

The RWBH 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 LIFE 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

LIFE

(Living Independently,
Functioning Effectively)

Pain Education Program

Professor
Tess Cramond
Multidisciplinary
Pain Centre



Partnering with Consumers National
Standard 2.4.1

Consumers and/or carers provided feedback on
this publication.

CPN:2240

What is the **LIFE** program?

LIFE runs 2 days a week for 8 weeks, with a 2 week break in the middle.

Time: 9:00am to 2:30

It is an education program introducing you to a broad approach to understand and manage persistent pain. Living with persistent pain is a challenge.

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 **LIFE** program involve?

The LIFE program involves group education and practical sessions. The program is run by a Pain Medicine Specialist Doctor, Dietician, Nurse, Occupational Therapist, Physiotherapist and Psychologist.

The program involves some individualised case management, but **all** education and practical sessions, treatment & therapeutic interventions are run in a **group** setting.

The group education sessions focus on:

1. Emotions and Pain
2. Improving Sleep
3. Problem Solving
4. Understanding Pain
5. Helpful Thinking
6. Goal Setting
7. Values based activity
8. Pacing

The group practical sessions involve:

1. Mind-body strategies
2. Tai Chi
3. Hydrotherapy
4. Body and movement awareness
5. Gym exercises

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

No. Medical appointments are not a part of the LIFE program; these are scheduled at other times.

Can my family member/support person come too?

Family members or other support people are welcome to attend.

What do I need to bring?

- Morning tea & lunch or feel free to visit the food court
- Reading glasses or hearing aids if you use them.
- A walking or mobility aid (e.g. walking stick) if you use one.
- Any personal therapeutic devices to assist with your pain management such as back support cushions.
- A note pad and pen.

Are there any costs involved?

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

What next?

You will be invited to attend an introduction session where details of the program will be discussed in more detail.

It is important to attend all days of the LIFE program. This will be discussed in the pre-program session