

# Pain management



**ST VINCENT'S  
PRIVATE HOSPITAL**  
BRISBANE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

### *What is persistent pain?*

Persistent pain is pain that lasts for more than three months, or pain that exists beyond the expected healing time following an accident or injury. Sometimes there is no cause or trigger. Often there are little or no visible signs, making pain harder to be seen or understood.

*We understand that everyone is different.  
We can help you manage your pain.*



At St Vincent's Private Hospital Brisbane, we know how persistent pain can change your life.

It can affect your mood and memory; your ability to enjoy life; to do part or full time work; to participate in sport; to socialise; to concentrate at school or university; and can impact your relationships with your family and friends.

Understanding how your body responds to persistent pain can improve your ability to cope and feel more in control.

We offer programs and services that can help you understand and manage your pain.

## Our team

Our Pain Management Team is an experienced and highly qualified group of health care professionals.

Our team will work closely with you and your family to help you gain the confidence and skills to manage your pain and to achieve your goals. They will develop a personalised pain management plan with you including self-management strategies and life skills to practice when you are at home.

Our Pain Management Team includes:

- Pain Medicine Physicians
- Rehabilitation Medicine Physicians
- Psychologists
- Physiotherapists
- Occupational Therapists
- Social Workers
- Dietitians
- Speech Pathologists
- Nurses
- Spiritual Care Practitioners.

# Our services

Our pain management services include interventional pain procedures, pain management programs and rehabilitation.

## Interventional pain procedures

We use interventional treatments proven to minimise or eliminate pain. We utilise safe evidence-based technologies such as nerve blocks, nerve stimulators and a range of advanced medical options aimed to reduce or eliminate pain.

## Rehabilitation

Rehabilitation plays a key role in pain management. Rehabilitation treatments can improve your physical and emotional wellbeing. Psychology, physiotherapy, occupational therapy and nursing support combine to help improve your coping skills, physical strength, mobility and condition your body to become ready to return to normal activities as much as possible.

# Our pain management programs

## Adolescent pain management program

The adolescent pain management program is designed to help young people aged 14–17 years who live with persistent pain.

The adolescent pain management program is offered in the following formats:

- *After school program*
- *Holiday program*

## Young adult pain management program

The young adult pain management program is designed to assist adults aged 18–30 years who live with persistent pain.

The young adult pain management program in the following formats:

- *Morning program*
- *Afternoon program*
- *Day program*

*Our pain management programs are tailored for people in groups of up to ten participants; where everyone understands the challenges of living with persistent pain.*

*Our programs are suitable for people aged 14 years and over.*

*Please note all programs are subject to availability.*

## Adult pain management program

The adult pain management program is designed to assist adults aged 30 years and over who live with persistent pain.

The adult pain management program is offered in the following formats:

- *Morning program*
- *Afternoon program*
- *Day program*

## Rehabilitation program

The rehabilitation program is designed to help people regain independence and restore physical strength, mobility and function.

The rehabilitation program is offered in the following format:

- *Day program*

*Our programs are about  
helping you get back  
to doing the things you enjoy  
and the future you want.*

## What's involved

Our pain management programs are offered on a day basis. They focus on rehabilitation and restoring function.

Before you start a pain management program, our team will work with you to understand your goals and develop a personalised plan to achieve them. Your plan will include physical, social and learning activities. Maintaining physical, mental and social activity is important.

Pain management programs may include:

- goal setting
- education sessions on self-management, anatomy, physiology of pain and improving lifestyle
- exercise and strength training
- graded gym exercises
- psychological support
- pastoral care
- social support
- relaxation and stress management
- cognitive behaviour therapy
- tai chi
- hydrotherapy
- medication management
- sleep management
- nutrition
- ergonomics.

## Our aim

Our pain management programs adopt a wellness and self-management approach to help you manage your pain and lead a fulfilling and healthy life.

Our aim is to help you:

- improve awareness and understanding of persistent pain
- develop practical and effective strategies to manage pain
- develop goals and a personalised plan for pain management
- understand how to manage your pain medication
- demonstrate the role of physical activity in managing pain
- improve your ability to manage pain flare-ups
- understand pain coping skills
- reduce stress, anxiety and depression
- improve the quality of your sleep
- gain self-confidence and resilience
- improve relationships with family and friends
- reduce reliance on health services.



# Pre-admission assessment

Before you commence a pain management program you will be referred for a pre-admission assessment. These assessments take approximately 4-5 hours.

The pre-admission assessment involves meeting members of our team, including the Psychologist, Physiotherapist and Occupational Therapist. In addition to assessments by the team, you will be given education and information on persistent pain and how our programs can help.

By the end of the assessment, our team will recommend the most appropriate pain management program for your goals for rehabilitation and discuss your options.

## Family support

Persistent pain may impact on those close to you. Sometimes family members can feel uncertain about what they can do or how best they can help.

Family education sessions are an important part of our pain management programs. They assist loved ones to understand more about persistent pain and what can be done to manage it more effectively.

Our team will help you and your family learn about complicating factors of pain, understand your treatment and how to reach your goals.

## The first step

Our pain management programs are available to those with private health insurance, self-funded health cover, DVA benefits, Third Party and WorkCover.

A referral to one of our Pain or Rehabilitation Medicine Physicians from your General Practitioner is required.

If you live in a regional area, you may be able to access *The Patient Travel Subsidy Scheme*. Our team will provide you with assistance and guidance to access this service.

Visit [www.svphb.org.au](http://www.svphb.org.au) for a full list of our Pain and Rehabilitation Medicine Physicians.

### Contact us

For more information about our pain management services and programs, please phone 07 **3240 1111** during business hours and ask to speak to our Pain Management Team.

## Notes

[illegible]

# St Vincent's Private Hospital Brisbane

411 Main Street, Kangaroo Point QLD 4169

Phone: 07 3240 1111 Email: [info@svphb.org.au](mailto:info@svphb.org.au)

Website: [www.svphb.org.au](http://www.svphb.org.au)

 [@stvincentsprivatehospitalbrisbane](https://www.facebook.com/stvincentsprivatehospitalbrisbane)



Free WiFi available by connecting to WiFiHotSpot



Developed in consultation with our consumers (September 2018)

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES