



CAMPAIGN FOR PAIN Contents

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State-wide Plan to Transform Pain Services in South Australia

A new model of care for chronic pain services in South Australia to be rolled out this year will ensure consistent, coordinated and integrated services are provided across the primary, secondary and tertiary sectors.

Priority areas are Northern Adelaide Local Health Network (NALHN) and Country Health SA Local Health Network (CHSALHN), where there are no discrete chronic pain tertiary services, and the state's first paediatric pain service at the Women's and Children's Hospital.

Chronic pain services will be available in each Local Health Network (LHN), either through a dedicated chronic pain service, via telehealth or outreach services.

Triage categories, clinical pathways and GP referral guidelines will also be standardised to ensure patients receive consistent quality care.

The model, developed as part of SA's Transforming Health, will lead to better outcomes for patients and reduced wait times for services.

Dr Penny Briscoe, Head of the Pain Management Unit, Royal Adelaide Hospital, said this is a major step forward welcomed by all Pain Specialists in the state.

"We will actively work with the implementation working group to allow all South Australians timely access to appropriate pain management," she said.

The working group is focused on a staged approach, and includes representatives from LHNs,

Primary Health Networks, pain management professionals and consumers.

The model of care is the result of two years of planning by the Steering Committee, formed in late 2014 with a range of stakeholders including Painaustralia CEO Lesley Brydon.

"We congratulate the South Australian Government for prioritising this enormous area of need and for its thorough approach to improving chronic pain services," said Ms Brydon.

For more information visit the Transforming Health website or email Kenneth Lang Kenneth.lang@sa.gov.au



Premier's Award for WA Paediatric Pain Service

The Complex Pain Service at Princess Margaret Hospital in Perth has won a Premier's Award for empowering families and communities to help children with chronic pain.

Winning the 'Strengthening families and communities' category, the service was praised for its world-class clinical outcomes and significant cost savings in its first year of operation—including a 95 percent reduction in emergency department visits.

This has been attributed to its experienced interdisciplinary allied health team and the innovative PACE (Pain Activity and Coping Education) program, which gives young people and their families the tools to effectively manage pain.

The service says they leverage their input by building support networks for patients with parents, schools and health professionals in their local areas.

Complex Pain Clinic Program Coordinator, Anna Hilyard says the award reflects the hard work and commitment of the complex pain clinic team.

"The team was honoured to be recognised with this prestigious award less than two years after the service was created," she said.

"I am extremely proud to be part of a team with such a professional and enthusiastic approach. It has allowed us to get this service up and running so quickly and effectively."

The Premier's Awards were established in 1996 to formally recognise and reward the achievement of excellence in management practice by WA public sector agencies.

[View the profiles of Premier's Awards 2016 winners.](#)



Leasa Ashton (teacher), Julia Kingsley (Occupational Therapist), Anna Hilyard (Coordinator), David Sommerfield (Consultant), Emma Woods (Physiotherapist), Emily McGurk (Clinical Psychologist) and Kevin Murray (Consultant)

Persistent Post Surgical Pain Can Affect 1 in 4: Global Year Against Pain

Leonie Moore was prepared to face another round of surgery and chemotherapy for metastatic breast cancer, but what she didn't know was the risk of ongoing post surgical pain.

The surgery in 2010 combined with chemotherapy left her with ongoing pain down her arm, where lymph nodes were removed, and also pain in her breast area.

"Sometimes the pain was so unbearable I screamed in my sleep. Today it is still painful but I've learned to manage it and cope with it," she said.

Leonie is one of millions of people worldwide affected by chronic pain as a result of surgery, an issue being highlighted with the Global Year Against Pain After Surgery.



The International Association for the Study of Pain (IASP) reports persistent post-surgical pain can affect as many as one in two patients undergoing major surgery, and one in four for all kinds of surgery combined.

Professor Stephan Schug, an expert on the management of post-surgical pain, says many health professionals are still unaware of the problem.

"In the past, we under-estimated how many people developed chronic pain after surgery and it is still poorly understood. It is critical that doctors are well versed on the matter, because there are ways to reduce the risk," he said.

There is a strong link between the severity of pain in the 10 days or so after surgery and the development of long-term pain. This means adequate pain relief immediately after surgery is critical to preventing ongoing pain.

See related media: [ABC World Today](#), [ABC Online](#) and [Channel 9 Today Extra](#).

If you or someone you love has been affected by breast cancer, please visit www.bcna.org.au or call 1800 500 258 for information and support.

Great Line up of Speakers for Adelaide Consumer Symposium

Painaustralia warmly invites anyone in Adelaide affected by chronic pain—patients, family, friends and carers—to our 5th annual Living Well With Pain Consumer Symposium on Sunday 9 April 2017.

Held in conjunction with the Australian Pain Society 37th Annual Scientific Meeting, the symposium is a unique opportunity for guests to learn about the latest in pain management from leading pain experts.

This year's speakers include a great line-up of talent: Specialist Pain Physiotherapist and Professor of Clinical Neurosciences Lorimer Moseley (University of SA), Clinical Psychologist Toby Newton-John (University of Technology Sydney) and Clinical Consultant Pharmacist Joyce McSwan.

Together they offer a wealth of knowledge on pain science, pain management, new technologies, medication and the psychological and emotional impact of pain.

Previous consumer events have attracted hundreds with many commenting that the knowledge had "changed their lives". It's an opportunity not to be missed!

To book visit www.trybooking.com/OTNA.



Join Painaustralia

If your organisation cares about people in pain and wants to make a difference, please consider becoming a member of Painaustralia.

Our capacity to influence government policy and improve understanding and management of pain is directly related to the strength of our membership network. Your support could make all the difference.

Membership details can be accessed at www.painaustralia.org.au or you can email lesley.brydon@painaustralia.org.au

Riding for a Revolution

Persistent pain is a big problem in health care—it needs a revolution. To help things on their way, a group of 25 clinicians are raising money for pain research and education while raising awareness about best-practice pain management, in the inaugural Pain Revolution Ride.

Tackling a challenging seven-day cycle from Melbourne to Adelaide 2-9 April, the riders will participate in outreach events in Melbourne, Ballarat, Lorne, Warrnambool, Mount Gambier and Murray Bridge en route to the Australian Pain Society conference and Painaustralia's Living Well With Pain Consumer Symposium.

Professor Lorimer Moseley, an organiser of the event and a speaker at the [symposium](#), will be one of the riders.

"The ride is not just about raising money, it's about raising awareness, especially in rural areas where chronic pain is more common but services are limited," he said.



"I'll probably be presenting in my bike gear, which might be a bad sight but possibly novel and memorable!"

Peter Parks, a Physiotherapist from Melbourne, is looking forward to taking part.

"Pain Revolution is an exciting mission, with some of the best minds in pain science research and education promoting the message of education and empowerment to rural communities," he said.

The ride is the start of a bigger mission to support rural communities by creating a network of Community Pain Educators.

It is being supported by the Australian Pain Society and Painaustralia, and already more than \$40,000 has been raised. To find out more or to donate, [click here](#).

Response to Codeine Rescheduling Must Address the Bigger Problem

The Therapeutic Goods Administration (TGA) is developing a national response to their decision to reschedule codeine to Prescription Only Medicine (Schedule 4) from 1 February 2018.

Fundamental to any national response is the urgent need to address the serious and growing public health issue of chronic pain.

"We need awareness and strategies to prevent the development of chronic pain and beyond that, access to effective multidisciplinary pain management and addiction medicine services," said Painaustralia CEO Lesley Brydon.

While concern among health authorities about misuse of opioids including codeine is widespread, little is being done to address the underlying problem of untreated chronic pain.

Data from [MedsASSIST](#), the codeine-monitoring initiative of the Pharmacy Guild of Australia, showed that the majority of over-the-counter sales of products containing codeine were for appropriate and responsible use.

In only two percent of more than four million transactions recorded since March 2016 was the consumer identified as being at risk of dependence and denied supply, while being referred to local supports for pain management and addiction.

It is estimated that the rescheduling decision will add an additional 8.7 million visits to GPs, with an associated cost to the Medicare Benefits Schedule of \$316.44 million, per year (Cadence Economics, 2015).

Without the right support, people who currently misuse codeine will continue to seek other drugs. The problem of addiction must be addressed through appropriate policy and support, and is part of the wider issue of drug abuse in Australia.

The National Pain Strategy calls for pain to be a national health priority. It is time to take this call seriously.

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

Need to Improve Care for Patients with Chronic Conditions

The latest data on patient experiences from the Australian Bureau of Statistics show more work is needed to provide seamless care for people with chronic conditions.

During 2015-16 almost one in six people (16 percent) saw three or more health professionals for the same condition and of those one in eight (13 percent) reported there were issues caused by a lack of communication between health professionals.

The health professional most likely to coordinate care was a GP (61 percent) followed by a medical specialist (24 percent).

One in five people (19 percent) waited longer to see a GP than they thought acceptable, while 22 percent of people who needed to see an after-hours GP did not see one at all, and one in four (24 percent) reported their GP did not spend enough time with them.

When Brendan Freeman began experiencing chronic abdominal pain at the age of 14, he faced doctors who dismissed it altogether.

"I visited many doctors and specialists over a period of two years, and no one knew what to do with me. Some of them even told me I was pretending," said Brendan.

"I missed three terms of school, I couldn't go out with my friends, and I had to give up sport."

"When I finally found a gastroenterologist who acknowledged my pain was real, it was the first time I felt validated and taken seriously."

The data also show that many Australians are unable to access appropriate care, with those in areas of greatest socio-economic disadvantage more likely to delay seeing or not seeing a medical specialist due to cost.

To find out more, read [Patient Experiences in Australia: Summary of Key Findings](#).



Brendan Freeman

Pain Clinicians Recognised in Australia Day Honours

Dr Roberta Chow AM, a world-leader in the research and application of laser therapy for pain based in Sydney, was made a Member of the Order of Australia in the Australia Day honours.



Dr Roberta Chow, AM

The Principal of Quantum Pain Management since 1988, Dr Chow was recognised for her service to medicine as a clinician, and for her pioneering work in the use of laser therapy techniques for chronic pain management.

Dr Robin Chase AM from Adelaide, who specialises in Occupational Medicine, was also made a Member of the Order of Australia, for service to occupational and environmental medicine, to professional medical organisations, and to education.

We congratulate them on this recognition of their work.

DASS in 44 Languages

Clinicians working with people from culturally and linguistically diverse communities will be pleased to know the [DASS](#), the Depression and Anxiety questionnaire tool used in most pain clinics, is now available in 44 languages.

A link to DASS translations is available from the University of New South Wales website: www2.psy.unsw.edu.au/groups/dass/translations.htm

Should you be interested in carrying out a new translation, follow the link on the site.

Yoga for Pain Makes an Impact

Yoga for Pain made enormous progress in 2016, highlighting the value of yoga as part of a multidisciplinary pain management program and the interest in Yoga for Pain education among health professionals.

During the year, 210 people accessed pain-sensitive yoga with teachers who have completed Yoga for Pain training—70 from regional Australia where pain services are limited—and 32 additional practitioners were trained in Yoga for Pain.

The training was conducted in five states, building networks between health professionals and yoga teachers.

Participants reported pain-sensitive yoga helped them experience a reduction in pain and reliance on medication, stay active, sleep better, reduce stress, build confidence and enjoy life again.

“I believe we will see yoga play an increasing role in the health and wellbeing of our communities, especially among people who live with chronic pain,” said Rachael West, Managing Director of Yoga for Pain Australia.

To find a practitioner trained in Yoga for Pain, visit www.yogaforpaincare.com

For health professionals interested in learning more, please email Yoga for Pain Australia Managing Director Rachael West: rachael@yogaforpaincare.com

You can also download a copy of the [Yoga for Pain Social Impact Report](#)

They said pain-sensitive yoga helped them:

reduce pain	stay active	sleep better
reduce meds	reduce stress	
feel hope	build confidence	
enjoy yoga again		

NSW ACI Year in Review

The New South Wales Agency for Clinical Innovation (ACI) has released its year in review, showcasing its achievements for 2016.

Highlights of the year included new Telehealth services which are delivering chronic pain management support to communities in Murrumbidgee, Far West and Southern NSW Local Health Districts, through partnership with pain clinics at Greenwich, St Vincent's and Nepean hospitals.

Another major initiative was the Acute Low Back Pain Model of Care, developed for health professionals to effectively assess people aged 16 and over who present with a new episode of acute low back pain. The model gives three different care pathways based on three triage classifications: non-specific low back pain, low back pain with leg pain, and suspected serious pathology.

[Download the ACI Year in Review 2015-2016.](#)



Shingles Vaccine Reminder

A reminder that the shingles vaccine Zostavax has now been approved under the [Immunise Australia Program](#) for Australians aged 70, and there is also a five-year catch up program for people aged 71 to 79.

Shingles is a condition that affects many older Australians by the reactivation of the varicella zoster virus, the same virus that causes chickenpox. Younger adults are also at risk, like young mum [Tina Bruce](#).

It is estimated 97 percent of adults have been exposed to the chicken pox virus and about 120,000 cases of shingles are reported annually in Australia.

The most common complication of shingles is postherpetic neuralgia (PHN), a chronic and debilitating nerve pain condition—so prevention is best.

Vale Sally Crossing

It is with great sadness that we farewell Sally Crossing AM, CEO of Cancer Voices, who passed away on 28 December 2016.

Sally was a leading and very influential health consumer advocate for the past 20 years in many voluntary medical and government entities.

She was Founder and Chair of two successful volunteer cancer consumer advocacy groups: Breast Cancer Action Group NSW and Cancer Voices NSW.

Sally and her husband Peter were generous donors to pain research through the Pain Management Research Institute, University of Sydney.

We also valued Sally's participation in the development of the National Pain Strategy and Cancer Voices' support as a member of Painaustralia since its formation in 2011.

[Read more.](#)

Expanding Horizons: APS Conference 2017

Health professionals with an interest in pain are invited to the 37th Annual Scientific Meeting of the Australian Pain Society in Adelaide this 9-12 April.

Participants will hear from three respected international speakers as well as experts from Australia.

Professor Stephen Hunt from University College in London, Professor Judith Turner from the University of Washington and Dr Sean Mackey from Stanford University have a combined knowledge that includes molecular biology, neural plasticity, psychological therapies, body-behaviour-environment links and issues with opioid therapy.

The extensive [program](#) includes pre-conference workshops, speakers and topical sessions. There is also a 'Meet the Speakers Breakfast Session' for junior researchers to meet experts in their field, 'Discipline Sub Group Meetings' and social sessions.

Early bird registrations close 24 February 2017. [Register online](#) today.

Putting Cognitive Behavioural Therapy Skills into Practice: Webinar

The University of Sydney's Putting Cognitive Behavioural Therapy Skills into Practice training webinar series provides an excellent opportunity for health professionals to develop skills in management of chronic pain and offers 28 hours of professional development points.

Each program consists of seven webinar sessions of 90 minutes each, held on a Thursday 5:30-7:00pm AEST. The webinar series dates are as follows:

Session 1: 22 Feb Patient assessment & case formulation

Session 2: 1 Mar Explaining case formulation to the patient

Session 3: 8 Mar Identifying SMART goals & using motivational interviewing

Session 4: 15 Mar Employing self-management skills & developing a treatment plan

Session 5: 22 Mar Reinforcing treatment program & maintenance strategies – Part 1

Session 6: 29 Mar Reinforcing treatment program & maintenance strategies – Part 2
26 Apr Integration of CBT skills

To find out more, register or view other dates, please [click here](#).

You can also email paineducation.admin@sydney.edu.au or call 02 9463 1516.



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SYDNEY

Recent Publications

Two important studies have recently been published, [Management of Musculoskeletal Pain in a Compensable Environment](#), published in *Best Practice & Research Clinical Rheumatology* and [Young People's Experiences of Persistent Musculoskeletal Pain, Needs, Gaps and Perceptions About the Role of Digital Technologies to Support Their Co-Care](#), in *BMJ Open*.

For an overview of these studies, go to the [Recent Publication](#) section of the latest APS Newsletter.

Multidisciplinary Pain Management Workshop for Health Professionals in Cairns

Doctors, nurses and allied health professionals have the opportunity to learn about multidisciplinary pain management at a pre-conference workshop, in conjunction with the 14th National Rural Health Conference in Cairns 26-29 April.

The [Multidisciplinary Pain Management Workshop](#) will be delivered on 26 April by an expert team from the North Queensland Persistent Pain Management Service, led by Dr Matthew Bryant.

Learning goals for the workshop include: the neuroplasticity of pain; how to assess and manage chronic pain; pain medications; and evidence-based allied health approaches.

[Register online](#) today.



APA Conference: Call for Abstracts

The Australian Physiotherapy Association is calling for abstracts for its biennial conference to be held 19-21 October 2017.

The conference, MOMENTUM 2017, will explore the latest innovations and clinical research, and the program will include a focus on pain.

Abstracts can be submitted up to 17 April. For more information visit www.apamomentum2017.asn.au

Do You Have Persistent Pain? Volunteers needed

Researchers at the University of Sydney and Pain Management & Research Centre, Royal North Shore Hospital, are interested in how people manage their activity levels and the impact that this has on their pain.

To complete the online questionnaire, please visit www.tinyurl.com/usydpain. If you would prefer to have a questionnaire mailed to you to complete on paper, please email Ms Renata Hadzic: rhad7885@uni.sydney.edu.au

A \$5.00 donation will be made to Painaustralia for each person who completes the study.

EVENTS



Chronic Pain and Intimacy Webinar

Learn about the effects of chronic pain on your s-x life, and develop strategies to combat these changes at our February webinar. We will cover the effects of chronic illness and medical treatments on s-xuality, as well as strategies to compensate for s-xual function changes.

When: 23 February

Email: info@arthritissw.org.au

Website: <http://arthritissw.org.au/webinars/>



Community Chronic Pain Management Programs (NCPHN)

North Coast PHN is holding two Chronic Pain Management in General Practice workshops, following the success of workshops held in 2016. They are designed for GPs and Practice Nurses.

When: 28 February Mullumbimby; 1 March Grafton

For more information visit the [NCPHN Practitioner Events page](#)



Yoga for Pain workshop Christchurch NZ

Yoga can help reduce your pain symptoms, help you get back into movement, and calm your mind. This Yoga for Pain workshop is for people with fibromyalgia, chronic fatigue and other persistent pain conditions interested in learning how to practice yoga safely, effectively and in accordance with your capacity.

When: 3 March

Where: Christchurch, New Zealand



International Medicine Addiction Conference 2017 (Sydney)

The International Medicine in Addiction conference, for more information visit www.imia17.com.au

When: 24-26 March 2017

Where: International Convention Centre, Sydney

[Register online](#)

For more events please see our website 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

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