

# STRATEGIC PLAN 2016-2020

## OUR MISSION

Improving the quality of life for people with pain and their families and minimising the burden of pain on individuals and the community.

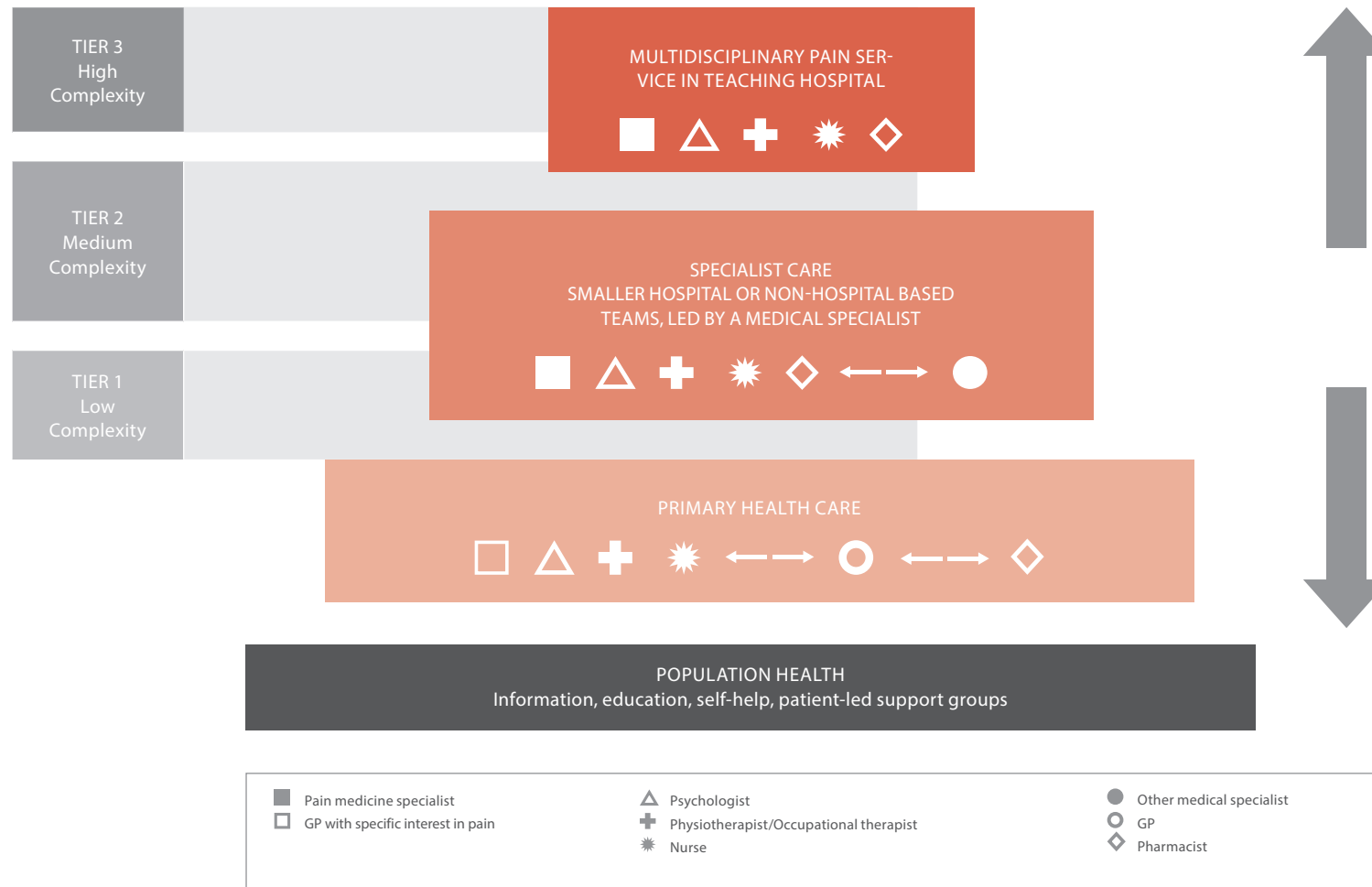
Chronic pain is pain that persists for three months or more, or longer than the normal time required for healing. It is Australia's third most costly health condition, affecting one in five of the population including adolescents and children and one in three people over the age of 65<sup>i</sup>

<sup>i</sup> Blyth FM et al. (2001) *Chronic pain in Australia: a prevalence study*. *Pain* 89(2-3), 127-34

# OUR SHARED VISION

A society where chronic pain is understood and effectively managed where possible in the community and primary care, using evidence-based, best practice strategies and clear and accessible referral pathways through to adequately resourced tertiary clinics for more complex cases.

Proposed model of care



# 6

## PRINCIPLES



# WHAT DOES SUCCESS LOOK LIKE?

Our plan aims to improve the quality of life for people with pain and their families and minimise the burden of pain on individuals and the community by working towards the following long-term outcomes:

01

People in pain have timely access to effective interdisciplinary care where possible in primary care with clear and accessible referral pathways for more complex cases, as close as possible to where they live.

02

Health professionals working with people in pain are appropriately trained and supported

03

People with pain live quality productive lives where their pain is managed effectively

04

The contribution of families and carers of people in pain is valued and supported

05

Reduced avoidable harm, neglect and mismanagement of pain

06

Reduced stigma and discrimination

## PRIORITY COMMITMENTS

### **Priority Commitment 1 Members and Stakeholders**

Grow and build capacity of our member network of health care and consumer organisations, academic and research institutions.

Communicate effectively and promote collaboration internally and with community leaders and other stakeholders.

Collaborate with members and stakeholders to develop and promote improved policy and practice in pain management.

### **Priority Commitment 2 Government Relations and Advocacy**

Maintain effective communication with Government to provide impartial, well-informed information and advice in order to influence health, workforce and economic policy and programs to prevent and manage chronic pain.

Continue to advocate for chronic pain as a national health priority with a focus on neglected areas such as pediatric pain, pelvic pain and aged care.

### **Priority Commitment 3 Influencing the System and Services**

Work with Primary Health Networks to improve practice and access to pain services particularly in primary care, aged care and in regional and remote areas.

### **Priority Commitment 4 Public Awareness**

Promote community awareness about chronic pain and best-practice self-management principles.

Validate and destigmatise the predicament of people living with chronic pain.

## PRIORITY COMMITMENTS

### **Priority Commitment 5 Influencing Knowledge and Practice (Health care Professionals)**

Facilitate access to education and training in best-practice pain management in partnership with accredited pain management education and training providers, with a priority focus on primary care.

### **Priority Commitment 6 Influencing Knowledge and Practice (Consumers)**

Facilitate consumer education and support programs working collaboratively with consumer member bodies.

### **Priority Commitment 7 Building Knowledge**

Partner with or support leading research bodies to contribute to research projects which align with our vision and commitments and potentially add value to our work.

Promote new research.

### **Priority Commitment 8 Sustainability**

Sustain and grow a reputable and well governed organisation.  
Attract and retain effective partnerships, strategic alliances with a broad community focus.  
Resource our organisation as appropriate to deliver business plan.

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**painaustralia**<sup>TM</sup>  
working to prevent and manage pain