supported self management

<b>Content</b>	This is a small group session of up to 8 patients. There are 10 hours of content over 4 weeks. An interdisciplinary team delivers the whole person program. Ten groups are held each year
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### Supported lifestyle

<b>Content</b>	This program is currently under development. It is being designed to provide supported transition for a small cohort of patients back to primary care. Approximately 10 hours of further contact will be offered.
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### Mindfulness

<b>Content</b>	The Mindfulness group consists of eight weekly sessions of two hours. This is a group which focusses on teaching mindfulness skills as an adaptive way to cope with stress.
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### All programs

<b>Type</b>	Serial low intensity groups. This provides a medium intensity program if multiple groups are attended
<b>Fee</b>	Nil for public patients
<b>Number of hours</b>	Variable depending on type of program. Up to 26.5 hours if all groups are attended
<b>Frequency</b>	Groups delivered fortnightly to monthly
<b>Group size</b>	Small groups 5-8 patients (plus support people) Large group up to 40 (including patients and support groups)
<b>Availability</b>	Regular
<b>Eligibility</b>	Chronic pain
<b>Follow up</b>	1 month telephone review is typical

# Illawarra Shoalhaven Chronic Pain Service (Tier 2)

## Contact

Port Kembla Hospital

PO Box 21 Warrawong NSW 2505

Phone: 02 4223 8201

Fax: 02 4223 8305

Director: Dr Geoff Murray

## Team

- Nurse consultant
- Occupational Therapy
- Pain Specialist
- Physiotherapist
- Psychologist

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Special areas of interest chronic pain and

- Elderly
- Post amputation
- Stroke

## Procedural Service

Also available through linkage to Prince of Wales Hospital

## Procedures offered

- Botox injections
- Myofascial trigger point injections
- Nerve blocks
- Pump refills
- Spinal blocks

## Support for GPs and other primary care professionals

- Pre-consultation telephone advice for GPs
- Post consultation telephone advice for GPs
- Supported management advice for GPs
- Twice yearly GP talks

## Research Interests

- Involvement in clinical trials

## Pain Programs

See attached ACI document '[Which Patient for Which Programme](#)'.

REFRAME	
<b>Type</b>	Medium intensity
<b>Content</b>	<ul style="list-style-type: none"> <li>Goal setting</li> <li>Stress and anger management</li> <li>Communication skills</li> <li>Relationship issues</li> <li>Fear avoidance</li> <li>Improving sleep</li> <li>Mindfulness meditation</li> <li>Managing unhelpful thoughts</li> <li>Problem solving</li> <li>Improving self esteem</li> <li>Medication issues</li> <li>Managing depression</li> <li>Acceptance of pain</li> <li>Importance of exercise</li> <li>Anatomy/Physiology</li> <li>Healthy eating</li> <li>Exercise – walking, tai chi</li> <li>Energy conservation/posture awareness</li> <li>Relapse prevention</li> </ul>
<b>Fee</b>	Public: nil Compensable: \$3790 (+ \$379.00 GST)
<b>Number of hours</b>	58 hours
<b>Frequency</b>	Average 5 hours, twice weekly for 6 weeks
<b>Group size</b>	15-25 people
<b>Availability</b>	4 programs per year (2 in Port Kembla, 2 in Shoalhaven)
<b>Eligibility</b>	Chronic non-cancer pain
<b>Follow up</b>	1, 3 month follow up

**EMPOWER**

<b>Type</b>	Medium intensity
<b>Content</b>	Goal setting Importance of exercise Importance of self-management approach Mindfulness meditation Anatomy and posture Pain physiology Medication Issues Fear avoidance Simplifying work/pacing Movement and lifting Stress management Managing unhelpful thoughts Improving sleep Managing depression Healthy eating Relapse prevention Exercise – walking, tai chi
<b>Fee</b>	Public: nil Compensable: \$2526 (+ \$253 GST)
<b>Number of hours</b>	36 hours
<b>Frequency</b>	Average 4.5 hours per day, twice weekly for 4 week
<b>Group size</b>	15-25 people
<b>Availability</b>	4 programs per year (2 in Port Kembla, 2 in Shoalhaven)
<b>Eligibility</b>	Chronic non-cancer pain
<b>Follow up</b>	3 month follow up

# John Hunter Children's Hospital (Tier 2)

## Contact

Children's Complex Pain Service

Locked bag 1, Hunter Region Mail  
Centre NSW 2310

Phone: 02 4921 4102 (Wed-Thu-Fri)

Fax: 02 4921 3599

Email: [HNELHD-CPS@hnehealth.nsw.gov.au](mailto:HNELHD-CPS@hnehealth.nsw.gov.au)

Service website:

[www.kaleidoscope.org.au/site/pain](http://www.kaleidoscope.org.au/site/pain)

Referral form: [www.kaleidoscope.org.au/  
client\\_images/1676474.pdf](http://www.kaleidoscope.org.au/client_images/1676474.pdf)

Director: Dr Susie Lord

## Team

- Addiction medicine (upon referral)
- Administrative assistant
- Child Life Therapist (upon referral)
- Nurse consultant
- Pain Specialist
- Physiotherapist
- Psychology

## Support for GPs and other primary care professionals

- Pre-consultation telephone or telehealth advice for GPs
- Post consultation telephone advice for GPs

## Research Interests

- Non pharmacological management , analgesia and sedation for painful procedures in children
- Pain in connective tissue disorders and other rare diseases of childhood

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Pain program (see The Children's Hospital at Westmead LEAP program below). A local education and support program for parents of children with chronic pain is under development
- Telehealth service delivery to GP rooms, community health centres or to homes where broadband internet access is available
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy
- Hydrotherapy (by referral)

## Special areas of interest chronic pain and

- Complex Regional Pain Syndrome (CRPS)
- Headache, abdominal pain, widespread pain
- Improving access for families of Aboriginal and/or Torres Strait Islander origin
- Neonates, children and adolescents
- Pain in rare diseases of childhood, including cancer
- Procedural pain and medical traumatic stress

# Liverpool Hospital (Tier 3)

## Contact

Elizabeth St Liverpool NSW 2170

Phone: 02 8738 7200

Fax: 02 8738 7205

Acting Director: Dr Renata Bazina

## Team

- Nurse consultant
- Pain Specialist
- Physiotherapist
- Psychiatrist
- Psychology

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Special areas of interest chronic pain and

- Cancer pain
- Drug and alcohol
- Geriatrics
- Post surgical neuralgias

## Procedures offered

- Myofascial trigger point injections
- Nerve blocks
- Pump implants
- Pump refills
- Radiofrequency neurotomy
- Spinal blocks
- Spinal stimulators

## Support for GPs and other primary care professionals

- 3-4 yearly GP talks/ allied health/community groups
- Education and advice Pre-consultation telephone advice for GPs
- Post consultation telephone advice for GPs
- Supported management advice for GPs

## Pain Programs

See attached ACI document 'Which Patient for Which Programme'.

### One Day Educational Program (ODEP)

Pre-requisite to multidisciplinary program below

<b>Type</b>	Low
<b>Content</b>	Establishing expectations Education on pain management Pain treatment options Medical psychology and physiotherapy inputs Bio psychosocial model Self management
<b>Fee</b>	Free
<b>Number of hours</b>	8 hour day
<b>Frequency</b>	One off
<b>Group size</b>	10-15 people
<b>Availability</b>	10 times a year
<b>Eligibility</b>	Persistent pain
<b>Follow up</b>	Nil as majority progress into the Multi-disciplinary program below

### Multi-Disciplinary Program

<b>Type</b>	Medium
<b>Content</b>	Understanding pain Goal setting Pacing Flare up management Exercise and conditioning Cognitive therapy Stress management Sleep and mindfulness
<b>Fee</b>	Nil for public patients On application for compensable clients
<b>Number of hours</b>	42 hours
<b>Frequency</b>	2 ½ days per week for 5 week
<b>Group size</b>	6-8 people
<b>Availability</b>	5 times per year
<b>Eligibility</b>	Persistent pain
<b>Follow up</b>	3, 6 and 12 months



# Nepean Hospital Pain Management Unit (Tier 3)

## Contact

Great Western Highway  
Kingswood NSW 2747

Phone: 02 4734 3217

Fax: 02 4734 1328

Director: Dr Suyin Tan

## Team

- Addiction Medicine
- Nurse Consultant
- Occupational Therapy
- Pain Specialist
- Physiotherapist
- Psychiatrist
- Psychology
- Rehabilitation medicine

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Special areas of interest chronic pain and

- Drug and alcohol
- Oncology
- Palliative care
- Rehabilitation medicine

## Procedures offered

- Botox injections
- Myofascial trigger point injections
- Nerve blocks
- Peripheral nerve stimulators
- Pump implants for spasticity
- Pump refills
- Radiofrequency neurotomy
- Spinal blocks
- Spinal cord stimulators

## Support for GPs and other primary care professionals

- Pre-consultation telephone advice for GPs
- Post consultation telephone advice for GPs
- Supported management advice for GPs
- Twice yearly GP talks

## Pain Programs

See attached ACI document '[Which Patient for Which Programme](#)'.

Living with Pain	
Type	Pre-assessment
Content	Introductory talk with demonstrations Education
Fee	Nil for public patients
Number of hours	7 hours over 1 day
Frequency	Monthly
Group size	12-16 people. Partners are welcome
Availability	Ongoing
Eligibility	Chronic non cancer pain
Follow up	1 month - option to have individual or group appointment
'Cope' Pain program	
Type	Medium intensity
Content	<ul style="list-style-type: none"> <li>• Medications</li> <li>• Relaxation</li> <li>• Goal setting</li> <li>• Sleep</li> <li>• Desensitization</li> <li>• Thought management</li> <li>• Exercise and gym work</li> <li>• Nutrition</li> </ul>
Fee	Nil for public patients
Number of hours	36 hours
Frequency	6 hours per day once per week for 6 weeks
Group size	10-12 people
Availability	5 programs per year
Eligibility	Chronic non-cancer pain
Follow up	3 months

# Northern NSW LHD Multi-disciplinary Pain Management Service Lismore (Tier 2)

## Contact

Lismore Base Hospital

50 Hunter Street Lismore NSW 2480

Phone: 02 6620 7250

Fax: 02 6620 7222

Director: Dr Frank Wagner

## Team

- Nurse Practitioner
- Pain Specialist
- Physiotherapist
- Psychology

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multi-disciplinary case conferencing
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Special areas of interest chronic pain and

- Adult and elderly
- Orofacial disorder

## Procedural Service

Limited

## Procedures offered

- Spinal blocks

## Support for your primary care professionals

- Pre-consultation telephone advice for GPs
- Post consultation telephone advice for GPs

## Pain Programs

See attached ACI document '[Which Patient for Which Programme](#)'.

IMPACT	
Type	High intensity
Content	<p>Cognitive Behavioural Therapy based multidisciplinary program conducted in an interdisciplinary manner</p> <ul style="list-style-type: none"> <li>• Pain education</li> <li>• Supervised exercise and activity upgrading</li> <li>• Self management skill straining</li> <li>• Sleep and stress management</li> <li>• Pain medications rationalized</li> <li>• Communication skills</li> <li>• Home pain management planning with family involvement</li> <li>• Return to work planning with rehabilitation involvement</li> </ul>
Fee	<p>Nil for public patients</p> <p>Fees will be applicable for recipients of third party or worker's compensation payments</p>
Number of hours	96 hours total
Frequency	8 hour days 4 days per week over 3 weeks
Group size	10 people per group maximum
Availability	4 programs per year
Eligibility	Persisting pain
Follow up	Follow up appointments available at 1, 3 and 6 months following the program. Patients welcome to attend up to 4 times per year for the subsequent year
IMPROVE	
Type	Medium intensity
Content	<p>Cognitive Behavioural Therapy based multidisciplinary program conducted in an interdisciplinary manner</p> <ul style="list-style-type: none"> <li>• Pain education</li> <li>• Supervised exercise and activity upgrading</li> <li>• Self management skill straining</li> <li>• Sleep and stress management</li> <li>• Thought monitoring and Desensitisation</li> <li>• Home pain management planning with family involvement</li> </ul>
Fee	Nil for public patients
Number of hours	24 hours in total
Frequency	3 hour days 2 days per week over 4 weeks
Group size	10 people per group maximum
Availability	8 programs per year
Eligibility	Persisting pain
Follow up	Follow up appointments available at one, three and six months following the program

## INVEST – Elderly Pain Program

<b>Type</b>	Medium intensity
<b>Content</b>	Cognitive Behavioural Therapy based multidisciplinary program conducted in an inter disciplinary manner <ul style="list-style-type: none"><li>• Pain education</li><li>• Supervised exercise and activity upgrading</li><li>• Self management skill straining</li><li>• Sleep and stress management</li><li>• Thought monitoring and Desensitisation</li><li>• Home pain management planning with family involvement</li></ul>
<b>Fee</b>	Nil for public patients
<b>Number of hours</b>	12 hours total
<b>Frequency</b>	3 hour days 1 day per week over 4 weeks
<b>Availability</b>	2 programs per year
<b>Eligibility</b>	Persisting pain
<b>Follow up</b>	Follow up appointments available at 1, 3 and 6 months following the program.

# Orange Hospital Chronic Pain Management Service (Tier 2)

## Contact

Forest Rd Orange NSW 2800

Phone: 02 6369 3988

Fax: 02 6360 1382

Director: Dr Claire Sui

## Team

- Nurse consultant
- Occupational Therapy
- Pain Specialist
- Physiotherapist
- Psychology

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Special areas of interest chronic pain and

- Brain Injury
- Elderly
- Post amputation
- Spinal Cord Injury
- Stroke

## Procedural Service

Limited - available through linkage to Royal Prince Alfred Hospital

## Procedures offered

- Nerve blocks
- Botox injections
- Pump refills

## Support for GPs and other primary care professionals

- Pre-consultation telephone advice for GPs
- Post consultation telephone advice for GPs
- Supported management advice for GPs
- Telehealth consultations with GPs
- Twice yearly GP talks

## Pain Program

See attached ACI document '[Which Patient for Which Programme](#)'.

### Pre Assessment Pain Education Session

<b>Content</b>	<ul style="list-style-type: none"> <li>• Chronic pain mechanisms</li> <li>• Pacing activity</li> <li>• Relaxation and stress management</li> <li>• Thought management</li> <li>• Medications use</li> </ul>
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### Pain Education Program

<b>Type</b>	Medium intensity
<b>Content</b>	<ul style="list-style-type: none"> <li>• Chronic pain mechanisms</li> <li>• Values and goals</li> <li>• Mindful meditation/ desensitisation</li> <li>• Pacing</li> <li>• Sleep hygiene and sleep mechanics</li> <li>• Exercise and posture</li> <li>• Communication and problem solving</li> <li>• Medication management</li> <li>• Nutrition and life style</li> <li>• Sexuality</li> <li>• Flare up plan</li> </ul>
<b>Fee</b>	Nil fee for public patients and upon application for recipients of third party or worker's compensation payments
<b>Number of hours</b>	24 hours
<b>Frequency</b>	3 hours per week for 8 weeks
<b>Group size</b>	6-10 people
<b>Availability</b>	4 groups per year
<b>Eligibility</b>	Persisting pain
<b>Follow up</b>	1, 3, 6 and 12 months

# Port Macquarie Hospital Chronic Pain Management Service (Tier 2)

## Contact

Wright's Road, Port Macquarie NSW 2444

Phone: 02 5524 2215

Fax 02 5524 2259

Director: Vacant

## Team

- Nurse consultant
- Pain Specialist
- Psychology
- Physiotherapist

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Special areas of interest chronic pain and

- Acute to chronic transition
- Cancer pain
- Elderly
- Return to work

## Procedural Service

No- available through linkage to Royal North Shore Hospital

## Support for GPs and other primary care professionals

- Pre-consultation telephone advice for GPs
- Post consultation telephone advice for GPs
- Supported management advice for GPs
- Twice yearly GP talks

## Research Interests

- Identification of factors affecting adherence to Cognitive Behaviour Therapy programs for chronic pain
- Identification of acute to chronic pain



## Pain Program

See attached ACI document '[Which Patient for Which Programme](#)'.

<b>STRIDES</b>	
<b>Type</b>	Medium
<b>Content</b>	Exercise and conditioning Thought management Sleep Flare up management and problem solving Medication Understanding pain De sensitization Self management with homework expectations Pacing
<b>Fee</b>	Free for public patients and upon application for compensable patients
<b>Number of hours</b>	48 hours
<b>Frequency</b>	6 hour day twice per week for 4 weeks
<b>Group size</b>	8-10 people
<b>Availability</b>	Every 6 weeks
<b>Eligibility</b>	Persistent pain
<b>Follow up</b>	1, 6 and 12 months

# Prince of Wales Hospital (Tier 3)

## Contact

Barker St Randwick NSW 2031

Phone: 02 9382 2863

Fax: 02 9382 2870

Director: Dr Kok Eng Khor

## Team

- Addiction Medicine
- Art therapy
- Nurse consultant
- Occupational Therapy
- Pain Specialist
- Physiotherapist
- Psychiatrist
- Psychology
- Rehabilitation Medicine
- Research Officer

## Services offered

- Education and advice
- Inpatient management
- Interventional pain therapies – nerve blocks, implants
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conference
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Special areas of interest chronic pain and

- Addiction and drug health
- Cancer pain
- Headaches
- Mental health
- Neuropathic pain
- Spinal Cord Injury

## Procedures offered

- Myofascial trigger point injections
- Nerve blocks
- Pump implants
- Pump refills
- Radiofrequency neurotomy
- Spinal blocks
- Spinal stimulators

## Support for GPs and other primary care professionals

- 3-4 yearly GP talks
- Community forums
- GP forums
- Invitation to GPs to attend case conference
- Pre-consultation telephone advice for GPs
- Post consultation telephone advice for GPs
- Supported management advice for GPs

## Pain Program

See attached ACI document '[Which Patient for Which Programme](#)'.

PRISM	
Type	Medium
Content	<ul style="list-style-type: none"><li>• Understanding pain</li><li>• Goal setting</li><li>• Exercise, posture and pacing</li><li>• Thought management</li><li>• Sleep</li><li>• Medications</li><li>• Managing flare ups and problem solving</li><li>• Nutrition</li></ul>
Fee	Nil to public patients and upon application for compensable patients
Number of hours	60 hours
Frequency	Twice a week for 5 weeks
Group size	5-8 people
Availability	4-6 programs per year
Eligibility	Chronic non-cancer pain
Follow up	3 months clinic appointment

# Royal North Shore Hospital (Tier 3)

## Contact

Pacific Highway  
St Leonards NSW 2065

Director: Dr Charles Brooker

## Team

- Clinical Psychology
- Nurse Consultant
- Nurse Specialists
- Pain Specialist
- Physiotherapist
- Psychiatrist
- Rheumatologists

## Services offered

- Education and training
- Medical reviews
- Multidisciplinary/individual assessment
- Multidisciplinary pain conference
- Pain programs (see below)
- Treatment planning and appointments with health professionals e.g. pain medicine specialists, psychology and physiotherapy

## Procedures offered

- Nerve blocks
- Pump implants
- Pump refills
- Radiofrequency neurotomy
- Spinal blocks
- Spinal stimulators

## Special areas of interest chronic pain and

- Adult and elderly patients
- Education/training for health care providers and pain sufferers
- Intrathecal drug delivery systems (IDDS), spinal cord stimulators, Dorsal Root Ganglion stimulators
- Medication rationalisation and withdrawal
- Orofacial pain
- Prevention of secondary disability
- Return to work
- Self management
- Spinal cord injury/Nerve injury

## Support for your primary care professionals

- Invitations to join case conference
- Pre-consultation telephone advice for GPs upon request
- Post consultation telephone advice for GPs upon request
- Reporting to referring providers
- Presentations to Medicare and Allied Health groups on request and via seminars organized at RNSH
- Support to primary care professions following discharge

## Research Interests

- Basic science on pain mechanisms and development of new treatments
- Contribution of psychological and social factors to pain, its treatment, and its impact on lifestyle
- Contributors to patient outcomes from treatment
- Development and evaluation of pain assessment and management measures
- Development of psychological and social treatments for pain
- Disability prevention in injured workers
- Drug trials
- Outcome evaluation (of all treatments)
- Pain education and training in pain management skills
- Psycho-physiological studies

## Pain Programs

See attached ACI document '[Which Patient for Which Programme](#)'.

ADAPT program	
<b>Type</b>	High intensity
<b>Content</b>	<p>Cognitive Behaviour Therapy based multi-disciplinary program conducted in an interdisciplinary manner</p> <ul style="list-style-type: none"> <li>• Pain education</li> <li>• Supervised exercise and activity upgrading</li> <li>• Self management skills training</li> <li>• Sleep and stress management</li> <li>• Pain medication rationalized and ceased</li> <li>• Communication skills</li> <li>• Home pain management planning with family involvement</li> <li>• Return to work planning with rehabilitation involvement</li> <li>• Focus on self-reliance in activities of daily living</li> </ul>
<b>Fee</b>	Nil for public patients and upon application for compensable patients
<b>Number of hours</b>	120 hours
<b>Frequency</b>	15 8 hour days over 3 weeks
<b>Group size</b>	10 people
<b>Availability</b>	12 programs per year
<b>Eligibility</b>	<p>Persistent pain causing significant interference in lifestyle, often with depressed mood and dependence on unhelpful medication. Assessment by the team is required to ensure suitability.</p> <p>Patients must have been thoroughly prepared via assessment process and pre admission meetings with treating team.</p>
<b>Follow up</b>	1 and 6 months (group) ePPOC measures and by appointment on an individual basis (as needed)

**INTERVENE (attached to ADAPT)**

<b>Type</b>	Modified high intensity
<b>Content</b>	Same as ADAPT, but less comprehensive. Intervene is focused on application of the self management strategies at work or home during the program. Accordingly, the first 5 days (week 1) is at the hospital as a day patient with the ADAPT participants, then 2 days at the hospital in each of weeks 2 and 3.
<b>Fee</b>	Nil for public patients and upon application for compensable patients
<b>Number of hours</b>	72 hours
<b>Frequency</b>	9 x 8 hours over 3 weeks
<b>Group size</b>	Maximum of 2 people in addition to ADAPT (i.e. 8 ADAPT + 2 Intervene)
<b>Availability</b>	12 programs per year
<b>Eligibility</b>	Persistent pain causing moderate interference in lifestyle, with low distress and low reliance on medication. Must follow following assessment by the team to ensure suitability Suitable for those with a job or family/study commitments
<b>Follow up</b>	1 and 6 months (group) ePPOC and by appointment on individual basis

**SENIORS ADAPT**

<b>Type</b>	Moderate intensity
<b>Content</b>	<ul style="list-style-type: none"><li>• Cognitive Behaviour Therapy based multi-disciplinary program conducted in an interdisciplinary manner</li><li>• Education regarding pain and medication</li><li>• Supervised exercise and activity upgrading</li><li>• Falls prevention</li><li>• Self management skills training</li><li>• Sleep and stress management</li><li>• Home pain management planning with family involvement</li><li>• Focus on self-reliance in activities of daily living</li></ul>
<b>Fee</b>	Nil for public patients and upon application for compensable patients
<b>Number of hours</b>	24 hours
<b>Frequency</b>	3 hours on 2 days per week for 4 weeks
<b>Group size</b>	10 people
<b>Availability</b>	2-3 programs per year
<b>Eligibility</b>	Persistent pain in people aged over 65 years with pain causing interference in lifestyle or fear of loss of independence. Suitability is assessed by the team
<b>Follow up</b>	1 and 6 months (group) ePPOC measures and by appointment on individual basis

## Back Pain Education Group (B-PEG)

<b>Type</b>	Low intensity
<b>Content</b>	<ul style="list-style-type: none"> <li>• Cognitive Behaviour Therapy based multi-disciplinary program conducted in an interdisciplinary manner</li> <li>• Education regarding pain and self-management</li> <li>• Manual-based program</li> <li>• Goal setting</li> <li>• Supervised exercise and activity upgrading</li> <li>• Self-management skills training</li> <li>• Stress management</li> <li>• Home pain management planning</li> </ul>
<b>Fee</b>	Nil for public patients and upon application for compensable patients
<b>Number of hours</b>	10 hours (5 x 2 hr sessions)
<b>Frequency</b>	1 day per week for 5 weeks (3-5 pm)
<b>Group size</b>	10 people
<b>Availability</b>	Most weeks through year with minimal wait time Once confirmed as suitable, patients attend up to 5 sessions and start as soon as vacancy available
<b>Eligibility</b>	<p>Persistent back/neck causing interference in lifestyle, low level distress, or fear-avoidance behaviour.</p> <p>Must be referred via physiotherapy triage assessment at hospital outpatient clinic</p> <p>Suitability is confirmed by the BPEG team</p> <p>Score on OMPSQ-SF (screening scale) &gt;49/100</p> <p>Not suitable for spinal surgery</p>
<b>Follow up</b>	1 and 3 months (by mail or phone) ePPOC measures; offer individual follow-up if required
<b>Individual Programs</b>	
<b>Type</b>	Low intensity
<b>Content</b>	<ul style="list-style-type: none"> <li>• Cognitive Behaviour Therapy</li> <li>• Problem specific intervention (e.g. overdoing activities, PTSD, poor sleep, adjustment issues)</li> </ul>
<b>Fee</b>	Nil for public patients and upon application for compensable patients
<b>Number of hours</b>	1-10 hours
<b>Frequency</b>	30-60 minute sessions, weekly or second weekly for 1-10 sessions
<b>Group size</b>	Individual only
<b>Availability</b>	Throughout the year
<b>Eligibility</b>	Suitability is assessed by the multidisciplinary team
<b>Follow up</b>	By appointment on individual basis ePPOC measures

# Royal Prince Alfred Hospital (Tier 3)

## Contact

QE 11 59 Missenden Rd  
Camperdown, NSW, 2050

Phone: 02 9515 9870

Fax: 02 9515 9831

Director: Dr Steve Gibson

## Team

- Addiction Medicine
- Nurse Specialist
- Neurologist
- Nurse Practitioner
- Occupational Therapy
- Pain Specialist
- Physiotherapist
- Psychiatrist
- Psychology
- Rehabilitation Consultant

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. doctor, nurse practitioner, psychology and physiotherapy

## Special areas of interest chronic pain and

- CRPS
- Drug and alcohol
- Mental health
- Palliative care
- Procedures
- Sub acute pain management

## Procedures offered

- Botox injections
- Myofascial trigger point injections
- Nerve blocks
- Neurolytic procedures
- Pump refills
- Pump implants
- Radiofrequency neurotomy
- Spinal blocks
- Spinal stimulators

## Support for GPs and other primary care professionals

- Pre-consultation telephone advice for GPs
- Post consultation telephone advice for GPs
- Supported management advice for GPs
- Twice yearly GP talks

## Research interests

Drug trials, metabolic effects of chronic pain



## Pain Programs

See attached ACI document '[Which Patient for Which Programme](#)'.

<b>Pain Management Program intensive (PMP-i)</b>	
<b>Type</b>	High intensity
<b>Content</b>	<p>Return to work focus, increasing function Formalised education addressing:</p> <ul style="list-style-type: none"> <li>• Types of pain, pain pathways, medication, reconditioning, fear avoidance</li> <li>• Acceptance Commitment Therapy including other Cognitive behavior strategies (pacing, thought challenging, problem solving, goal setting, depression management, stress management, sleep hygiene)</li> <li>• Mindfulness meditation</li> <li>• Daily stretches, activity and exercise upgrading, pacing, posture theory and application, ergonomic techniques</li> <li>• Medication withdrawal plan in conjunction with nurse practitioner and staff specialist</li> <li>• Preparation for self management plan after completion of program with home goals, activity of daily living planning, relapse prevention</li> </ul>
<b>Fee</b>	<p>Nil for public patients Fees will be applicable for recipients of third party or worker's compensation payments</p>
<b>Number of hours</b>	120 hours
<b>Frequency</b>	5 x 8 hour days per week for 3 weeks
<b>Group size</b>	6-10 people
<b>Availability</b>	4 times per year
<b>Eligibility</b>	Persisting pain
<b>Follow up</b>	1, 3, 6 and 12 month follow up
<b>Pain Education Program (PEP)</b>	
<b>Type</b>	Medium intensity
<b>Content</b>	As above but less intensive with more focus on self management application and homework between each sessions
<b>Fee</b>	Nil
<b>Number of hours</b>	28 hours
<b>Frequency</b>	4 hours per week for 8 weeks
<b>Group size</b>	10-15 people
<b>Availability</b>	4 groups per year
<b>Eligibility</b>	Persisting pain
<b>Follow up</b>	1, 3, 6 and 12 month follow up

## RPAH STEPS – Pre assessment education programme

<b>Type</b>	Low intensity
<b>Content</b>	Explain pain, introduction to pacing, mindfulness meditation, medication management, physical reconditioning concepts
<b>Fee</b>	Nil
<b>Number of hours</b>	5 hours
<b>Frequency</b>	5 hours one day per month 10:00 -3:00 pm
<b>Group size</b>	10-15 people
<b>Availability</b>	12 groups /year
<b>Eligibility</b>	Persisting pain
<b>Follow up</b>	3 months only using questionnaires

# St George Hospital (Tier 2)

## Contact

Gray St, Kogarah NSW 2217

Phone: 02 9113 2381

Fax: 02 9113 3938

Director: Dr Peter Cox

## Team

- Nurse consultant
- Pain Specialist
- Physiotherapist
- Psychology

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Procedures offered

- Nerve blocks
- Pump refills
- Spinal blocks

## Special areas of interest chronic pain and

- CRPS
- Elderly
- Epidermolysis bullosa
- Palliative Care
- Post amputation
- Renal conditions
- Stroke
- Trauma

## Support for GPs and other primary care professionals

- 3-4 yearly GP talks
- Multidisciplinary case conferencing
- Pre-consultation telephone advice for GPs
- Post consultation telephone advice for GPs
- Quarterly GP newsletter
- Supported management advice for GPs

## Pain Programs

See attached ACI document '[Which Patient for Which Programme](#)'.

<b>Activate</b>	
<b>Type</b>	High intensity
<b>Content</b>	<p>Tailored education</p> <ul style="list-style-type: none"> <li>• Types of pain, pain pathways, central sensitisation, medications, deconditioning and reconditioning, different treatments</li> <li>• Cognitive coping strategies (pacing, thought challenging, problem solving, goal setting, communication skills, mindfulness, depression management, stress management, anxiety management, sleep hygiene )</li> <li>• Applied relaxation, meditation</li> <li>• Daily stretches, activity and exercise upgrading (using pacing), posture theory and application, ergonomics</li> <li>• Medication withdrawal plan in conjunction with nurse and pain specialist</li> <li>• Preparation for self management after completion of program with time use and home goals, activities of daily living, maintaining the changes</li> </ul>
<b>Fee</b>	Fees will be applicable for recipients of third party or worker's compensation payments
<b>Number of hours</b>	110 hours
<b>Frequency</b>	5 days a week for 3 weeks 9:00-4:30
<b>Group size</b>	6-10 people
<b>Availability</b>	5-6 programs a year
<b>Eligibility</b>	Persisting pain for high levels of disability
<b>Follow up</b>	1,3,6,12 month following attendance
<b>Mini Activate</b>	
<b>Type</b>	Medium intensity
<b>Content</b>	<p>Tailored education</p> <ul style="list-style-type: none"> <li>• Types of pain, pain pathways, central sensitisation, medications, deconditioning and reconditioning</li> <li>• Cognitive coping strategies (pacing, thought challenging, problem solving, goal setting, communication skills, mindfulness, mood management, sleep hygiene)</li> <li>• Applied relaxation, meditation</li> <li>• Stretches, activity and exercise upgrading ( using pacing), posture theory</li> </ul>
<b>Fee</b>	Fees will be applicable for recipients of third party or worker's compensation payments
<b>Number of hours</b>	48 hours
<b>Frequency</b>	2x6 hour sessions of four hours over 8 weeks 9:30-3:30
<b>Group size</b>	6-8 people
<b>Availability</b>	2 programs per year
<b>Eligibility</b>	Persisting pain with low levels of disability
<b>Follow up</b>	3, 6, and 12 months review following attendance

# St Vincent's Hospital (Tier 3)

## Contact

Ambulatory Care

Xavier level 3 Darlinghurst 2010

Phone: 0428 649 628

Appointments: 02 8382 3110

Fax: 02 8382 3111

Director: Associate Professor  
Steven Faux

## Special areas of interest chronic pain and

- Amputees
- Drug and alcohol
- Elderly
- HIV/AIDS
- Mental health
- Neuropathic pain
- Palliative care
- Transplant
- Trauma

## Team

- Addiction Medicine
- Nurse consultant
- Pain Specialist
- Physiotherapist
- Psychiatrist
- Psychology
- Rehabilitation Physician

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conference
- Pain program (see below)
- Telehealth for residential aged care facilities
- Telehealth for rural support
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Procedures offered

- Botox injections
- Myofascial trigger point injections
- Nerve blocks
- Spinal blocks
- Spinal catheters

## Support for GPs and other primary care professionals

- 3-4 yearly GP talks
- Collaborative clinics for GPs
- Pre-consultation telephone advice for GPs and practice nurses
- Post consultation telephone advice for GPs and practice nurses
- Quarterly GP newsletter
- Supported management advice for GPs and practice nurses
- Tele pain clinic rural and remote; residential aged care facilities

## Pain Programs

See attached ACI document '[Which Patient for Which Programme](#)'.

Reboot	
The Reboot Program provides a multi-disciplinary self-management approach to persistent pain.	
<b>Type</b>	High intensity
<b>Content</b>	<p>The goals of the program are to:</p> <ul style="list-style-type: none"> <li>• provide education about chronic pain,</li> <li>• improve physical functioning,</li> <li>• provide coping skills and strategies, promote self-management.</li> </ul> <p>The program offers education, support and skills development in the following areas:</p> <ul style="list-style-type: none"> <li>• What is chronic pain</li> <li>• Role of Medications</li> <li>• Goal setting</li> <li>• Pacing</li> <li>• Tai Chi</li> <li>• Identifying &amp; challenging unhelpful thoughts</li> <li>• Mood management</li> <li>• Relaxation skills</li> <li>• Sleep management</li> <li>• Flare up/relapse management</li> <li>• Posture and manual handling</li> <li>• In session and at home movement programs</li> </ul>
<b>Fee</b>	<p>Nil</p> <p>Fees will be applicable for recipients of third party or worker's compensation payments</p>
<b>Number of hours</b>	68 hours
<b>Frequency</b>	<ol style="list-style-type: none"> <li>1. 2 hours Preboot (Pre boot introduces the concepts of chronic pain and self-management)</li> <li>2. 6 hours once per week for 10 weeks</li> <li>3. 2 hours x3 follow up</li> </ol>
<b>Group size</b>	6-10 people
<b>Availability</b>	6-8 programs a year
<b>Eligibility</b>	<p>Chronic non-cancer pain</p> <p>Individual physiotherapy and clinical psychology sessions are available if the program is not suitable for the participant</p>
<b>Follow up</b>	<p>2 hours at 1, 6 and 12 months post program, individual sessions are available post treatment</p> <p>Ongoing gym and support group available to participants</p>

## Reboot for Seniors

<b>Type</b>	Moderate intensity
<b>Content</b>	<p>The program offers education, support and skills development in the following areas:</p> <ul style="list-style-type: none"> <li>• What is chronic pain</li> <li>• Role of Medications</li> <li>• Goal setting</li> <li>• Pacing</li> <li>• Tai Chi</li> <li>• Identifying &amp; challenging unhelpful thoughts</li> <li>• Mood management</li> <li>• Relaxation skills</li> <li>• Sleep management</li> <li>• Flare up/relapse management</li> <li>• Posture and manual handling</li> <li>• In session and at home movement programs</li> </ul>
<b>Fee</b>	Nil
<b>Number of hours</b>	30 hours
<b>Frequency</b>	4 hours once per week for 6 weeks
<b>Group size</b>	6-10 people
<b>Availability</b>	1-2 programs per year
<b>Eligibility</b>	Chronic non-cancer pain >70 years old, cognitively intact, independently mobile
<b>Follow up</b>	2 hours at 1,6 and 12 months post program Individual sessions are available post treatment

# Sydney Children's Hospital (Tier 3)

## Contact

High St Randwick NSW 2031

Phone: Dave Anderson CNC  
02 9382 1816

Fax: 02 9382 7946

Director: Dr Mathew Crawford

## Team

- Nurse Consultant
- Occupational Therapy
- Pain Specialist
- Play Therapy
- Psychology
- Physiotherapist
- Social Worker

## Services offered

- Education and advice
- Outpatient rehabilitation after assessment
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Special areas of interest chronic pain and

- Parental influences
- Predictive factors for persistent post-operative pain

## Procedures offered (rarely indicated in paediatric Patients)

- Botox injections
- Myofascial trigger point injections
- Nerve blocks
- Spinal blocks

## Support for GPs and paediatricians

- Pre-consultation telephone advice
- Post consultation telephone advice

## Research interests

- Evaluation of the PainBytes online youth education program
- Parent education programs
- Parental attitudes in paediatric chronic pain
- Non-invasive nerve stimulation for paediatric chronic pain
- Sleep and fatigue in children with pain
- Twins studies

## Pain Program

Single Day Group Programs offered to existing patients during school holidays  
Groups are age based



# Tamworth Hospital (Tier 2)

## Contact

Locked bag 9783, Tamworth  
NEMSC NSW 2348

Phone: 02 6767 7125

Fax: 02 6767 8273

Director: Dr Suzanne Cartwright

## Team

- Nurse consultant
- Physiotherapist
- Pain Specialist
- Psychology

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Special areas of interest chronic pain and

- Aboriginal health
- Community and Primary Care Education
- Primary Care support via Telehealth Model
- Nerve injury

## Procedural Service

No. Procedures offered through linkage with the John Hunter Integrated Pain Service

- Nerve blocks

## Support for GPs and paediatricians

- Pre-consultation telephone advice
- Post consultation telephone advice
- Twice yearly talks in primary care
- Website support:
  - [Health Pathways](#)
  - [HIPS website](#)
  - [ACI Pain Management Network website](#)

## Pain Programs

See attached ACI document '[Which Patient for Which Programme](#)'.

Understanding pain	
Type	Low intensity - pre assessment information seminar
Content	90 minute pre-assessment information session, delivered to all patients and support people. The program covers the new science of pain and explores a whole person approach to treatment, as well as providing TIPS pathway options. A DVD is available for distant patients.
Fee	Nil for public patients
Number of hours	90 minutes single session
Frequency	Monthly
Group size	20-40 people
Availability	12 times per year
Eligibility	Persistent pain
Assessment and planning	
Type	Low intensity
Content	5 hours of content – A guided self-assessment workshop for patients and support people, assisting individual development of a pain assessment and recovery plan that enables the patient to identify life goals, introducing active strategies to help work towards these.
Fee	Nil
Number of hours	5 hours on 1 day
Frequency	Monthly and more frequently as required
Group size	8 people
Availability	12 times per year
Eligibility	Persistent pain
Follow up	Medical review for an individual if required

## Supported self management

<b>Type</b>	Low intensity
<b>Content</b>	16 hours of content (over 4 week period), this small group session is designed to assist people with complex persistent pain to move ahead. The program is delivered by an interdisciplinary team and supports learning and practice of active self-management skills.
<b>Fee</b>	Nil
<b>Number of hours</b>	16 hours
<b>Frequency</b>	4 hours per week over 4 weeks
<b>Group size</b>	Up to 8 people
<b>Availability</b>	Every 6 weeks
<b>Eligibility</b>	Persistent pain with daily morphine equivalent <60mg, willingness to taper and cease opioids
<b>Follow up</b>	Telephone review at 1 month is typical. Fortnightly phone follow up provided if required.

## 'Fine -Tune -Friday'

<b>Type</b>	Low intensity
<b>Content</b>	A newly developed 2 hour program. Designed as a review of the supported self-management program content with the aim of improving uptake of active pain management skills. It provides time to collect follow up patient data and assessment of ongoing individual needs.
<b>Fee</b>	Nil for public patients
<b>Number of hours</b>	2 hours
<b>Frequency</b>	Single session
<b>Group size</b>	Up to 8 people
<b>Availability</b>	Monthly
<b>Eligibility</b>	Patients who have completed the Supported Self-Management program and would like further support to review active pain management skills. Offered 1 month after completion of the program.

# The Children's Hospital Westmead (Tier 3)

## Contact

Cnr Hawkesbury Rd and Hainsworth St  
Westmead NSW 2145

Phone: 02 9845 2573

Fax: 02 9845 2111

Director: Associate Professor  
John Collins

## Team

- Administrative Officer
- Nurse Practitioner
- Pain Specialist
- Physiotherapist
- Psychiatrist
- Psychology

## Services offered

- Collaborative pain rehabilitation admission with Department of Psychological Medicine
- Day program
- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Special areas of interest chronic pain and

- Cancer pain
- CRPS
- Headache
- Juvenile Arthritis
- Musculoskeletal pain including joint hypermobility
- Neurofibromatosis
- Persisting postoperative pain
- Phantom limb pain
- Scoliosis

## Procedural Service

Yes through anaesthetic and rehabilitation departments upon referral

## Procedures offered

- Botox injections
- Nerve blocks (rare)
- Pump refills
- Spinal blocks (rare)

## Support for GPs and paediatricians

- Annual paediatric symposium
- Information brochure
- Pre-consultation telephone advice
- Post consultation telephone advice
- Written report

## Pain Program

See attached ACI document '[Which Patient for Which Programme](#)'.

### TAME your pain (In development)

<b>Type</b>	Day program
<b>Content</b>	Reduce pain and reliance on pharmacological agents Improving function, including activity, exercise, school attendance and social activities
<b>Fee</b>	Nil to public patients
<b>Number of hours</b>	40 hours
<b>Frequency</b>	5 days of 8 hours over 2 weeks
<b>Group size</b>	6-7 people
<b>Availability</b>	4 times per year during school holidays
<b>Eligibility</b>	Referral into the program is via the pain clinic
<b>Follow up</b>	By individual team member

# Westmead Hospital (Tier 3)

## Contact

Hawkesbury Rd Westmead NSW 2145

Phone: 02 9845 7800

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Director: Dr David Gronow

## Team

- Addiction Medicine
- Nurse consultant
- Pain Specialist
- Physiotherapist
- Psychology

## Services offered

- Education and advice
- Medical reviews
- Multidisciplinary assessment
- Multidisciplinary case conferencing
- Pain program (see below)
- Treatment planning and appointments with health professionals e.g. psychology and physiotherapy

## Procedures offered

- Botox injections
- Myofascial trigger point injections
- Nerve blocks
- Pump refills
- Radiofrequency neurotomy
- Spinal blocks
- Spinal cord stimulators

## Special areas of interest chronic pain and

- Complex Regional Pain Syndrome
- Rehabilitation

## Support for GPs and paediatricians

- Pre-consultation telephone advice
- Post consultation telephone advice

## Research Interests

Phase ii, iii and iv clinical trials in analgesia in nociceptive or neuropathic pain.

## Pain Program

See attached ACI document '[Which Patient for Which Programme](#)'.

<b>Type</b>	Medium Intensity
<b>Status</b>	In development
<b>Content</b>	<ul style="list-style-type: none"><li>• Understanding pain</li><li>• Exercise</li><li>• Tai-Chi</li><li>• Graded activity</li><li>• Pacing</li><li>• Managing flare ups</li><li>• Stretching</li><li>• Relaxation</li><li>• Goal setting</li><li>• Cognitive Behaviour Therapy</li><li>• Mindfulness</li></ul>
<b>Fee</b>	Nil
<b>Number of hours</b>	30 hours
<b>Frequency</b>	6 hours weekly for 6 weeks + review
<b>Group size</b>	4-8 people
<b>Availability</b>	4 times per year
<b>Eligibility</b>	Chronic Pain – Assessed as suitable for group
<b>Follow up</b>	3 months in pain clinic