

Chronic Pain Management Program

For referring General Practitioners

Our program outline:

- Individual clinical needs assessment with physiotherapist & psychologist
- Clinical outcome measurement scores (pre & post)
- Evidence based psychological interventions
- Psychoeducation - Explaining pain & responses
- Challenging automatic thoughts
- Distress tolerance
- Emotional regulation & dysregulation
- Skills training in acceptance & adjustment
- Individual physiotherapy graded gym exercise plan
- Mindfulness, Tai Chi or progressive relaxation
- Nutrition & Diet
- Sleep hygiene
- Misuse of opioids, substances or alcohol
- Medication management
- Motivation & goal setting
- Early warning signs, identify the triggers
- Social supports & preventing relapse

REFERRAL PATHWAY

1. GPs can refer to the program via medical objects by addressing to Dr Sonia Res at Herston Specialist Clinic.
2. Individuals who self-refer can do so via our website, www.herstonprivatehospital.com.au/clinic
3. Patient referrals are triaged by Dr Sonia Res and the allied health pain management team

PROGRAM SCHEDULE

1. Week 1 - patients scheduled for 1:1 physiotherapist & psychologist appointments for individual clinical needs assessment and to establish baseline clinical outcome measures.
2. Following weeks, 2.5 hr sessions according to the group program and individual needs
3. Week 10 - patients scheduled for 1:1 physiotherapist & psychologist appointments for clinical review of individual needs assessment and repeat clinical outcome measures.
4. Post program - allied health summary report with findings of clinical outcome measures provided to referring Pain medicine specialist and primary GP



In addition to the pain management program, or in the event your patient is not ready for the pain management program, you can refer to Herston Specialist Clinic for 1:1 appointments with:

- Allied health - Psychologist, Dietician or Physiotherapist, Speech Pathologists and Mental Health Nurse Practitioner
- Neuropsychologist for a range of neuro assessments
- Dr Sonia Res, GP – chronic pain & co-morbidity of mental health