
PERSISTENT PAIN PROGRAM

WHAT IS PERSISTENT PAIN?

Persistent pain is long-standing or recurrent pain that extends beyond normal healing times. The pain may not respond as expected to physiotherapy, chiropractic or surgery and as time goes on it can impact on you emotionally, socially and economically. There are a number of individual factors that contribute to your persistent pain. The role of a pain management program is to help you determine the factors that are contributing to your pain and assist you in addressing them yourself in the future.

CABRINI'S PERSISTENT PAIN PROGRAM

Research indicates the best treatment for persistent pain is a team-based approach. The Cabrini Persistent Pain Program consists of a team of experts in persistent pain who can work with you to develop a successful management plan. The overall goal is to help you reduce your pain and improve your ability to do the activities that you value. This can improve your quality of life and overall happiness.

Our persistent pain team includes:

- Rehabilitation consultant specialising in pain management
- Physiotherapist
- Health psychologist
- Dietitian
- Occupational therapist
- Social worker
- Neuropsychologist

HOW DOES THE PROGRAM WORK?

We develop a specific program to help you treat and manage your pain.

Initially you will undergo a thorough assessment by our doctor and allied health team. We will then develop a suitable program for you based on your preferences and values.

The program will involve you attending appointments at our rehabilitation site twice weekly for several weeks. At these appointments you will participate in an individually tailored and functional exercise program alongside other people with persistent pain. You will also learn information important in empowering and supporting you to effectively manage your pain. You may also have individual sessions with members of our persistent pain team as needed.

The team will monitor your progress using evidence-based assessments and will review and modify your program as required.

THE PROGRAM CAN HELP TO:

- Maximise physical ability
- Optimise psychological wellbeing
- Reduce reliance on pain medications
- Improve quality of life
- Increase ability to work or return to work
- Increase participation in social and leisure activities
- Improve quality of sleep
- Improve understanding of pain
- Provide effective coping strategies

During the program you will learn:

- Self-management
- Specific exercises
- Strategies for efficient management of daily activities including housework, family commitments and paid work
- Relaxation and mindfulness
- Sleep strategies
- Healthy diet strategies
- How to identify values and set realistic goals
- Details about medications for pain

COST

Many people are fully covered for this program under their private health insurance hospital cover. Your eligibility and any out of pocket costs will be checked prior to commencement of the program.

WHAT TO WEAR

Comfortable walking shoes/sneakers, loose fitting clothes such as a tracksuit, t-shirt, sweatshirt or jumper.

LOCATION

Cabrini Specialist Centre – Elsternwick
494 Glen Huntly Rd, Elsternwick 3185

FURTHER INFORMATION

Please contact Access:

Ph: (03) 9508 1700

Fax: (03) 9508 1455

Email: access@cabriini.com.au

Mail: Access – 494 Glen Huntly Road, Elsternwick, 3185

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OUTPATIENT REFERRAL FORM

Please ask your doctor to complete this form and send to Access:

Email: access@cabrini.com.au

Fax: (03) 9508 1455

Mail: Access – 494 Glen Huntly Road, Elsternwick, 3185

Patient details:

Name: _____ Date of birth: _____

Address: _____

Telephone : (H) _____ (M) _____

Health fund: _____ Membership no: _____

DVA Gold TAC Workcover

Doctor name: _____

Phone: _____ Date: _____

Provider no: _____

Signature: _____

REASON FOR REFERRAL/RELEVANT CLINICAL HISTORY

Please attach any relevant investigations/pathology/imaging /biochemistry

MEDICATIONS

Please list all current medications

Disclaimer: This brochure is provided for general information purposes only. This brochure does not provide you with specific personal, professional or medical advice. It is not intended to be a substitute for professional or medical advice and should not be relied upon as such. You should obtain advice from your treating doctor or healthcare professional about your individual circumstances.

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