2025 ANNUAL REPORT

painaustralia.org.au

“

Hope is such an important thing. I learned how to accept where I was in my life and that my pain was what it is, and that acceptance doesn’t mean resignation.

”

Kim Allgood
Consumer Advisory Group member

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About Painaustralia

A National Voice for Pain

Painaustralia is the national peak body representing the 3.7 million Australians living with chronic pain, as well as the families, carers and pain health professionals who support them every day. We bring together a broad and diverse network of clinicians, researchers, educators, industry partners, and community and consumer organisations to advocate for a healthcare system that recognises pain as a significant national issue and responds with compassion, equity, and evidence-based care.

Since 2011, Painaustralia has worked collaboratively to advance the National Pain Strategy and improve access to affordable, evidence-based pain treatment and care across Australia. Through advocacy, awareness, partnerships, and policy leadership, we work to ensure the experiences and needs of people living with pain are recognised across healthcare systems and government.

During 2025, Painaustralia also undertook a refresh of its strategic direction to ensure the organisation remains responsive to emerging health priorities, evolving consumer needs, and opportunities to strengthen national advocacy, awareness, and engagement activities into the future with an updated Strategic Plan.

Chronic pain impacts every aspect of life – physical health, mental wellbeing, relationships, employment, financial security and social participation - yet many Australians continue to face stigma, misunderstanding, and barriers to accessing appropriate care and support. As the national voice for people living with pain, Painaustralia is committed to elevating pain as a national health priority and advocating for accessible, person-centred care that improves quality of life for all Australians living with pain.

Our Vision, Mission and Strategic Goals

1

Empowering Australia’s Pain Community

Our Vision

To ensure all Australians living with pain can easily access affordable world-class pain treatments and care.

2

Championing Policy and Connections

Our Mission

Painaustralia as the national peak pain advocacy body is dedicated to improving the well-being of people living with pain, their families and carers. We work collaboratively with key stakeholders to elevate pain as a priority in the broader health agenda, driving conversations and raising awareness of the profound impacts of pain to reduce the associated stigma and ensure those affected receive the care and support they deserve.

3

Policy, Advocacy, Inclusion, Networks

Our Strategic Goals

Policy: shape and influence policy to improve the well being of people living with pain.

Advocacy: champion policies that ensure equitable access to pain management and treatments.

Inclusion: ensure all diverse voices and experiences are heard and represented.

Networks: strengthen and broaden our networks with key stakeholders, health care professionals to foster collaboration and drive real change.

Our 2025 Board

The Board of Directors of Painaustralia has continued to provide thoughtful leadership, guidance and support throughout the year.

Their dedication and commitment to improving the lives of Australians living with pain has helped strengthen our advocacy, deepen our engagement across the sector, and support the delivery of our strategic priorities.

We are grateful for the expertise, time and dedication each Board member brings to the organisation.

Their collaborative approach, sound governance and shared commitment to better outcomes for people living with pain continue to play an important role in advancing our mission and ensuring the organisation remains well positioned for the future.

Nicole McMahon

Simon Corbell

Dr Marc Russo

Dr Romil Jain

Amanda Castano

Anish Patel

Liz Sleeman

Cath Di Dio

Chair's Message

It is a privilege to provide my first message as Chair of Painaustralia following my appointment to the Board in March 2025 and as Chair from July 2025.

Painaustralia exists to ensure that the millions of Australians living with chronic pain are heard, supported and represented. Throughout 2025, our organisation has continued to strengthen its position as the national voice for people living with pain, advocating for a more compassionate, accessible and person-centred health system.

This year has been one of strategic growth, collaboration and renewal. We have expanded our engagement with government, clinicians, consumers, industry and other patient organisations to elevate chronic pain as a national health priority. Chronic pain remains one of Australia’s most significant and complex health challenges, impacting quality of life, workforce participation, mental wellbeing and the broader economy. Yet too many Australians continue to face barriers to timely treatment, multidisciplinary care and appropriate support.

Painaustralia has worked constructively with policymakers and sector leaders to advocate for reforms that improve the lives of consumers living with daily debilitating pain.

This has included engagement in the Health Technology Assessment reform process, ongoing representation on national advisory groups, and collaboration with peak bodies and patient organisations to ensure consumer voices remain central to health policy discussions.

One of the highlights of the year was our growing parliamentary engagement, including the re-establishment of the Parliamentary Friends of Pain Management Group and our joint parliamentary event with Palliative Care Australia which focused on improving pain management at end of life. These initiatives have helped strengthen awareness among decision-makers about the real-world impact of chronic pain and the urgent need for coordinated national action.

I would like to sincerely thank my colleague Directors for their commitment, expertise and stewardship throughout the year. I also extend my gratitude to our Consumer Advisory Group, Clinical Advisory Council, members, partners and supporters whose contributions continue to shape and strengthen our work.

I would like to acknowledge the leadership and dedication of our CEO, Monika Boogs, whose commitment to advocacy, stakeholder engagement and organisational development has helped position Painaustralia strongly for the future.

As we look ahead, Painaustralia remains committed to building partnerships, advancing awareness, supporting innovation and ensuring that people living with pain remain at the centre of policy, care and reform discussions.

Together, we remain committed to ensuring Australians living with pain are better recognised, better supported and able to access the appropriate care and treatment they need and receive the support they deserve.

Simon Corbell
Chair

CEO’s Message

2025 has been a year of significant activity, collaboration and national engagement for Painaustralia as we continued to strengthen our role as the national peak body representing Australians living with chronic pain.

Throughout the year, our focus has remained firmly on ensuring that the voices of people living with pain are heard across policy, healthcare and community settings. We have continued to advocate for practical reforms that improve access to multidisciplinary pain care, strengthen health literacy and reduce the stigma often experienced by those living with chronic pain.

A key priority this year has been strengthening partnerships and engagement across the health sector. Painaustralia worked collaboratively with clinicians, pharmacists, consumer organisations, researchers, industry and government stakeholders on a range of initiatives aimed at improving pain management, consumer outcomes and awareness of chronic pain as a significant national health issue.

Painaustralia also continued its representation on a number of national advisory and stakeholder bodies, including the Therapeutic Goods Administration’s Medical Devices Consumer Working Group, ensuring consumer perspectives remain embedded in discussions relating to health technologies, regulation and patient safety.

Awareness and education activities remained central to our work throughout the year. During International Pain Awareness Month, Painaustralia delivered a broad national awareness campaign, including our growing Wear It Red for Pain initiative which engaged pharmacies, health professionals, consumers and organisations across Australia in raising awareness of chronic pain and its impacts.

We also continued to strengthen our work in public and consumer health education and consumer awareness. Ahead of Shingles Awareness Week, Painaustralia released the report It’s Not Just a Rash, highlighting the serious and long-lasting impacts shingles can have on Australians, including nerve pain, financial hardship and reduced quality of life. The report reinforced the need for greater awareness, prevention and access to vaccination.

In partnership with consumers, clinicians and researchers, we also progressed work on new education and health literacy initiatives and partnered with Pain Education and Management to endorse the Pathways app, while also developing an accompanying consumer handbook to improve access to practical, evidence-based pain education and self-management support.

Painaustralia's communication and awareness activities continued to grow throughout 2025, including podcasts, media engagement and digital campaigns focused on elevating the experiences of people living with pain. We were honoured to be recognised as a finalist in the Health Hub Industry Awards in the Advocacy Champion category, helping further highlight the challenges faced by the millions of Australians living with persistent and chronic pain.

I would like to thank our Board, Consumer Advisory Group, Clinical Advisory Council, members, partners and stakeholders for their ongoing support and collaboration throughout the year. Most importantly, I thank the many Australians living with pain who continue to share their experiences and place their trust in our work.

Your voices remain at the centre of everything we do.

Monika Boogs
Chief Executive Officer

Painaustralia CEO Monika Boogs with Federal Health Minister Hon. Mark Butler

Attending MedTech on the Hill at Parliament House in Canberra

The Consumer Voices Shaping our Work

Painaustralia sincerely thanks the members of our Consumer Advisory Group for their ongoing contribution, insight and support throughout 2025. The perspectives and lived experience shared by the group are central to our work and play a critical role in shaping our advocacy, policy, awareness activities and projects.

Their willingness to share their experiences, provide thoughtful feedback and contribute their time and expertise ensures that the voices of people living with pain remain at the centre of everything we do.

We are deeply grateful for their continued commitment to improving outcomes for Australians living with chronic pain.

We acknowledge and thank our 2025 Consumer Advisory Group members:

- Gabriella Kelly-Davies (Chair),
- Amanda Castano,
- Sister Mary Lynne Cochrane,
- Megan Kuleas,
- Leah Dwyer,
- Kim Allgood,
- Don Firth,
- Peter Rudland,
- Janine Monty,
- Ben Nihill,
- Kim Sullivan,
- Amie Rule,
- Tabitha O’Neill,
- Mike Kisby,
- Celine Hoodman,
- Linda Brennan,
- Naomi Creek.

Gabriella Kelly-Davies - Chair

Amanda Castano

Sister Mary-Lynne Cochrane

Megan Kuleas

Leah Dwyer

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Janine Monty

Ben Nihill

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Mike Kisby

Celine Hoodman

Linda Brennan

Naomi Creek

Pain Champions

Painaustralia's Pain Champions continue to play an important role in raising awareness of chronic pain and supporting national advocacy efforts. Through their lived experience, professional expertise and public profiles, they help amplify key messages, reduce stigma and highlight the challenges faced by people living with chronic pain. We sincerely thank our Pain Champions for their ongoing support and contribution throughout the year.

- Air Chief Marshal Sir Angus Houston: AK, AFC (Ret'd), Painaustralia Patron.
- Hayley Leake: Pain Researcher and Australian Survivor Winner 2021
- Tara Moss: Best Selling Author.
- Sophie Scott: Broadcaster and former ABC Medical Reporter
- Peter Rudland: Veteran and Invictus Games competitor

Clinical Leadership and Expertise

Painaustralia extends its sincere thanks to the members of our Clinical Advisory Council for their ongoing expertise, guidance and support throughout 2025. Representing a diverse range of health professions including pain medicine, general practice, pharmacy and allied health, the Council provides valuable clinical insight that helps ensure our advocacy, policy positions, submissions and educational activities remain evidence-based, practical and informed by contemporary best practice.

The contribution of the Clinical Advisory Council plays an important role in strengthening Painaustralia's work across the health sector.

Their advice supports our commitment to improving support, treatment options and access for people living with pain while helping to ensure that lived experience is complemented by strong clinical expertise and multidisciplinary perspectives. We are grateful for their continued engagement and contribution throughout the year.

Parliament House Advocacy

Parliamentary Friends of Pain Management Group

Painaustralia extends its sincere appreciation to the co-chairs and members of the Parliamentary Friends of Pain Management Group for their ongoing support and commitment to raising awareness of chronic pain and the challenges faced by millions of Australians living with pain.

Following the 2025 Federal Election, Painaustralia welcomed the re-establishment of the Parliamentary Friends of Pain Management Group under the leadership of Senator Wendy Askew and David Smith MP, Member for Bean. We particularly welcome David Smith MP's return as co-chair and the bipartisan commitment of the group to ensuring chronic pain and pain management remain part of the national health conversation.

The Parliamentary Friends of Pain Management Group provides an important platform for engagement on the significant impacts of chronic pain on individuals, families, communities and the broader economy.

Through this collaboration, Painaustralia is able to share lived experience perspectives, evidence-based policy solutions and emerging initiatives directly with Members and Senators across the Federal Parliament.

We are grateful for the ongoing support shown by parliamentarians advocating for greater recognition of chronic pain as a serious and complex national health issue, including improved access to pain management, multidisciplinary care and consumer support. Painaustralia looks forward to continuing to work collaboratively with the Parliamentary Friends of Pain Management Group in 2026.

Senator Wendy Askew

Mr David Smith MP
Member for Bean

Partnering for better Pain Management and Palliative Care for Consumers

Painaustralia was pleased to join Palliative Care Australia at Parliament House in November 2025 for an important event hosted by the Parliamentary Friends of Palliative Care, bringing together policymakers, parliamentarians, clinicians, advocates, and sector leaders committed to improving compassionate, evidence-based care for Australians.

The event provided a valuable opportunity to highlight the importance of effective pain management and the significant challenges faced by people receiving palliative and end-of-life care, particularly in relation to ongoing medicine shortages and access to appropriate pain treatment. Painaustralia was proud to work alongside Palliative Care Australia and seven other peak organisations on the development of an 11-point plan aimed at addressing shortages of critical palliative care medicines and improving access for patients across Australia.

During the event, Painaustralia showcased the My Pain Assessment Communication Tool (MPaCT), a patient-led initiative designed to support communication between consumers and healthcare professionals and improve understanding of pain experiences and needs.

The event also marked the launch of Palliative Care Australia's Strategic Plan 2026–2029, reinforcing the shared commitment across the sector to improving care and quality of life for people living with pain and those receiving palliative care.

Painaustralia Chair Simon Corbell facilitated a panel discussion exploring the barriers many Australians face in accessing appropriate pain care at end of life, while CEO Monika Boogs spoke about the importance of recognising and responding to pain with empathy, dignity, and evidence-based care.

The event highlighted the value of collaboration between advocacy organisations, health professionals, policymakers, and consumers in driving meaningful change and ensuring the experiences of people living with pain remain visible in national conversations about healthcare, palliative care, and medicine access. Painaustralia acknowledges the leadership and ongoing advocacy efforts of Palliative Care Australia in bringing the sector together to address these important issues.

Federal Health Minister Hon. Mark Butler with Painaustralia's Monika Boogs and Simon Corbell and Palliative Care Australia's Camilla Rowland and Dr Peter Allcroft.

Parliamentary Friends of Palliative Care

Pain management at the end of life

This event is a partnership between

Palliative Care Australia painaustralia

Sponsored by

Pharmaceutical Society of Australia

Amanda Castano, Simon Corbell, Monika Boogs with Simon Blacker from the Pharmacy Guild of Australia ACT Branch

Martina Otten and Mick Vagg from the Faculty of Pain with Simon Corbell, Monika Boogs and Camilla Rowland.

Federal Health Minister Hon. Mark Butler with Monika Boogs and Camilla Rowland.

Monika Boogs with Painaustralia Consumer Advisory Group consumers Kim Sullivan and Amanda Castano.

Driving Awareness, Advocacy and System Change

Our Consumer Voices

Throughout 2025, Painaustralia advocated for improved outcomes for Australians living with chronic pain through education, awareness, policy engagement, stakeholder collaboration, and consumer-centred initiatives.

Across media, digital campaigns, parliamentary engagement, partnerships, and public health advocacy, Painaustralia worked to increase understanding of chronic pain, elevate lived experience voices, support evidence-based care, and contribute to national conversations about pain management, treatment access, prevention, and quality of life.

These activities reflected Painaustralia's ongoing commitment to ensuring people living with pain remain visible, heard, and represented across the health system, community, and public policy landscape.

At the centre of this work are the voices and experiences of people living with pain, whose stories continue to shape advocacy, drive awareness, and inform national conversations about care and treatment.

Gabriella Kelly Davies

Please *don't despair*. I've been managing crippling daily migraines for over 30 years. What I've learned is that active self-management helps us to reduce the impact of pain in our life. Every day, I pace myself carefully, do gentle stretches and exercises, Tai Chi, breathwork, meditation, and gentle cardio.

This hasn't taken away my pain, but I've been able to accept it as part of my life. *I'm determined to make the best I what I have rather than focusing on what I've lost.*

Amie Rule

Pain is not just physical – it impacts every aspect of our life, from how we manage our pain, how we treat our pain, our social dynamics, our mental health, our emotional health.

You are not alone. You are not a failure. You aren't weak. Please don't feel disheartened. Don't sit in guilt and shame. It has no place. Seek guidance and support. *Don't do it alone.*

The patient should always be an equal partner in the health system, and this means from the research process right through to improved treatment outcomes.

Kev James

I would love for others to know that just because someone doesn't look sick, it doesn't mean they aren't. *It's important to treat everyone around you with kindness and empathy.*

It can be incredibly hard – physically, emotionally, mentally and financially to have a chronic illness, and *compassion can go a long way to helping to ease the burden* for someone who is unwell or has chronic pain.

Megan Kuleas

I'd like healthcare professionals to know *we are not a stereotype.*
Chronic pain is not a monolith; we are not all the same.

If I could ask every healthcare professional one thing, it would be this: Please see *me* before you see my chronic pain diagnosis.
Ask me before you assume.
And treat me as an individual, not a stereotype.

Neen Monty

I created a team around me and they help to keep me as independent as possible with support and care. I am not alone, and most of all, they challenge me to see that I am not defined by my pain.

Sr Mary-Lynne Cochrane

Hope is such an important thing. I learnt how to accept where I was in my life and that my pain was what it is, and that acceptance doesn't mean resignation.

Learn to hold space for yourself, learn that you need to be nurtured just as much as you nurture your friends.

Kim Allgood

Advancing Understanding Through Community & Advocacy

Our International Pain Awareness Month Activities and Initiatives

During International Pain Awareness Month (IPAM), Painaustralia delivered a national campaign focused on increasing understanding of chronic pain and advocating for improved access to care and support for the millions of Australians living with pain. Our campaign highlighted the personal, social and economic burden of chronic pain, while encouraging greater recognition of pain as a complex and often invisible health condition.

Throughout the month, we delivered a range of awareness and community engagement activities designed to amplify the voices of people living with pain and promote meaningful conversations about pain care. Key initiatives included the Wear it Red for Pain campaign and partnering with RSI ACT to host a community morning tea in Canberra, creating an opportunity for people living with pain to connect and share their experiences.

Together with Dragon Claw Charity and Pain Education and Management we launched a survey for consumers to provide feedback on the MPaCT (My Pain Assessment Communication Tool), a consumer-led initiative aimed at supporting people living with pain to better communicate the impact of pain on their daily lives and healthcare experiences.

The views from the survey helped us to further refine and support the ongoing development of the tool.

We want to thank the consumers and community members who contributed personal stories and videos throughout the monthly campaign, helping to amplify awareness, reduce stigma and strengthen national conversations about chronic pain and the need for improved care and support.

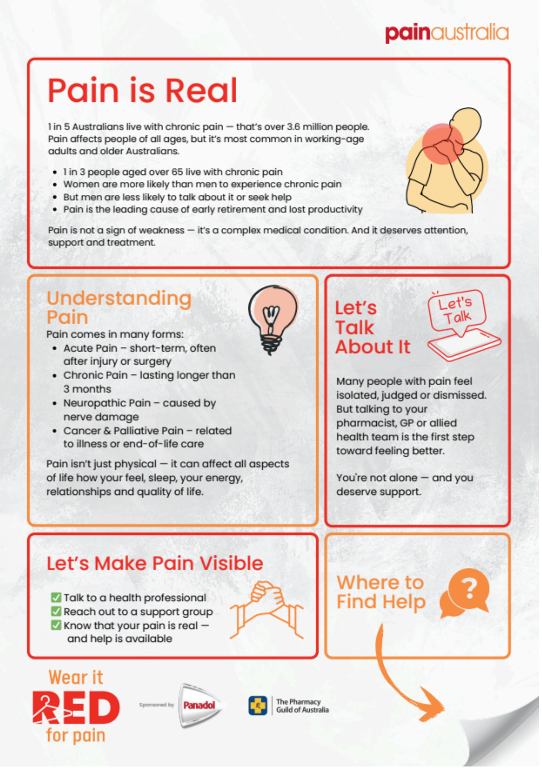
Painaustralia CEO Monika Boogs and ACT RSI Director Janine Robertson

Our International Pain Awareness Month Activities and Initiatives

painaustralia

INTERNATIONAL PAIN AWARENESS MONTH

September 2025



painaustralia

Pain is Real

1 in 5 Australians live with chronic pain — that's over 3.6 million people. Pain affects people of all ages, but it's most common in working-age adults and older Australians.

- 1 in 3 people aged over 65 live with chronic pain
- Women are more likely than men to experience chronic pain
- But men are less likely to talk about it or seek help
- Pain is the leading cause of early retirement and lost productivity

Pain is not a sign of weakness — it's a complex medical condition. And it deserves attention, support and treatment.

Understanding Pain

Pain comes in many forms:

- Acute Pain – short-term, often after injury or surgery
- Chronic Pain – lasting longer than 3 months
- Neuropathic Pain – caused by nerve damage
- Cancer & Palliative Pain – related to illness or end-of-life care

Pain isn't just physical — it can affect all aspects of life how your feel, sleep, your energy, relationships and quality of life.

Let's Talk About It

Many people with pain feel isolated, judged or dismissed. But talking to your pharmacist, GP or allied health team is the first step toward feeling better.

You're not alone — and you deserve support.

Let's Make Pain Visible

☑ Talk to a health professional
☑ Reach out to a support group
☑ Know that your pain is real — and help is available

Where to Find Help

Wear it RED for pain

Sponsored by Panadol

The Pharmacy Guild of Australia

Pain is Real Factsheet

painaustralia

Talking about pain isn't always easy - but it's an important first step

Wear it RED for pain

1 **Chronic Pain in Australia**

Chronic pain affects 1 in 5 Australians, impacting every aspect of life — from work and relationships to mental health and daily activities. It can be invisible, misunderstood, and isolating.

But you are not alone, and your local pharmacist is one of the health professionals who can help.

2 **Why Talk to Your Pharmacist About Pain?**

Pharmacists speak every day with people living with chronic pain. They are often accessible and can provide support and advice on pain management. They are just a conversation away.

3 **Your Pharmacist Can:**

✓ Help you understand your pain and how different treatments work.
✓ Provide guidance on safe medicine use.
✓ Spot potential medicine interactions or side effects.
✓ Offer advice on managing pain holistically — including lifestyle strategies and referral pathways.
✓ Support you — pharmacists understand that pain isn't just physical.

4 **Pain is Personal**

Every pain journey is unique. It's okay if you're unsure where to start — even a simple chat about your experience can open the door to better support. Talking to your pharmacist, your local GP or health professional can definitely help.

5 **Let's Make Pain Visible**

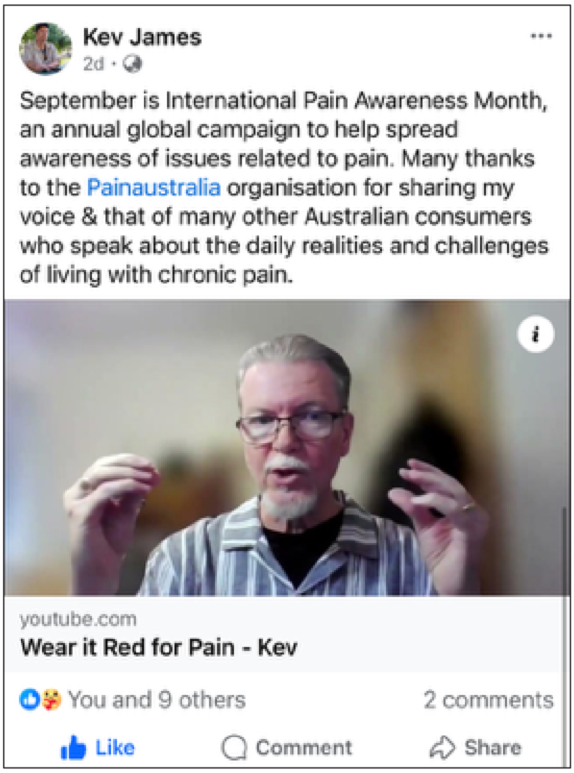
You don't have to navigate pain alone. Talk to your pharmacist or your health professional— they're here to listen, guide, and help you to manage your pain.

Visit www.painaustralia.org.au for more pain resources.

Sponsored by Panadol

The Pharmacy Guild of Australia

Talking about Pain Factsheet



Kev James
2d ·

September is International Pain Awareness Month, an annual global campaign to help spread awareness of issues related to pain. Many thanks to the Painaustralia organisation for sharing my voice & that of many other Australian consumers who speak about the daily realities and challenges of living with chronic pain.

youtube.com
Wear it Red for Pain - Kev

You and 9 others 2 comments

Kev James - Pain Consumer

Wear It Red for Pain: A Growing National Movement for Chronic Pain Awareness

Building on the success of Painaustralia's inaugural Wear It Red for Pain campaign in 2024, the 2025 initiative delivered even greater national engagement and visibility for the millions of Australians living with chronic pain.

Held during International Pain Awareness Month, with a dedicated awareness day on 19 September 2025, Wear It Red for Pain continued to grow as a nationwide movement encouraging Australians to recognise that chronic pain is real, often invisible, and deserving of understanding, respect and support. The campaign united consumers, pharmacists, health professionals, industry and community organisations in a coordinated national show of solidarity.

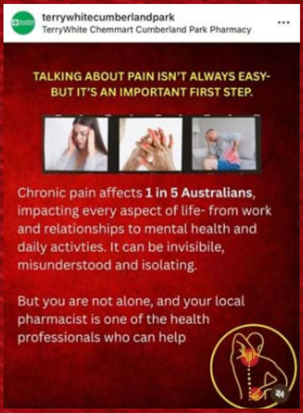
In partnership with the Pharmacy Guild of Australia and supported by Panadol, community pharmacies across Australia embraced the campaign by decorating stores in red, displaying campaign materials, wearing red, and encouraging conversations about pain management and support. Pharmacists played a central role in helping consumers access reliable information and understand the importance of multidisciplinary pain care.

The 2025 campaign significantly expanded its reach through a broad suite of co-branded campaign resources, digital assets, factsheets and social media content, supported by dedicated campaign landing pages and QR-enabled educational materials. Strong engagement from pharmacies, allied health organisations, industry partners and healthcare professionals amplified the campaign across metropolitan, rural and remote communities nationwide.

Social media engagement was particularly strong, with campaign content viewed thousands of times across Facebook, Instagram, LinkedIn and X. Community pharmacies and health organisations actively shared campaign messaging and demonstrated authentic grassroots support for Australians living with chronic pain.

Importantly, Wear It Red for Pain continued to reinforce the message that people living with chronic pain should be seen, listened to and supported. The campaign also highlighted the critical role pharmacists and frontline health professionals play in providing accessible guidance, support and referral pathways for people experiencing pain.

Painaustralia sincerely thanks Pharmacy Guild of Australia, Panadol, participating pharmacies, healthcare organisations, industry and all of the supporters across Australia whose commitment helped make Wear It Red for Pain 2025 an even stronger and more impactful national awareness initiative.


terrywhitecumberlandpark
TerryWhite Chemmart Cumberland Park Pharmacy

TALKING ABOUT PAIN ISN'T ALWAYS EASY- BUT IT'S AN IMPORTANT FIRST STEP.

Chronic pain affects **1 in 5 Australians**, impacting every aspect of life- from work and relationships to mental health and daily activties. It can be invisibile, misunderstood and isolating.

But you are not alone, and your local pharmacist is one of the health professionals who can help


pharmacyguildactbranch

19

pharmacyguildactbranch Community pharmacies are supporting Wear it Red for Pain. It's a national initiative to raise awareness, break down stigma, and encourage conversations about pain.

Pleased to have CEO of @pain_australia Monika Boogs visit Simon Blacker's team who are supporting this initiative at @queanbeyan_pharmacy.

Did you know that chronic pain affects 3.6 million Australians?

#wearitredforpain #chronicpain #patients #communitypharmacy

19 September


Nevro
76,065 followers
2w •
+ Follow

🔴 Wear It Red for Pain – Let's Make Pain Visible 🔴
Today, we support Painaustralia in raising awareness for chronic pain. Many Australians live with pain that no one else sees — pain that often goes unheard and misunderstood. September is International Pain Awareness month, we believe visibility is the first step toward change.
Here's how you can join in to support:
🔴 Wear red to show your support and start conversations.
🔴 Keep an eye out for pharmacies across the country displaying red, using posters, and sharing resources from painaustralia.org.au
🔴 Share stories to help others feel seen and understood.
Together, we can make pain visible and build support for the Chronic Pain Community. 💙
#WearItRedForPain #LetsMakePainVisible #ChronicPainAwareness #Nevro


The Pharmacy Guild of Australia
1d •

🔴 Wear it red for pain on 19 September 🔴

Chronic pain affects 3.6M Australians — let's make it visible.

On Friday 19 September, Painaustralia is asking pharmacies nationwide to wear red, decorate your pharmacy, and start conversations with your patients about pain. No-one should have to face pain alone.

For more information & resources visit: https://loom.ly/CiE7ja0

#WearItRed #PainAwareness #CommunityPharmacy #SupportMatters


northhobartpharmacy
North Hobart Pharmacy

TALK WITH YOUR PHARMACIST ABOUT PAIN

Pharmacists speak every day with people living with chronic pain. They are often accessible and can provide support and advice on pain management. They are just a conversation away.

northhobartpharmacy ❤️ Chronic pain is often invisible – but together, we can make it visible.

Too many Australians struggle to be heard, find support,


Lanyon Pharmacy
19 September at 03:05 •

Today is Wear it Red for Pain - a day of awareness and making the invisible visible. Chronic pain affects 3.6 million Australians - that could be your work colleague, your mum or the person sitting next to you on the bus or train. Let's all help to break down the stigma of chronic pain.

Our Pharmacists at Lanyon Pharmacy were more than happy to be out of uniform today for this great cause

To find out more head to: https://www.painaustralia.org.au/campaigns-awareness/wr4p

Painaustralia Pharmacy Guild of Australia - ACT Branch


Massage & Myotherapy Australia
22h •

-Wear it Red for Pain | Friday 19 September 2025-

Chronic pain affects 3.6 million Australians. It's often invisible and stigmatised. Wear red to show no one faces pain alone.

How to get involved:
- Visit a pharmacy dressed in red or displaying Painaustralia resources. Start a conversation with your pharmacist about pain.
- Share your story or a photo: admin@painaustralia.org.au
- Raise awareness and support someone living with chronic pain.

Together we make pain visible and build a community where people feel seen, heard, and supported. Learn more: https://www.painaustralia.org.au/wr4p-pharmacist-info

Highlighting the Impact of Shingles Pain

Painaustralia was proud to support the national Hidden Health Baggage campaign alongside comedian Julia Morris to raise awareness of shingles and the serious, long-lasting pain it can cause.

The campaign launched at Sydney's Circular Quay on 14 October 2025 with a public installation featuring 97 suitcases - representing the 97 per cent of Australians over 40 who already carry the dormant virus that causes shingles following a previous chickenpox infection.

Painaustralia CEO Monika Boogs joined Julia Morris and health experts to highlight the often-overlooked impact of shingles-related pain and the importance of prevention and early conversations with health professionals.

As part of the campaign, Monika reinforced that shingles is far more than "just a rash" and the reality of it often being extremely painful and debilitating. "Beyond the visible symptoms, it can disrupt sleep, mood, work and daily activities impacting quality of life and for some people, leading to long term chronic nerve pain."

Earlier in the year, ahead of Shingles Awareness Week, Painaustralia also released its report It's *Not Just a Rash*, highlighting the significant physical, emotional and financial impacts shingles can have on Australians and reinforcing the need for greater awareness, prevention and access to vaccination.

The findings and lived experiences captured through the report's consumer survey strongly aligned with the messaging of the Hidden Health Baggage campaign and reinforced the serious and often underestimated impacts of shingles-related pain.

Of the 2,000 respondents surveyed by Painaustralia, 92 per cent reported experiencing nerve pain associated with shingles, with almost half saying their pain lasted for more than a year. More than half reported shingles affected their ability to work, forcing some to reduce their hours or retire early.

Comedian Julia Morris and Painaustralia CEO Monika Boogs

painaustralia

SHINGLES: IT'S NOT JUST A RASH

THE DEVASTATING IMPACT OF SHINGLES AS REVEALED THROUGH OUR CONSUMER SURVEY

Painaustralia Shingles Report

The Hidden Health Baggage campaign received strong national and regional media coverage across television, digital, online, and social media platforms, helping to amplify awareness of the hidden burden of shingles and chronic nerve pain in Australia.
Painaustralia CEO Monika Boogs featured prominently across a range of media outlets, including Channel 10 and other national and regional platforms, helping reinforce key campaign messages about the serious and often underestimated impact of shingles-related pain, the importance of prevention, and the need for greater public awareness and vaccination uptake.

Strengthening Consumer Access to Digital Pain Care Solutions

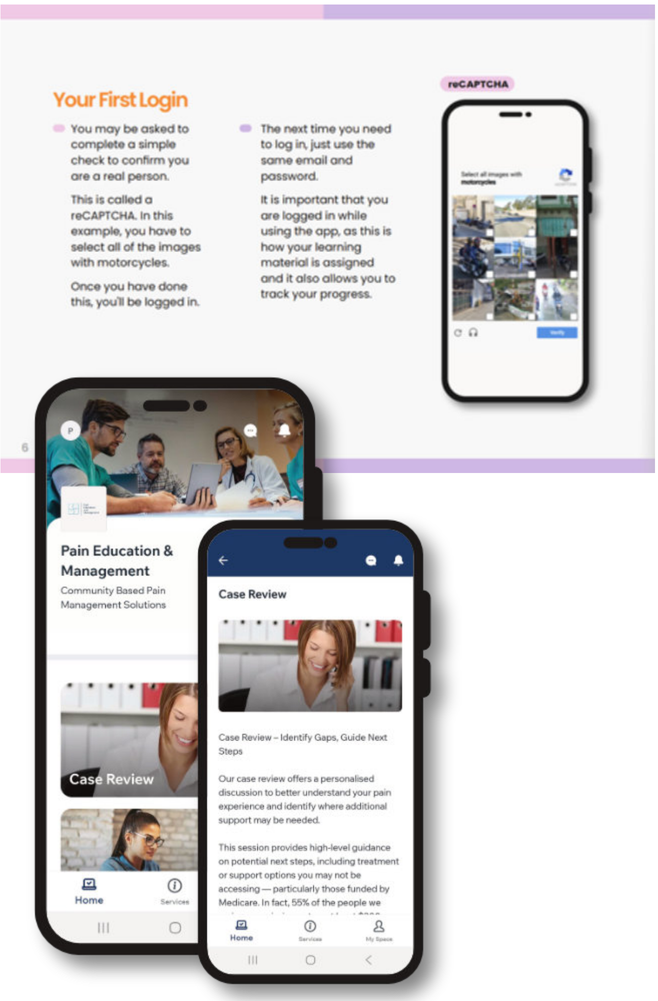
Painaustralia partnered with Pain Education and Management to support the promotion and consumer engagement of the Pathways app, a digital platform designed to improve access to evidence-based pain education, practical self-management tools and coordinated care pathways for people living with chronic pain.

The Pathways app provides consumers with access to an 11-module pain management program covering key areas of pain care including pain education, medicines, movement, sleep, nutrition and reconditioning. The platform supports both self-directed learning and multidisciplinary care, enabling consumers to engage with the app independently or alongside their GP and allied health professionals.

As part of this collaboration, Painaustralia contributed to the development of a consumer-focused handbook to support uptake and accessibility of the app. The handbook provides practical step-by-step guidance to assist consumers in navigating the platform, understanding available services and engaging with appropriate pain management supports.

This collaboration reflects Painaustralia's ongoing commitment to improving consumer access to credible information, digital health innovation and multidisciplinary approaches to chronic pain care.

Painaustralia would also like to acknowledge the leadership and commitment of Pain Education and Management in developing innovative digital health solutions for those living with chronic pain.



Your First Login

- You may be asked to complete a simple check to confirm you are a real person.

  This is called a reCAPTCHA. In this example, you have to select all of the images with motorcycles.

  Once you have done this, you'll be logged in.
- The next time you need to log in, just use the same email and password.

  It is important that you are logged in while using the app, as this is how your learning material is assigned and it also allows you to track your progress.

Case Review – Identify Gaps, Guide Next Steps

Our case review offers a personalised discussion to better understand your pain experience and identify where additional support may be needed.

This session provides high-level guidance on potential next steps, including treatment or support options you may not be accessing — particularly those funded by Medicare. In fact, 55% of the people we

Health Industry Hub Awards

Painaustralia was honoured to be named a finalist in the 2025 Health Hub Industry Awards in the Advocacy Champion category.

Our CEO Monika Boogs was nominated for a podcast with Joyce McSwan from PainWise and Health Industry Hub's Rozalina Sarkezians. where they discussed the barriers for patients to effectively manage, down scheduling of pain medicines and the key clinical trends that will drive transformations in pain management over the next five years.

Painaustralia would like to thank Health Industry Hub for highlighting the issues and challenges faced by the many millions of Australians who live with persistent and chronic pain.

Empowering Consumers Through the Opioid Safety Toolkit

Painaustralia continued its support of the Opioid Safety Toolkit in 2025, following its involvement in the co-design and national launch of the resource in partnership with Monash University. Developed with direct input from people prescribed opioids and our own Consumer Advisory Group member Megan Kuleas the interactive online Toolkit provides tailored, evidence-based information and practical tools to help consumers better understand opioid risks and make informed decisions about their pain management. This includes resources such as an Opioid Safety Plan and the Routine Opioid Outcome Monitoring (ROOM) tool, which helps people track how opioid use is affecting them over time.

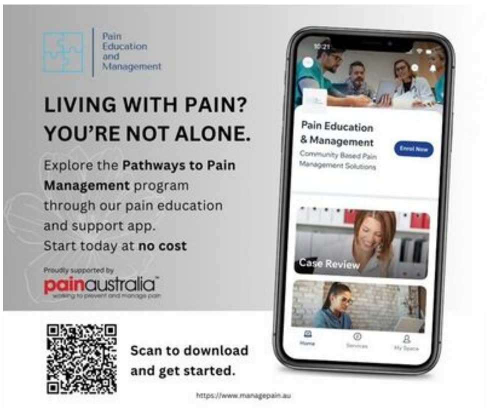
In 2025, findings from a trial involving more than 300 people prescribed opioids demonstrated the positive impact of the Toolkit. Compared with a standard opioid information website, people using the Opioid Safety Toolkit were four times more likely to plan to obtain naloxone - a life-saving medicine that can reverse opioid overdose - and more than twice as likely to ask for it. Participants also reported greater understanding of opioid risks and a more positive overall experience.

Since its launch in 2024, the Toolkit has been accessed more than 125,000 times, supporting Australians to build confidence, improve their knowledge, and take practical steps towards safer opioid use. Painaustralia is proud to have contributed consumer insight and advocacy expertise to this important national initiative.

Representing Consumers in National Policy

Throughout 2025, Painaustralia continued to contribute to a range of policy consultations, submissions and stakeholder engagement activities aimed at improving outcomes for Australians living with chronic pain. Drawing on consumer, clinical and sector expertise, we provided input into national health policy discussions, medicine and technology access, and initiatives affecting pain management and consumer care.

Painaustralia also continued its representation on the Therapeutic Goods Administration (TGA) Medical Devices Consumer Working Group, ensuring the perspectives and experiences of consumers remain central to discussions relating to medical devices, safety, regulation and access.



Pain Education and Management

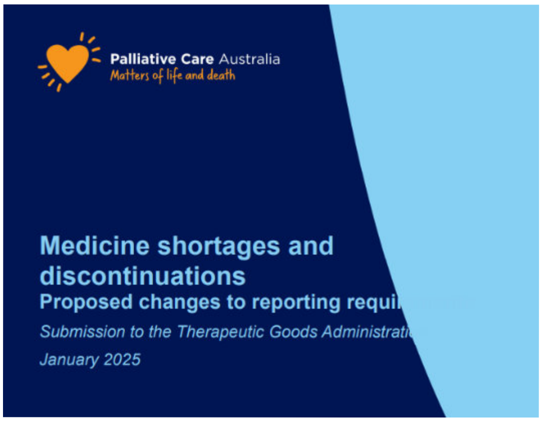
LIVING WITH PAIN? YOU'RE NOT ALONE.

Explore the **Pathways to Pain Management** program through our pain education and support app.
Start today at **no cost**

Proudly supported by painaustralia

Scan to download and get started.

https://www.managepain.au



Palliative Care Australia
Matters of life and death

Medicine shortages and discontinuations

Proposed changes to reporting requi

Submission to the Therapeutic Goods Administrati

January 2025

Painaustralia was one of seven organisations who worked on an eleven point plan to resolve shortages of palative care medicines

Migraine across Australia

An Electorate Snapshot

Migraine is a neurological condition, not just a headache. It drives disability, hospital care, emergency presentations and health-system spending across Australia.

It is an invisible disability, not a temporary condition, nor something that will go away. There is no cure for migraine, however, in most cases, it can be managed.

Women bear the greatest burden, but migraine affects families, workplaces and communities nationwide.

Those who live with migraine do not always get a lot of support and understanding as most people think of migraine as just being a headache.

Despite the prevelance of migraine, it continues to be misunderstood, dismissed and deprioritised - both in the health system and in public policy.

This must change. Without urgent action, Australians will continue to face delayed diagnosis, limited access to care and unnecessary disability. Raising awareness is not optional - it is essential.

Governments must recognise migraine as a serious neurological condition and commit to a coordinated national response, including a migraine action plan, improved frontline diagnosis and better support for those living with the condition.

Across every electorate in Australia- urban, regional and rural - migraine represents a large and largely invisible constituency. In many communities, tens of thousands of people are living with migraine, and the broader community must be better equipped to understand, support and advocate for them. The scale of this issue demands decisive and sustained action.

4.9 million Australians Experience Migraine

Only 1 in 20 People with migraine are accurately diagnosed and treated

25,700 Hospitalisations had migraine and headache disorders as the principal diagnosis in 2023-24.

$592.6 million in migraine health-system costs was recorded in 2023-24.

How the burden differs for women and men

Women account for 72% of migraine burnden, but migraine also affects men across every electorate

● Women's Pain Inquiry

painaustralia

Women's pain inquiry finds Victorians' suffering worsened by male-centred healthcare system

Victoria's Inquiry into Women's Pain has revealed a healthcare system built around "Caucasian male biology," leading to dismissive care and poorer outcomes for women and girls.

Read More >>

Collaboration Across the Health Sector

Working together to improve the lives of consumers with chronic pain

Painaustralia played an active role across a broad network of health, advocacy, government, and community organisations throughout 2025, contributing to efforts to improve pain care, raise awareness, and support people living with chronic pain.

Engagement throughout the year included ongoing work with organisations and leaders across the pain sector, including pain specialists, multidisciplinary health professionals, researchers, the Faculty of Pain Medicine, the Nueromodulation Society of Australia and New Zealand, the Pain Foundation and the Pain Management Network. These relationships supported advocacy for improved access to pain treatments, multidisciplinary pain care, stronger consumer engagement, and greater awareness of the impact of chronic pain across the health system and community.

We also continued to build on longstanding relationships with a range of health and consumer organisations, including the Australian Patient Advocacy Alliance, Arthritis Australia, the Australian Patients Association, the Pharmacy Guild of Australia, Massage and Myotherapy Australia, Musculoskeletal Australia, the Brain Foundation, the Purple Bucket Foundation, the Patient Voice Initiative, and Palliative Care Australia.

During the year, Painaustralia participated in a number of working groups and national collaborations, including the Musculoskeletal Patient Advocacy Coalition and the Accessible Product Design Alliance. We also continued to be a member of the Australian Ethical Health Alliance, contributing to discussions relating to consumer trust, evidence-based healthcare communication, accessibility, and health system reform.

Painaustralia also worked closely with Dragon Claw Charity, now known as My Flare Up, on the continued development of the My Pain Assessment Communication Tool (MPaCT). The patient-led initiative is designed to help people living with pain better communicate the impact of pain on their daily lives and support more effective conversations with healthcare professionals. Consumer consultation and feedback activities were an important part of the project, helping ensure lived experience perspectives continued to guide the development of the tool. Painaustralia values the strong working relationship developed through this initiative with My Flare Up.

Painaustralia also worked alongside Palliative Care Australia and seven other peak bodies on advocacy relating to pain medicine shortages and access to palliative pain care, particularly for people nearing end of life. This included support for a national 11-point plan aimed at addressing ongoing shortages of essential pain medicines and improving access to appropriate care and treatment.

Across the year, Painaustralia engaged with universities, researchers, healthcare organisations, industry representatives, and government stakeholders on initiatives relating to pain management, digital health, vaccination awareness, opioid safety, consumer education, and public health policy.

These partnerships and shared initiatives supported the development of resources, research translation activities, educational programs, and advocacy campaigns aimed at improving outcomes for Australians living with pain.

Communications and Engagement

Amplifying the Consumer Voice Through the Media

Throughout 2025, Painaustralia continued to engage with television, radio, podcasts, print and digital media to raise awareness of chronic pain and advocate for improved support, treatment and recognition for the millions of Australians living with pain. Through media interviews, opinion pieces, podcasts and stakeholder publications, we contributed to national conversations on chronic pain, pain management, consumer experiences and emerging health policy issues.

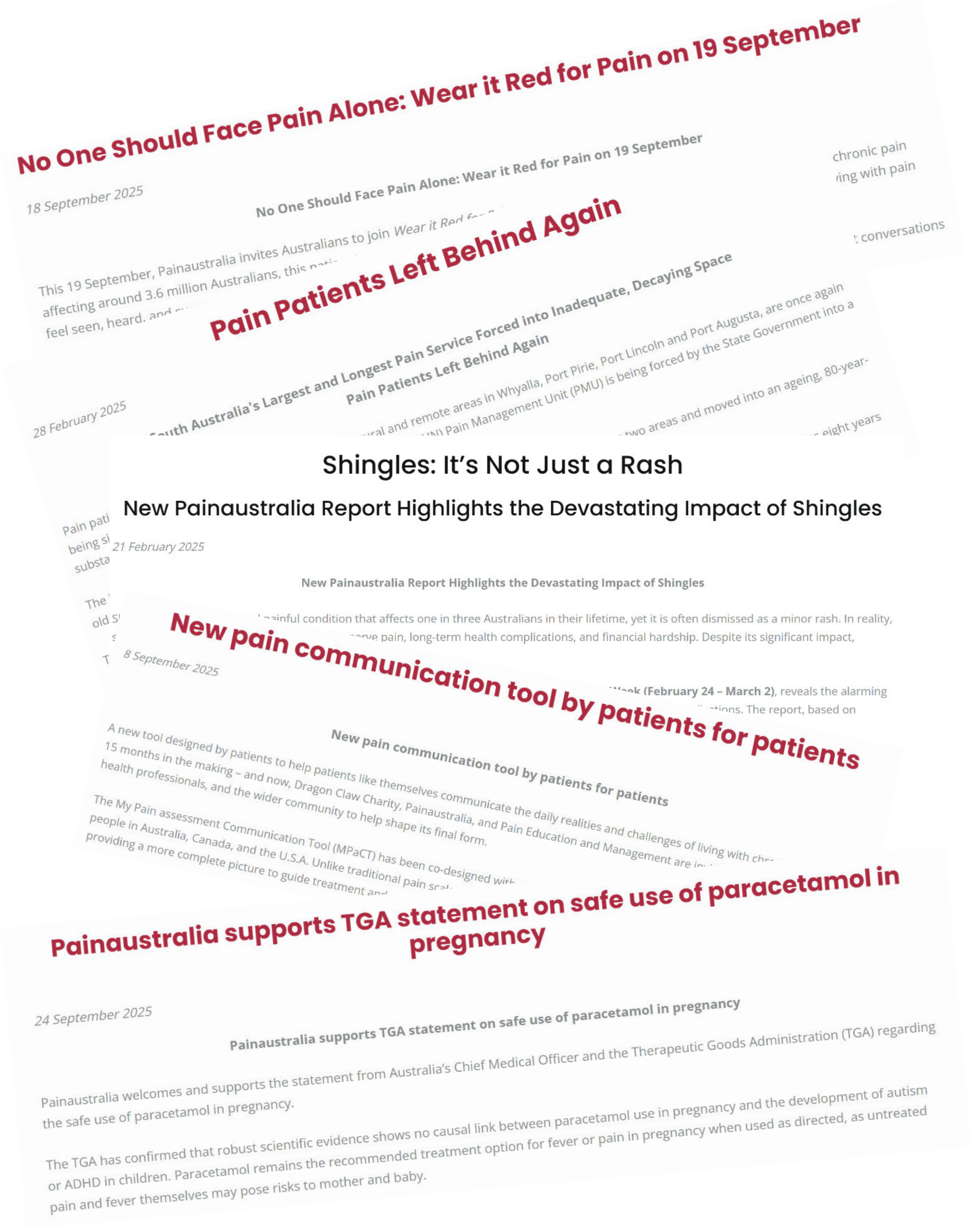
During the year, Painaustralia featured across a broad range of media outlets, including national Channel 7 news, helping to elevate awareness of the impact of chronic pain and the challenges faced by those living with persistent pain.

Media engagement also provided an important platform to amplify lived experience perspectives, reduce stigma and support greater understanding of the physical, emotional and social impacts of chronic pain.

We thank the many consumers who generously shared their stories throughout the year. Their experiences continue to play a vital role in building understanding, informing advocacy and supporting meaningful change across the health system.

Painaustralia CEO Monika Boogs spoke to Channel 10 News

Painaustralia’s Voice in the Media



No One Should Face Pain Alone: Wear it Red for Pain on 19 September

18 September 2025

No One Should Face Pain Alone: Wear it Red for Pain on 19 September

This 19 September, Painaustralia invites Australians to join *Wear it Red fo* chronic pain
affecting around 3.6 million Australians, this nati ving with pain
feel seen, heard, and t conversations

Pain Patients Left Behind Again

28 February 2025

uth Australia's Largest and Longest Pain Service Forced into Inadequate, Decaying Space

Pain Patients Left Behind Again

ural and remote areas in Whyalla, Port Pirie, Port Lincoln and Port Augusta, are once again
N) Pain Management Unit (PMU) is being forced by the State Government into a
two areas and moved into an ageing, 80-year-
eight years

Pain pati
being si
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Shingles: It’s Not Just a Rash

New Painaustralia Report Highlights the Devastating Impact of Shingles

21 February 2025

New Painaustralia Report Highlights the Devastating Impact of Shingles

painful condition that affects one in three Australians in their lifetime, yet it is often dismissed as a minor rash. In reality,
erve pain, long-term health complications, and financial hardship. Despite its significant impact,

eek (February 24 – March 2), reveals the alarming
tions. The report, based on

New pain communication tool by patients for patients

8 September 2025

New pain communication tool by patients for patients

A new tool designed by patients to help patients like themselves communicate the daily realities and challenges of living with chr
15 months in the making – and now, Dragon Claw Charity, Painaustralia, and Pain Education and Management are in
health professionals, and the wider community to help shape its final form.

The My Pain assessment Communication Tool (MPaCT) has been co-designed with
people in Australia, Canada, and the U.S.A. Unlike traditional pain sca
providing a more complete picture to guide treatment an

Painaustralia supports TGA statement on safe use of paracetamol in pregnancy

24 September 2025

Painaustralia supports TGA statement on safe use of paracetamol in pregnancy

Painaustralia welcomes and supports the statement from Australia’s Chief Medical Officer and the Therapeutic Goods Administration (TGA) regarding the safe use of paracetamol in pregnancy.

The TGA has confirmed that robust scientific evidence shows no causal link between paracetamol use in pregnancy and the development of autism or ADHD in children. Paracetamol remains the recommended treatment option for fever or pain in pregnancy when used as directed, as untreated pain and fever themselves may pose risks to mother and baby.

Strengthening Digital Engagement and Consumer Connection

Painaustralia grew its digital engagement and online presence, using social media, podcasts, campaigns, and digital platforms to connect with consumers, health professionals, members, advocates, and the broader community.

Social media activity throughout the year focused on raising awareness of chronic pain and promoting practical, evidence-based health information.

Digital campaigns and content highlightedbvaccination awareness, opioid safety and medicine stewardship, women's health, migraine awareness, and shingles awareness.

Painaustralia supported member initiatives and shared research developments, educational resources, advocacy activities, and policy updates relevant to people living with pain and those working across the pain sector.

Painaustralia promoted innovative consumer-focused tools and resources, including the Pathways App and other online tools, helping consumers improve their communication, self-management, and understanding of chronic pain and the available supports.

Podcasts, interviews, consumer stories, and digital storytelling also formed an important part of Painaustralia's digital engagement throughout the year.

Painaustralia participated in podcast discussions exploring the hidden impact of chronic pain, barriers to treatment access, stigma, patient experiences of feeling dismissed or "gaslit", the importance of communication between consumers and healthcare professionals, and emerging approaches to pain management and support.

Through these platforms, Painaustralia continued to elevate lived experience voices and foster greater awareness of the realities and challenges faced by people living with pain.

Did you know?

The National Pain Services Directory is a free, easy-to-use tool that helps people living with **chronic pain find** the **right care** near them.

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The Hidden Epidemic: Living with Chronic Pain

The Hidden Epidemic: Living with Chronic Pain
CEO Monika Boogs talks with Katharine Basset

Link in description

GUEST ARTICLE

MEDICAL STUDENTS IN THE PAIN MANAGEMENT UNIT - A WIN WIN EXPERIENCE

Written by:

MS FELICITY RAMSAY

DR DIARMUID MCCOY

More information available in the description.

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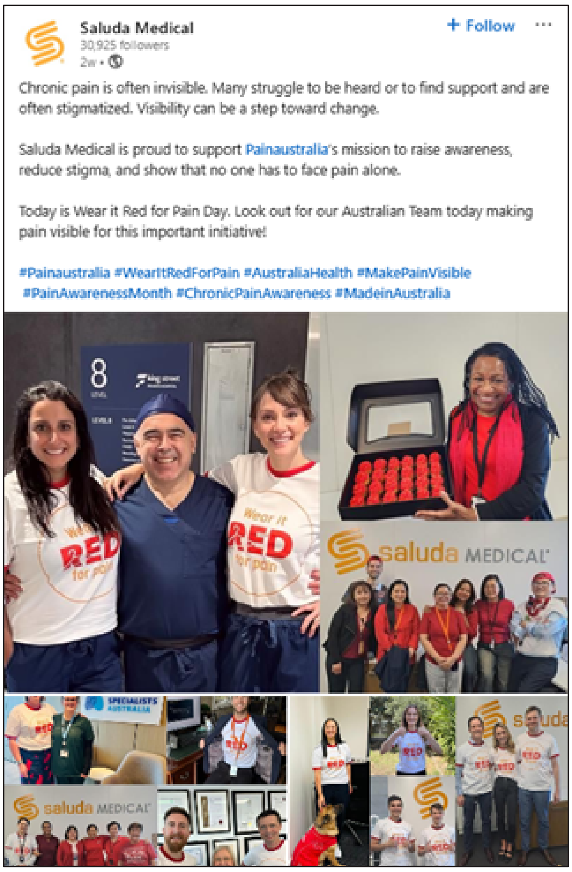
We have updated our chatbot!

I'm here to help you with information about Painaustralia and answer any questions you might have about pain.

Why So Many Australians with Chronic Pain Feel Ignored and Gaslit

November 2025

One in five Australians live with chronic pain yet many are still told to "live with it." In this episode of The Pain Diaries Podcast, our CEO, Monika Boogs, joins Dr Nick Christelis, Director of **Pain Specialists Australia**, to unpack why people with pain continue to feel dismissed or gaslit. We discuss the invisibility of chronic pain, barriers to treatment, and where real support is found. Listen to the podcast here.



Saluda Medical
30,925 followers
2w •

Chronic pain is often invisible. Many struggle to be heard or to find support and are often stigmatized. Visibility can be a step toward change.

Saluda Medical is proud to support Painaustralia's mission to raise awareness, reduce stigma, and show that no one has to face pain alone.

Today is Wear it Red for Pain Day. Look out for our Australian Team today making pain visible for this important initiative!

#Painaustralia #WearItRedForPain #AustraliaHealth #MakePainVisible #PainAwarenessMonth #ChronicPainAwareness #MadeinAustralia

Valuing Our Members and Partners

Painaustralia's achievements throughout 2025 would not have been possible without the support of our members, partners, consumers and stakeholders. We are sincerely grateful for the expertise, commitment and collaboration they bring to our work.

Chronic pain is a complex challenge that cannot be addressed by any one organisation alone. The relationships and partnerships we have built across the health sector, government, industry and the community continue to strengthen our collective ability to advocate, educate and drive meaningful change for Australians living with pain.

We thank everyone who has supported Painaustralia throughout the year and look forward to continuing to work together to improve the lives of Australians living with pain.

> *You are not alone. You are not a failure. You aren’t weak. Please don’t feel disheartened. Don’t sit in guilt and shame, it has no place. Seek guidance and support. Don’t do it alone.*

Amie Rule
Consumer Advisory Group member

CHANGE

PAIN

SUPPORT

MANAGE

painaustralia

Working to prevent and manage chronic pain

AWARENESS

PREVENT

STIGMA

EDUCATION

TREATMENT

ADVOCACY

CHRONIC

painaustralia.org.au

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