

The RBWH is on the corner of Butterfield Street and Bowen Bridge Road, Brisbane, QLD.

Parking: around the Herston area and hospital complex is regulated. Some metered parking is available on O'Connell Terrace and Herston Rd and some free parking is available around Northey St, Windsor which are all about a 15 minute walk away.

There is a privately owned (Metro Parking) car park on Butterfield St offer 24 hour parking, for a cost.

Bus: TRANSLink - 131230 or www.translink.com.au

Train: Nearest stations are Brunswick Street and Bowen Hills both located approximately 1km from the hospital.

Taxi: Taxi ranks are located at the main entrance.

Pick up/drop off: There are designated 2 minute pick up/drop off areas in front of the main entrance.

Information resources will be provided as part of the CHANGES program

Royal Brisbane and Women's Hospital
Metro North Hospital and Health Service
Queensland Health

Professor Tess Cramond Multidisciplinary
Pain Centre
Critical Care and Clinical Support Services

Phone: 07 3646 6141

www.health.qld.gov.au/rbwh

The Professor Tess Cramond
Multidisciplinary Pain Centre
Critical Care and Clinical Support Services

CHANGES

Multidisciplinary Pain Education Program



Partnering with Consumers National Standard 2.4.1
Consumers and/or carers provided feedback on this publication.

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CPN 2252



You have been referred to the Professor Tess Cramond Multidisciplinary Pain Centre for assistance to manage your ongoing pain. Based on the information provided by your doctor, we would like you to participate in the *CHANGES* program.

What is the *CHANGES* program?

The program runs from

9:00am – 2:00pm

CHANGES is an education program introducing you to a broad approach to understanding and managing persistent pain.

Living with persistent pain is a challenge that can affect your personal, family and social life.

The program aims to help you begin to:

- Actively self-manage your pain.
- Learn some approaches that studies show help to tolerate pain better and gain a greater sense of control over life.
- Think more positively.
- Restore your confidence so that you can use these pain management skills in daily life

What does the *CHANGES* program involve?

You will attend GROUP EDUCATION SESSIONS presented by a Pain Medicine Specialist Doctor, Occupational Therapist, Physiotherapist and Psychologist.

The education sessions will focus on:

- explaining pain – what happens in your body and your brain
- understanding pain medications
- how your thoughts and emotions affect your pain
- how you can develop your own pain management plan

The group education sessions will not involve any individualised assessment, treatment or therapeutic interventions.

Can I see the doctor (or health professional) for an individual consultation during *CHANGES*?

No. Medical appointments are not a part of the *CHANGES* program and are scheduled at other times. After attending *CHANGES*, you can choose to see other members of the pain team if you require further assistance.

What do I need to bring?

Reading glasses or hearing aids if you use them.

A walking or mobility aid (e.g. walking stick) if you use one.

You are welcome to bring any personal therapeutic devices to assist with your pain management such as back support cushions.

Morning tea & lunch or feel free to visit the food court

LIST OF MEDICATIONS

YOU DO NOT NEED TO BRING X-RAYS

Can my family member/support person come too?

Family members or other support people are welcome to attend.

Are there any costs involved?

The *CHANGES* program is free to current patients of the Professor Tess Cramond Multidisciplinary Pain Clinic. If you are attending under Workers Compensation please let us know.

What if I can't attend *CHANGES*?

If you would like to attend *CHANGES* but can foresee difficulties (for example, difficulty understanding, living too far away) please contact us to discuss your situation. [Phone \(07\) 36466141](tel:0736466141). If you are unable to commit to attending, please ring to let us know so that we can offer your place to another patient.

Where is the Pain Centre?

From the main entrance on Butterfield St take the lifts on the left hand side of the foyer to Level 4. The Pain centre is on your left on exiting the lift. Volunteers in the foyer will assist you if you need help.