



## Painaustralia Welcomes New Deputy CEO

Painaustralia Chairman Robert Regan is delighted to announce the appointment of Lucinda Watson to the position of Deputy CEO.

Lucinda joined us on 12 September 2016 and is working closely with CEO Lesley Brydon and the team to help drive Painaustralia's agenda forward.

Lucinda has a passion for voluntary service raising money and awareness for health and humanitarian causes. Since 2008 Lucinda has raised a combined total of approximately \$95K in support of pancreatic cancer medical research and grassroots organisations in East Africa and India in the areas of health, education and the environment.

Lucinda's appointment has been made possible by a generous donation from The Kinghorn Foundation.

This is an exciting time for Painaustralia, and we warmly welcome Lucinda to the team.



Lucinda Watson

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Lucinda's background and experience working in policy for the Federal government at the strategic, operational and political levels will significantly add to our capacity to work with government.

In particular, Lucinda has worked for the Departments of the Prime Minister and Cabinet and Defence, a NSW Federal Senator and in the office of three successive Prime Ministers.

Lucinda is also a recipient of the Australian Operational Service Medal, awarded for her service alongside the Australian Defence Force in the Middle East as the policy adviser to the then Commander, now Chief of Army, Lieutenant General Angus Campbell.



**PLEASE SUPPORT OUR #CAMPAIGNFORPAIN SO THAT KIDS LIKE BROOKE AND BRENDAN GET THE HELP THEY NEED**

#CAMPAIGNFORPAIN




## Early Intervention Program Wins National Award

EML the insurance partner and joint funder of the Work Injury Screening and Early Intervention (WISE) study has won the Swiss RE Excellence & Innovation in Return to Work Award 2015/2016, highlighting the importance of early intervention to improve return-to-work rates after injury.

The study, led by Director of Pain Education and Pain Management Programs at the Pain Management Research Institute Professor Michael Nicholas, in collaboration with NSW Department of Health, EML and iCare Self Insurance, confirmed the value of psychosocial screening and early intervention for injured workers at risk of delayed recovery after injury to reduce the economic burden on insurers and employers.

The protocol which involved a coordinated, structured approach engaging the cooperation of the workplace, insurer, and healthcare providers, demonstrated average cost savings of 22 percent per worker. Average days off work were almost halved, with 30 days for the intervention group versus 56 for the high-risk cases in the control group.

The high-risk cases were identified within the week following their injury by a brief screening instrument. The WISE treatment protocol incorporated psychological interventions aimed at the individual worker's obstacles for return to work, along with physiotherapy, GP management, insurer support and the active engagement of the workplace return-to-work coordinators. It was intended to address identified physical, social, psychological and emotional issues as required.

Participants who were encouraged to take an active role in their own rehabilitation, reported they appreciated this holistic, person-centered approach.

The outcomes of the WISE study show that if all key stakeholders can work in a timely and cooperative manner, the risks of long-term work absence can be substantially avoided.

The WISE study ran from January 2014 to June 2016 and involved 580 injured workers from 17 hospitals across New South Wales.

For more information about the study, [download](#) the EML award summary.

## Chronic Pain a Leading Chronic Disease: Highlights need for more pain services

A new report [Australia's health 2016](#) released by the Australian Institute of Health and Welfare has revealed one in two Australians are living with chronic disease, with musculoskeletal conditions one of the most common conditions.

Back pain and other musculoskeletal problems are the leading non-fatal burden of disease in males aged 25-64 and females aged 45-74.

Comorbidities occur in almost one in four people (23 percent) with chronic disease—with one in three people (30 percent) with back pain and problems also experiencing mental health conditions, most commonly among the 0-44 age group.

Only one in three chronic conditions (30 percent) are managed in general practice and more than one in three hospitalisations for chronic disease (39 percent) are potentially preventable.

Confirming trends noted in previous studies, the report also noted the prevalence of chronic disease increases with age (87 percent in people aged 65 and over compared with the 0-44 age group), is greater in females (52 percent), and is more likely in people living in the lowest socioeconomic areas (55 percent) and regional and remote Australia (54 percent).

The findings highlight the need to develop effective and timely treatment of multiple and complex conditions, and provide adequate access to pain services, particularly in regional and remote Australia, to improve health outcomes.

The report analysed self-reported data from the Australian Bureau of Statistics 2014-15 National Health Survey, for eight chronic diseases: arthritis, asthma, back pain and problems, cancer, cardiovascular disease, chronic obstructive pulmonary disease, diabetes and mental health conditions.



## MBS Review Taskforce Delivers Interim Report

The Medicare Benefits Schedule (MBS) Review Taskforce has delivered its Interim Report to the Minister for Health Sussan Ley.

With input from clinicians, consumer groups and other stakeholders, the review aims to bring the MBS into line with best-practice treatments and models of care.

Multidisciplinary care has been identified as one model of care that is not well supported by the current MBS fee-for-service structure, resulting in an emphasis on discrete activities and short-term episodic care.

The Taskforce will consider whether there are opportunities to complement the fee-for-service MBS system with other payment elements, such as those linked to outcomes, bundling services into evidence-based episodes of care, or reflecting integrated care processes.

Although major recommendations for change to individual MBS items will be made later in 2016 and 2017, the Interim Report has identified items as potentially obsolete, and also a number of services for which two items exist, allocating lower and higher fees to GPs and specialists respectively.

Painaustralia has lodged a [submission](#) to the MBS Review recommending improved funding models for pain management.

The Interim Report was informed by five stakeholder forums, with more than 100 organisations represented, an additional 80-plus meetings with stakeholders, 1,541 completed surveys and 240 written submissions.

[Download](#) the Interim Report.

### Support Us

Your donation will help Painaustralia continue to advocate for better healthcare for Australians who live with chronic pain. Your support could make all the difference.

**DONATE NOW**

## Pain Researcher Wins Woman of the Future Award

Georgia Richards, who graduated from the University of Queensland with First Class Honours in Biomedical Science in 2015, has been named the Judges' Choice winner of [The Australian Women's Weekly Women of the Future Award](#).

At just 22, Ms Richards is passionate about raising awareness of chronic pain and the importance of medical research to improve the lives of the one in five people living with the condition.

Still trying to comprehend the news, she says the \$20,000 prize money will be a huge help to her research in chronic pain, now and into the future.

"The money will fund my travel to the IASP conference in Japan, and will help me initiate my PhD with international experts," she said.

"The fact that chronic pain research has been given this profile, is a great step forward for the conversation we need to have, to ultimately alleviate the suffering of people with chronic pain."

Ms Richards' Honours research examined the role of long-term opioids in people with chronic low back pain by measuring pain, psychosocial variables, cognitive performance and circulating plasma cytokines.

Her project supervisors were Professors Jenny Strong, Maree Smith and Cath Haslam, Associate Professors Brendan Moore and Lesley Lluca and Dr Jim O'Callaghan.

The research will be showcased as a poster at the 16th IASP World Congress on Pain in Japan this month.



L-R Georgia Richards, Editor-in-Chief Kim Doherty & Lauren Rowe

## Free Pain Program in Tasmania Limited by Budget Cuts

The Overcoming Pain & Living Well (OPAL) Chronic Pain Group Program was developed to provide free access to pain services for people in north-west Tasmania, however funding cuts will now limit the places on offer.

Run by Psychologist Bernadette Smith and Exercise Physiologist Simon West, who both hold a Master of Science in Medicine (Pain Management) from The University of Sydney, OPAL is a self-management program based on the bio-psycho-social understanding of pain.

It is run over eight weeks (one half day per week), with individual assessments at the start and conclusion of the program.

Funded by the Federal Government, OPAL has been operating for the past three years, with nine programs per year across the region to meet demand.

However, funding for the current financial year has been slashed, and as a result only three programs can be run, one at Wynyard and two at Devonport. Two of these have already been delivered.

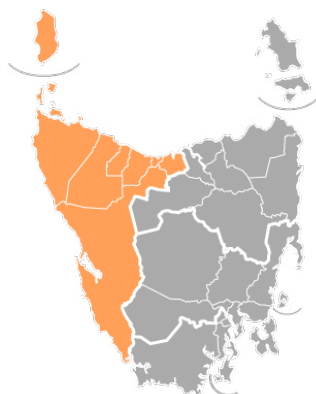
"It is disappointing that budget cuts have limited the OPAL program as it has had growing support from GPs and specialists," said Ms Smith.

"If we cannot provide a reliable service we will likely see a drop in the confidence of referring doctors.

"There is huge public demand and we have seen good success over the years, so it is definitely something we would like to continue."

Currently the only public pain management clinic for people with chronic pain in Tasmania, is located at Royal Hobart Hospital.

At this stage, Tasmania has not implemented a statewide strategy to address the urgent need for pain services.



## PainWISE

"Patients want to have more meaningful conversations with their pharmacists, and pharmacists need to be equipped to have those conversations."

This was the motivation behind Pharmacy Consultant Joyce McSwan's latest project, PainWISE, which provides education for community pharmacists about pain management, and links consumers with pharmacists who can give them relevant advice.

PainWISE consists of a one-day education and professional service program, presented by Ms McSwan, to share the latest evidence-based knowledge about pain medicines and best-practice pain management.

An adjunct to MedsASSIST, PainWISE gives community pharmacists the tools to provide consumers with sound advice and guidance, especially those identified as at risk of dependence on opioids.

On the flip-side, the PainWISE website identifies pharmacists who have undertaken the training program, so that consumers can locate them in their local area.

More than 300 pharmacists have undertaken the program since it was launched in May 2015, in every state in Australia in metropolitan and regional areas.



PainWISE is accredited through the Australian Pharmacy Council for 10 CPD points.

Now sponsored through Arrow Pharmaceuticals, it was self-funded by Ms McSwan in its first year.

"There is so much work to do in the pain sector, when I see a void I can't help filling it," she said.

For more information visit [www.painwise.net.au](http://www.painwise.net.au)

## Pharmacies Improving Access to GPs

The Pharmacy Guild of Australia has developed a new way for people to access GPs—direct from their local community pharmacy.

By partnering with Telstra Health, registered Guild-member pharmacies will be able to offer consumers a teleconference with a GP when their local GP clinic is closed, or where access to GP services is limited.

The initiative uses Telstra Health's [ReadyCare](#), an established telemedicine service, to connect consumers with fully accredited Australian-based GPs for consultations by telephone or video.

By offering access to ReadyCare within community pharmacies, the process is made simple and easy.

Matt Ryan, the Guild's Manager of Program Development and eHealth, says this is another way community pharmacies can help consumers connect with other points of care.

"A lot of people see their pharmacist first when they have a health problem, and in many cases triage will indicate a need for a visit to the GP," he said.

"With this service, the pharmacist can offer to make a telemedicine booking straight away, and the patient can have a consultation with a GP within 30 minutes, rather than wait for the GP clinic to open.

"By encouraging the patient to agree to a care summary of the consultation being sent to their regular GP, we are also able to support continuity of care."

There are almost 5,000 Guild-member pharmacies across Australia, many of them in regional and remote Australia, where access to GPs is limited.

Currently the service is being offered in 60 pharmacies, with the program being phased-in slowly to allow tweaking in line with feedback.

Pharmacies that would like to participate must have a dedicated consultation room and IT infrastructure, and will need to subscribe to the GuildCare software platform.



**READYCARE®**

Consult with a GP from this pharmacy when yours is not available. Ask your pharmacist how.



## New Chronic Pain Program for Brisbane Teens

St Vincent's Private Hospital in Brisbane has developed a new chronic pain management program designed specifically for adolescents aged 14 and over.

Called HOP (Help Outside school hours Program), it is conducted after school one afternoon a week during the Queensland public school term.

HOP offers an alternative, for suitable participants, to the hospital's existing LEAP into Life adolescent pain management program where participants attend five days a week as a day or inpatient during school holidays.

LEAP into Life has already been conducted more than 200 times since being established at the hospital in 2012.



The only multidisciplinary pain management programs for adolescents in Queensland, HOP and LEAP into Life aim to help young people take control of their pain using a self-management approach.

With a focus on building a strong self-management plan, establishing good sleep habits and equipping parents or caregivers with self-management skills, both individual and family sessions are important components of the programs.

The programs are run by pain physicians, rehabilitation specialists, physiotherapists, occupational therapists, clinical psychologists, clinical nurses and dieticians.

For more information, please contact the Pain Services Manager Mary Thomas on 07 3456 1770 or email [painservices@svha.org.au](mailto:painservices@svha.org.au)

## Pain Features in Nature

The 14 July issue of *Nature Outlook*, has given unprecedented attention to pain, in particular the complex nature of chronic pain.

Dedicating the entire issue to the subject, the journal provides a comprehensive discussion of the nature of pain and its treatment, including use of opioids and new avenues for pain relief.

One story deals with the way technology is revealing differences between acute and chronic pain, and helping to identify those at risk of transitioning to chronic pain.

Another is dedicated to neuropathic pain and how more meaningful pain classifications could help determine better options for pain relief.

Stories also focus on the new research into genetics, and the power of the placebo, in developing more effective treatment.

Australians Dr Marc Russo, Director of the Hunter Pain Clinic in Newcastle, Professor Lorimer Moseley from the University of South Australia, and Dr Charles Brooker, Pain Management Specialist from the Royal North Shore Hospital, provided valuable perspectives on key issues.

One of the important things Dr Russo and Professor Moseley say, is that a key to overcoming the chronic pain epidemic, is to be able to identify those at high-risk, and treat them differently during the first 24 hours after a trauma or operation.

"If we can reduce the activation of nerve cells that produce the danger message in the spinal cord, then we reduce the chance those nerve cells will sensitise and adapt," says Professor Moseley.

[Click here](#) to read the issue.

**nature**OUTLOOK 14 July 2016  
Guidelines Update  
Publishing Campaigns



## Help Aussie Kids Living With Pain Get The Care They Need #campaignforpain

Isabella Linton was just 8 when she hurt her ankle dancing. Despite every test coming back clear, she developed daily excruciating pain in her right leg. It made her very angry and upset, and caused enormous stress for her parents and siblings.

Even though doctors said there was nothing wrong, her parents knew that wasn't the case. Desperate for help, they were prepared to travel anywhere in Australia. There was nowhere that catered for kids in pain in their state, let alone near the small town where they lived.

Why do we have just 12 paediatric pain specialists and 6 dedicated paediatric pain clinics in just 4 states? And why won't the Federal Government do something about it?

We must come together to ensure kids like Isabella can get better access to pain specialists and pain management services.

Please [sign our petition](#) today and share it within your networks.



Isabella Linton

## Pelvic Pain Foundation of Australia Seminar for Health Professionals

In October, the Pelvic Pain Foundation of Australia will hold a training seminar for health professionals, and they are putting out a call for participants. The seminar will focus on the practical management of pelvic pain in a clinical setting, with a range of high quality speakers.

The content is particularly applicable to general practitioners, gynaecologists, urologists, pain physicians, physiotherapists, dietitians and medical students.

It will be held 15-16 October 2016 in Adelaide.

To find out more, [click here](#).

## People with Pain Invited to Join Focus Group for UNSW Study

People with chronic pain are invited to join a focus group discussion on treatments and preferences for pain management, including medications, exercise and other therapies.

Discussions will inform a larger University of New South Wales study into preferences for pain management.



Focus groups will consist of up to seven people and two facilitators, and eligible participants must be at least 18 years of age. Dates and locations are as follows:

- Thursday 13 October 4.30-6pm and Wednesday 19 October 10.30am-2pm at the National Drug & Alcohol Research Centre in Randwick; and
- Saturday 15 October 12.30pm-2pm at the Aurora Hotel near Central Station.

This study will be conducted within the ongoing NHRMC Project Grant: Pharmaceutical opioids for chronic non-cancer pain: Evaluating health outcomes and economic impact (POINT) over five years.

For more information [download the pdf](#) or to participate, please email [pointstudy@unsw.edu.au](mailto:pointstudy@unsw.edu.au) or 02 8936 1195.

## People with Persistent Pain Needed for a 15-minute Survey

Dr Manasi Gaikwad from the Body in Mind Research Group and University of Adelaide is undertaking a PhD on the experiences of people with persistent pain.

Her work so far has focused on the use of Vitamin D supplements and the views of GPs on the use of supplements and their effects. This latest study will look at the consumer perspective.

Hoping for a big sample with a range of persistent pain disorders, respondents will be asked about experiences with their GP, access to education about their condition and use of Vitamin supplements.

The online survey is anonymous and will take about 15 minutes to complete. For more information and to begin the survey, [click here](#).

## Donate to Painaustralia Every Time You Shop—It's Free!

You can now support Painaustralia next time you shop, simply by signing up to a goodwill initiative known as Folo, and you won't even need to part with a cent. Simply follow these three easy steps:

1. Register with Folo <https://au.folo.world/sign-up> using your name and email address and select Painaustralia as your charity of choice, then download the Folo Bar.
2. Browse online stores and Folo will automatically appear in your Google search results, indicating the more than 700 partnered retailers. You can also activate Folo directly from your favourite online stores.
3. Once you have arrived at an online store, click on the spinning Folo symbol at the top, and shop as you would normally. The retailer will automatically make a contribution to Painaustralia, on your behalf.



# EVENTS



## [PMRI Visiting Scholars Program](#)

The next PMRI seminar will be presented by Dr Emma Godfrey, who will be discussing whether commitment therapy-based treatment can be helpful for physiotherapists treating chronic low back pain. Free event.

When: Thursday 15 December 4-5pm

Where: Royal North Shore Hospital, Sydney



## [2016 Personal Injury and Disability Management Conference](#)

Local and international speakers and industry experts will speak at this three-day event.

When: 12-14 October

Where: Four Points Sheraton, Sydney



Pelvic Pain  
Foundation  
OF AUSTRALIA

## [Pelvic Pain Foundation Seminar](#)

Training seminar for health professionals about practical management of pelvic pain.

When: 15-16 October

Venue: Piper Alderman Lawyers, 70 Franklin Street Adelaide

More information: [www.pelvicpain.org.au](http://www.pelvicpain.org.au)



## [Making Sense of Pain: Workshop for Health Professionals](#)

Inter-professional workshop to increase knowledge about chronic pain and expand skills for clinical practice.

When: Thursday 24- Friday 25 November 2016

Venue: Wyllie Arthritis Centre, 17 Lemnos Street, Shenton Park WA 6008

More information: [click here](#)

For more events please see our website [www.painaustralia.org.au](http://www.painaustralia.org.au)

Adelaide 2017

**SUBMISSION DEADLINES**

Topical Sessions  
**19 August 2016**

Free Papers & Posters  
**21 October 2016**

Early Bird Registration  
**24 February 2017**

## EXPANDING HORIZONS

**2017 Australian Pain Society 37th Annual Scientific Meeting**

**9 - 12 April 2017 | Adelaide Convention Centre**

Expressions of interest online at [www.dconferences.com.au/aps2017](http://www.dconferences.com.au/aps2017)

For sponsorship and exhibition opportunities or more information please contact the Conference Secretariat  
DC Conferences Pty Ltd | P 61 2 9954 4400 | E [aps2017@dconferences.com.au](mailto:aps2017@dconferences.com.au)