



An Australian Government Initiative

Gold Coast Primary Health Network Persistent Pain Program

Turning Pain into Gain Program



Goals of the project

- 1. Improve health literacy in the understanding of persistent pain**
- 2. Improve self management skills in managing persistent pain**
- 3. Improve primary healthcare service utilisation by consumers**
- 4. Alleviate isolation through group education and support**
- 5. Reach individualised pain treatment goals**
- 6. Support primary health and HHS services to avoid hospital readmission due to persistent pain**

2012/13 and 2015/16 Program Comparatives

- 48 participants
 - Ave Age = 55 y.o
 - Ave length of time with PP = 12.5 yrs with no pain program experience
 - PSEQ measures, Program evaluation survey
 - 2 programs (Both in Robina)
 - 0 patient co-facilitators
 - 65% active education participation and completion
 - Results:
 - The effect size for the change between 0 and 10 months was **1.1**, equating to a **large clinically significant** improvement.
- 178 /252 participants
 - Ave Age = 54 y.o
 - Ave length of time with PP = 7.5 yrs with no pain program experience
 - PSEQ measures, Program evaluation survey
 - 6 programs (Coolangatta, Southport, Robina)
 - 5 patient co-facilitators (1%)
 - 77% active education participation and completion
 - Results:
 - The effect size for the change between 0 and 12 months was **1.1**, equating to a **large clinically significant** improvement.

2015/16 Program Results

- Supported in access of 650 patients to date
- Number of hospitalisations a year reduced by 78% (1 per week to 1 per month) within the 12 month program
- No of GPs referring: 290
- No of AH contracted: 30
- Wait time for first appointment: 3-4 weeks



GCPHN TPIG
 -Patient triage
 -introductory
 service assessment
 -ongoing action
 planning as needed

Patient referral to
 monthly TPIG
 Expert Education
 Forum

**GP – Identifies
 patient with
 persistent pain
 (MBS 721/723)
 or MBS701-707
 for Health
 Assessment
 45-49 yo)**

ALLIED HEALTH TEAM

Consultant Pharmacist –
 HMR/DMMR (MBS 903-full
 rebated)

Psychologist -
 Better Access x 10
 Through Mental Health
 Care Plan (MBS2715)
 *Done on separate day to
 claiming MBS 721/723*

Refer for Care Plan to Allied Health
 Team
 Physio or Ex Phys or OT or
 Dietician/Nutritionist
 (Use CDM x 5)



Advanced Allied Health Interventions (once EPCs/CDMs are used up)
 Physio, OTs, Ex Physios, Dietician , psychological services if patients are not eligible for Better
 Access. 4 services per patient– can be used any time within 12 months
 GCML reimbursed (\$55 per patient consult)

Patient Led
 TPIG Support
 Group Lunch

Mindful Walking
 Group

Refresher
 Programs (Qrtly)

What does the GP need to do?

1. Identify patients who are eligible for referring to the indicated clinical pathway
 2. Complete the referral form and fax into GCPHN.
 3. Liaise with Program Facilitators as required.
 4. Collaborate by consider recommendations suggested
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2. **OPTIONAL EXTRAS:** Utilise additional Advanced Allied Health Services as needed (4 extra AH services)



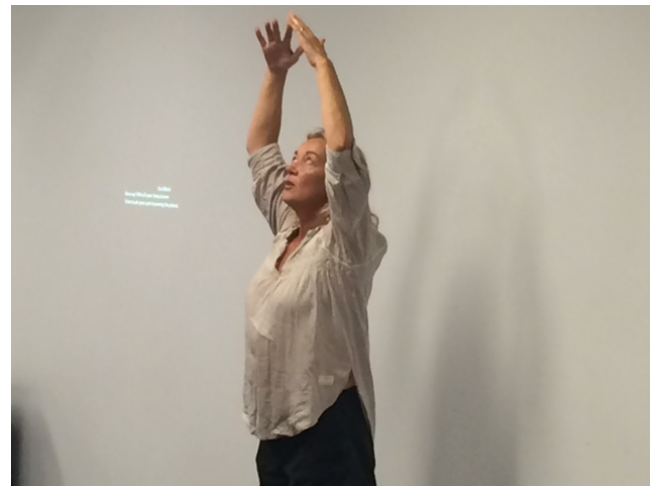
What does the patient get ?

- **6 month pain education program - Turning Pain into Gain Program**
 - Meet others, make friends
 - Improve health literacy
 - Better self managers
 - Monthly for 2 hours with expert presenters supported by patient co-facilitators
 - Topics: Understanding pain, psychological health, food and pain, evidence based complementary treatments, functional aspects
 - Full program workbook, morning tea served
 - At Robina, Southport and Coolangatta
 - NEW– “Beyond Pain” Refresher program - interactive “sensory” workshop
 - HOTLINE Phone/Email Support
 - Turning Pain into Gain Patient Led Lunch Support Group (Merrimac and Currumbin)
 - Mindful Walking Group (Sensory Gardens– monthly)



What does the patient get ?

- **Interdisciplinary Allied Health Team approach**
 - Reinforced knowledge and learning
 - Navigation with our partner Allied Health Providers specialising in persistent pain
- **Advanced Allied Health Interventions**
 - 4 extra sessions for allied health services once initial CDMs have been used
- **Pain Treatment Plan**
 - Navigated individualised case management and monitored over 8-12 months in collaboration with the GP and patient



How can Allied Health get involved?

- Initiate referral process to GPs
- Be part of the patient's Multi-D pain team
- Part of the local pain network for referral
- Continue consistent message inline with current evidence based practice
- Validate the patient's pain experience
- Communicate with GCML team as needed
- Contracted by GCML to supply extra allied health services

Gold Coast Primary Health Network (GCPHN) Persistent Pain Program
Returning Officer: Joyce McSwan – Mobile 0412 327 795
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**GCPHN Persistent Pain Program
Referral Form 2015/2016**

PATIENT DETAILS

Date of Referral:	Date of Birth:	Gender: M / F	
Title:	Surname:	First Name:	Middle Name:
Address :			
Daytime contact number:	Home:	Work:	Mobile:

PATIENT PRESENTATION

Clinical History:

PAST HISTORY

Has the patient previously visited a pain clinic or participated in a pain management program?
YES/NO

If so, Where _____, When _____

The patient has met ALL the following criteria to be eligible for the program (please tick):

- The patient has 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 participate in group education
- Able to give voluntary, informed consent for the ongoing collection of audit data.

REFERRING DOCTOR/Organisation DETAILS
A GP Sign off is mandatory for this referral to be accepted

Please stamp/insert details:

Doctor's Signature _____
Date _____

REFERRING ALLIED HEALTH PROFESSIONAL DETAILS (if this applies)

Please stamp/insert details:

AH Signature: _____
Date: _____

On the receipt of this referral, the patient will be contacted with details of the Gold Coast Primary Health Network's Persistent Pain Program to be reviewed with an initial service assessment. Our Service Assessments will be held at our office at The Atrium, Varsity Lakes. The Pain Education Program will be held at our north and south community centres on the Gold Coast. Patients will be able to choose from a selection of dates to suit their own needs. Please provide for your patient the included "Patient Information Sheet" for their further information. Patients can also call us directly to enquire further on 0412 327 795

GCPHN is collecting your personal information for the purpose of assisting its activities and functions in the primary health care sector. Your contact details may be used to forward information and notifications from GCPHN. In some circumstances we may provide your information to our funding agency (Dept of Health) or to service providers that enter into legal contracts with us which are bound by confidentiality. There is no legal requirement for you to provide your personal information, however if you choose not to disclose your personal information this may exclude you from our services and programs. We do not routinely disclose information overseas. For further information on how we manage your personal information see our website www.healthqgc.com.au

Questions ?