

Chronic Pain Management Program Referrals Open

GP Referral Information



COORDINARE – South Eastern NSW PHN, in conjunction with NSW Agency for Clinical Innovation (ACI), is offering small group education programs in **May 2018** targeting those patients suffering **low to moderate** chronic pain for more than 3 months. The program is **now open for referrals** and is being delivered in Moruya, Batemans Bay, Bermagui, Goulburn and Jindabyne.

Suitable patients	Exclusions
<ul style="list-style-type: none"> Patients experiencing chronic pain longer than 3 months and/or beyond the normal healing time of an injury resulting in declining functional and psychological well-being Patients with an Orebro Musculoskeletal Pain Questionnaire - Short Form (OMPQSF) score of ≥ 50 Independently mobile with the ability and willingness to attend all sessions Low to moderate pain complexity 	<ul style="list-style-type: none"> Worker's compensation or third party insurance claims Opioids > 20mgs oral morphine equivalent per day Inability to participate in a group Presence of significant mental health disorders or physical disability. <p>Red Flags</p> <ul style="list-style-type: none"> Cauda-equina or cord compression Immunosuppression Trauma History of cancer Abnormal gait

The program consists of:

- a 3 hour face to face group session each week for 6 weeks,
- small group size – maximum 10 participants,
- follow-up sessions at 4 and 6 weeks.

Suitably qualified Allied Health professionals deliver the program which aims to improve participants:

- functional capacity through education and management,
- ability to identify goals, overcome barriers, set boundaries and develop crisis management strategies and self-help routines.

Participants will be provided with:

- a work book: containing suitable exercises, goals chart etc....
- a list of resources and websites,
- relaxation and stretching techniques, how to self-manage their routines.

As their **GP** you will receive a report following the program describing the client's progress through the program to assist with follow-up and continued care.

Dates for the Programs

All programs will be commencing in **May 2018**. The Program Facilitator in each region will set the exact date depending on the day of the week they decide to run the program.

How to refer patients

You can follow this link <https://actsnsw.healthpathways.org.au/13893.htm> to Health Pathways to complete the referral form and the Orebro Musculoskeletal Pain Questionnaire - Short Form (OMPQSF). Please return referral documentation to the appropriate Facilitator below.

Location	Facilitator	Fax number	Email	Phone
Bermagui Team Resolve	Josephine Richardson	02 8330 6308	neuralpathwayhealth@gmail.com	0413 659 882
Jindabyne Alpine Monaro Health Centre	Kristine Ciok	02 6416 0201	info@alpinemonarohealthcentre.com	02 6416 0200 0477 698 571
Moruya Kristel Dragisic	Kristel Dragisic	02 4474 4529	J_kdragisic@yahoo.com	0403 770 002
Batemans Bay Hamish Gorman	Hamish Gorman	02 4405 5746	eurobodallaep@gmail.com	0423 901 208
Goulburn Optimum Health Solutions	Tim Roberts	02 8583 3135	tim@opt.net.au	02 4810 0700

Further Information

For further information please contact Susan Rogers, Project Coordinator - Chronic Pain Initiative, Phone: 4474 8425, Mobile: 0459 867 067, email: srogers@coordinare.org.au