

### What do I do now?

- If you change your address, please let us know
- If you would like to do some reading on pain management while you are waiting for the program, we suggest:
  1. Manage your pain by Nicholas, M., Molloy, A., Tonkin, L., & Beeston, L. (2011). Sydney: Australian Broadcasting Corporation.
  2. Explain Pain by Butler, D. S. & Moseley, G. L. (2003). Adelaide: Noigroup.
  3. 10 Simple Solutions to Chronic Pain by Teaman, B.H. (2007) New Harbinger: Oakland CA



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## Pain Rehabilitation Program

**A multidisciplinary approach to the  
management of persistent pain**



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

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While no one else can experience your pain, some approaches have been shown to be useful in assisting you to manage it so that you tolerate it better and gain a sense of control over your life.

The *Pain Rehabilitation Program* is a two-week (Monday to Friday) program. It incorporates physical activity and pain management strategies designed to increase your knowledge about pain and consider ways to reduce and cope with it while improving psychological and physical functioning.

When you start the program you will be assessed by a range of professionals to provide a basis for your individual treatment and adaptation of group activities to meet your needs. This will include:

- Medical staff including a Psychiatrist
- Pain Management Nurse
- Occupational Therapist
- Physiotherapist
- Psychologist

Information about pain and pain management is delivered in a supportive small group setting where you can ask questions and discuss strategies before you apply them to your own life.

Activity and involvement in life are key factors in improving quality of life and the program includes daily activity and lifestyle sessions:

- Psychological pain management strategies (e.g. managing mood, practicing relaxation, solving problems and improving sleep and memory)

- Ways of performing activities of daily living within your current ability level
- Social and leisure activities
- Physical pain management strategies (e.g. hydrotherapy and land-based exercises)
- Understanding pain
- The role of medication and procedures in comprehensive pain management
- Developing your own pain management plan

To gain the most benefit from the *Pain Rehabilitation Program* it is necessary for you to make a commitment to attending all group sessions and practicing the suggested strategies during and after completion of the program.

Living with chronic pain is a challenge that can require a lot of personal, family and social adjustment. Participating in the *Pain Rehabilitation Program* can help you to think positively as you develop new strategies and build your confidence in applying them to daily living.

## Program Summary

At the start of the program:

- Orientation by nursing staff
- Assessments by members of the multidisciplinary team

## Nursing

- Review (mid-program)
- Summary (end of program)

## Psychology

- Relaxation techniques
- Managing emotions
- Managing sleep
- Memory and Pain
- Problem solving
- Intimacy with pain

## Occupational Therapy

- Valued living
- Functions in work, rest and play
- Stress Management
- Social and leisure activities despite pain

## Physiotherapy

- Understanding pain
- Graduated activity program
- Hydrotherapy
- Tai Chi

## Medical

- Medication in pain management

## Other

- Healthy eating
- Diversional therapy