

Other Information

Further useful information can be found at the following websites:

www.painmanagement.org.au

The Australian Pain Management Association's website aims to offer pain management options and information for people with pain, families and friends.

<http://www.hnehealth.nsw.gov.au/pain>

Internet site of Hunter Integrated Pain Service's (NSW) which provides useful information for patients with persistent pain

www.healthyactive.gov.au

Provides a range of information on healthy eating, regular physical activity and obesity to assist all Australians lead a healthy and active life.

www.heartfoundation.com.au

Information about healthy lifestyle relating to heart disease; activity, diet and smoking. This general lifestyle advice can also be applied to the management of pain.

www.quitnow.info.au

Website of Quitline, the Australian National Tobacco Campaign. Quitline can also be reached on 131848.

We also recommend the following books:

Manage your pain - N Nicholas et al ABC Books Sydney 2001

Explain Pain - DS Butler, GL Mosely. NoiGroup Publications. Adelaide 2003

CONTACT DETAILS

PERSISTENT PAIN SERVICE

Telstra Building, 5th Floor, 70 Collins Street, Hbt

Telephone: 6222 8953

Hours: 8.30am-4.20pm Monday to Friday

The Royal Hobart Hospital (RHH) is Tasmania's largest hospital and provides a number of state-wide services that include cardiothoracic surgery, neurosurgery, burns, hyperbaric and diving medicine, neonatal and paediatric intensive care and high-risk obstetrics.

It is the major teaching and research hospital for the state and works closely with the University of Tasmania.

Many health care professions are taught within the RHH, and gaining skills in examining and interviewing patients is an important part of their education and training.

We ask for your cooperation and encourage you to participate in our teaching and research activities.

Your permission is required for participation.

The RHH encourages feedback from patients, relatives and visitors. This feedback enables staff to gain a better understanding of the needs of patients and assists us in continuing to provide the best in patient care. Contact the Manager, Customer Service, telephone 6222 8154.



The RHH is a smoke-free site

Patient Information Brochure

Moving with Pain Group Program

MOVING WITH PAIN

The Royal Hobart Hospital (RHH) Pain Management Unit runs an outpatient group program, Moving with Pain (MWP), for people with persistent pain.

Who should attend Moving with Pain?

The program is designed for people with persistent pain. Persistent pain can be best described as pain present for longer than 3 months despite appropriate medical intervention.

Persistent pain can affect people in their every day living as well as relationships with family, friends and work colleagues.

If you need to manage your pain better than you presently do then the MWP program may be able to help you to regain control over your life.

How can Moving with Pain help?

The best research at present suggests that the following strategies, taught in our program, can make a difference to the effects of pain on you and your life:

Learn more about persistent pain

The program will teach you more about pain, particularly about the difference between acute pain and persistent pain. Importantly persistent pain does not mean there is ongoing damage. Increased pain can be due to the long-term effects of inactivity and increased sensitivity of your nervous system.

Learn how to become more active

Both over activity and under activity can make pain worse. Muscles get weak and joints get stiff causing additional pain. It is more difficult to do every day things which can get you down. You may even get out of the habit of moving and naturally become afraid to move, and this can also make pain worse.

This program includes a gentle exercise program to improve your posture, loosen joints and help you become more active. We also teach skills, such as pacing and task break down, to help you gradually work towards personal goals such as getting back into gardening or being able to sit long enough to watch a movie.

Deal with thoughts and emotions

People with pain often report feeling down. This program will teach you relaxation techniques and ways to manage your thinking and emotions related to pain.

Sleep

It is well known that pain can make it difficult to sleep well. Tips on how to improve sleep will be presented.

Medication reduction

'Pain killers' may take the edge off the pain you experience, but they are not a cure. Some people experience unpleasant side-effects of medication or find after a while they don't work as well. In this program you will learn more about different medications and their side effects. You will be given the opportunity to attend an individual appointment with a doctor if you would like to reduce the amount of medication you are taking.

What else do I need to know?

People attend the program with up to 7 other people. There is one four-hour session per week over four weeks. A review date then follows one month after completion so you can review the skills you have been putting into practice at home. It is important that you attend all five sessions to optimise learning of the strategies.

In the days between visits you are expected to complete activity logs and a self directed walking program.

By the end of the MWP program you will have made an individualised plan that suits you.

If you feel that you are already doing all these things and you are happy with your progress, then you may not need to attend the group.

But, if you want to regain control over your life and achieve your goals despite pain, then the group may be a good place to start.

The staff

All our staff have had extensive experience in pain management strategies. The team consists of a Medical Pain Specialist, Psychologist, Physiotherapist and a Registered Nurse.

Referral to the Moving with Pain Group

If you are interested in the MWP group please speak with us at your next appointment.