

## Summary Points to Remember

- This service provides specialist consultation, group work and education for people with persistent pain. A whole person approach to managing pain.

## What is Persistent Pain?

Persistent (including chronic) pain is a severe pain that is ongoing and can be long-term. It may continue long after you have healed from an injury or a treated condition, although it may also occur spontaneously.

Persistent pain creates changes in the nervous system, including the brain. It can impact all body systems and can have an effect on a person's overall physical, psychological and social wellbeing.

## About the RMH Pain Management Services

The services include a range of pain management clinics, providing a multidisciplinary approach to people experiencing ongoing pain with the aim of creating knowledge and skills to manage pain.

To learn more about the current, evidence-based approach to chronic pain management, you can watch the *Hunter Integrated Pain Service 5 minute video on YouTube*:

- *Understanding Pain: What to do about it in less than 5 minutes.*
- *Understanding Pain: Brainman stops his opioids*
- *Understanding Pain: Brainman chooses*

At the clinic you may see a number of health professionals from various disciplines including:

- Doctors
- Occupational Therapist
- Clinical psychologist
- Nurse Specialists
- Physiotherapist
- Social worker

We also work closely with other RMH teams to offer a number of specialist interventions including Department of Anaesthesia and Pain Management for Pain blocks, Drug and Alcohol Service (assessment and management consultations, Palliative Care (consultations in relation to end of life care) and Liaison Psychiatry ( eg for depression management).

## What will happen at the clinic?

The Pain services team strongly recommend that you attend a group pain management education session. This sessions aim is to help you better understand pain and to learn pain management approaches with a focus on managing everyday activities.

After your initial assessment appointments, a care plan will be developed for you. There are many groups run by the clinics and as part of your care you may be offered the option to participate in one or more of the following:

- Understanding Pain
- Mindful Movement Group
- Lower Back Pain Group
- Aged Pain Education Group
- Extended Pain management programs based in our community therapy service at RMH -Royal Park Campus.

## Referral to the Pain Management Service:

Appointments are usually arranged by referral from your GP or specialist.

Referrals can be made via the Direct Access Unit (see bottom of page for details)

For patients living long distances from our services, alternative clinics located closer will be considered in liaison with your referring doctor.

Your GP or medical specialist will resume pain management coordination after you have been discharged from the Pain Service. You will also be advised of various community programs available for ongoing assistance and support.

## Program requirements:

There is no cost to attend the Pain Clinics however please note you will not be offered further appointments if you fail to attend on two occasions without providing more than 24hrs notice to the clinic.

After a referral is received by the Pain Services, you will be contacted by our administrative staff to confirm details, and when close to an appointment, be sent a questionnaire about the pain you experience and its impact on your life.

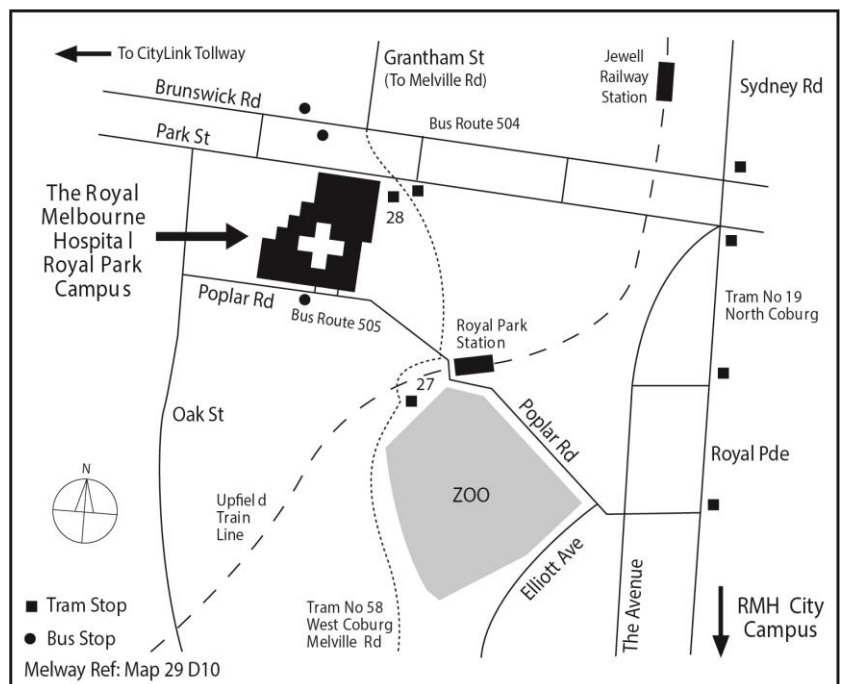
Completion of this questionnaire and presentation at the first appointment will ensure that the pain clinic team can provide the best care.

## Waiting period:

A waiting period may apply and each client is seen according to their individual need.

## How do I get there?

The Pain Clinics are held at:  
Clinical Centre – Building 17  
RMH Royal Park Campus  
34-54 Poplar Road  
Parkville 3052



## Contact

**Direct Access Unit**  
Royal Park Campus  
The Royal Melbourne Hospital  
Vic 3050 Australia  
Tel: 8387 2333  
Fax: 8387 2217

Clinical Centre Reception  
Tel: 8387 2194

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MELBOURNE HEALTH



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