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\(^i\)

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.
Six principles will guide our work to improve healthcare for people living with pain.

**RECOGNITION**
Recognition of chronic pain as a complex multi-dimensional chronic condition in its own right.

**ASSESSMENT**
Assessment and treatment of chronic pain must address the physical, psychological and environmental/social factors that play a key role in chronic pain.

**INTERVENTION**
Intervention at an early stage of transition from acute (e.g. postoperative) pain to chronic pain.

**PERSON CENTERED CARE**
Person centered care for chronic pain at all levels of the health system.

**COMMUNITY AWARENESS**
Whole of community awareness and responsibility to support people with chronic pain.

**RIGHTS AND VALIDATION**
Rights and validation of the person in pain and recognition of their families and carers.

**Six principles will guide our work to improve healthcare for people living with pain.**
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.

WHAT DOES SUCCESS LOOK LIKE?
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 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.

Further detail available in Painaustralia’s 2016 Business Plan. Click here to download Painaustralia’s 2016 Business Plan