


Chronic Pain Management Program Patient Information

Are you experiencing persistent pain for more than 3 months, or pain that goes beyond what is expected following an accident or injury?

We know it can be difficult to understand and see how it is impacting your everyday life.



Our pain management team at Herston Private Hospital offer a tailored program for your individual experience of persistent pain. It provides knowledge, strategies and skills to use in your daily living activities, support a return to hobbies and interests and where relevant, support a return-to-work plan.

Our specialist team includes Pain Medicine Specialists, GP, Physiotherapist, Psychologists, Dietician, and Nurse Practitioner.

What's Involved

Our individual programs are suitable for individuals aged from 14 years to older adults.

Specific programs are tailored according to age groups, reason for referral, medical conditions or co-existing mental health.

Program availabilities are according to individual's needs,

- adolescents - after school programs, school holidays
- adults - morning and afternoon programs.

A pre-admission assessment by the pain management team will confirm your individual concerns, needs and goals. Outcomes of the assessment will be explained so you know what to expect.

Sessions aim to increase your knowledge and skills, understand the psychology of pain and responses to pain, the relationship between nutrition and pain, graded exercise plans such as strength training, tai chi, mindfulness, sleep hygiene, medication management, misuse of alcohol or other substances, develop individual strategies to improve quality of life.

How to Access the Program

A GP referral may be required. This can be sent directly from your GP through medical objects to Dr Sonia Res at Herston Specialist Clinic. You can also self-refer via our website www.herstonprivatehospital.com.au/clinic.

Your referral will be reviewed by Dr Res and our pain management team and you may require a consultation with our Pain Management Specialist prior to acceptance into the program.

Our pain management program is available with Private health insurance, DVA, Workcover, Third party and NDIS. Medicare rebates may apply.

Visit our website www.herstonprivatehospital.com.au/clinic for information about our services and allied health specialists available for individual appointments.