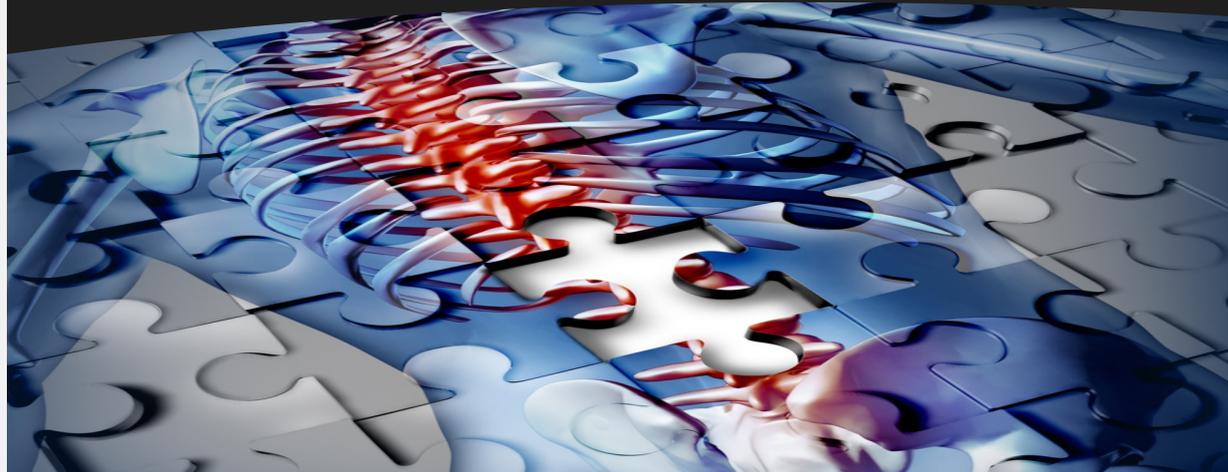


The SCI Pain Course

An Internet-Delivered Program for Chronic Pain and Emotional Wellbeing in adults with a Spinal Cord Injury



DID YOU KNOW? ...

Approximately 1 in 2 Australians with a spinal cord injury experience chronic pain

Chronic pain can affect all aspects of people's lives and significantly disrupts the lives of about 50% of people who experience it.

Chronic pain is not 'psychological', 'imaginary' or 'all in the mind'. It is real pain.

More than 50% of people with chronic pain experience clinical levels of anxiety and depression as a consequence.

There are practical, proven, skills that can be helpful for managing the pain, anxiety and depression associated with chronic pain.

About Chronic Pain

Chronic pain is any pain that has been experienced for more than 3 months. Chronic pain may occur after an injury, following a medical procedure, as a result of a disease or sometimes for no obvious reason. However, it is also common consequence of having a spinal cord injury or SCI.

Chronic pain affects about 1 in 5 Australian adults and more than 1 in 2 Australians with a spinal cord injury. It is estimated that chronic pain significantly disrupts the lives of about half of all the people who experience it. For example, at least 50% of Australian adults with chronic pain experience serious levels of anxiety and depression as a consequence.

The good news is that there are practical strategies that can be used to help manage pain, anxiety and depression. These strategies can limit the impact that pain has on your life.

What is the SCI Pain Course?

We developed the SCI Pain Course based on the positive results and encouraging feedback from our standard Pain Course.

The SCI Pain Course is an internet-based course specifically designed for adults with a spinal cord injury. It provides good information about chronic pain and teaches proven skills for managing chronic pain and emotional wellbeing. The aim of this course is to help people manage pain and maintain good emotional wellbeing despite pain.

We developed the SCI Pain Course because we know that many people have limited access to good information and are never taught useful skills to manage pain. It is suitable for Australian adults who:

- Have a spinal cord injury
- Experience chronic pain
- Experience symptoms of anxiety and depression
- Have had their pain examined by a GP or a medical specialist

What does the course involve?

The SCI Pain Course consists of:

- 5 *Online Lessons* completed over 8 weeks.
- Simple *Homework Tasks*, which help you to learn the material and practice the skills taught.
- *Additional Resources* with information and skills that people with chronic pain find helpful.
- Brief *Online Questionnaires*, which help us to evaluate symptoms, get your feedback and improve the course for future participants.

We have received very encouraging feedback about the standard Pain Course with 95% of participants reporting it was 'worth their time' and they would 'recommend it'. However, we are eager to get your feedback and to develop an equally helpful course for Australians who have a spinal cord injury.



How to Participate?

Visit our website to read more and register your interest in the SCI Pain Course. The SCI Pain Course is being offered by the eCentreClinic, which is a not-for-profit research clinic at Macquarie University and which develops free internet-delivered courses that help people to manage chronic pain and symptoms of anxiety and depression.

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