ACI NSW Agency for Clinical Innovation

Chronic Pain Services in NSW
Partners in Pain Management

For people with pain or healthcare professionals considering a referral to a pain management service

What is a Chronic Pain Service?

Chronic pain services provide access to a multidisciplinary team of experts for assessment and diagnostic services at one location. They also provide treatment and advice regarding medications, self management, lifestyle skills, and surgical options available. These recommendations are developed in partnership with you and your general practitioner.

A chronic pain service looks at the impact of pain on your activity level, and aims to improve quality of life by providing relevant information, treatment and advice. Learning self management skills is a critical component to a successful outcome, and a pain programme may be offered to learn these skills.

A team of healthcare professionals will be available including doctors, physiotherapists, psychologists and nurses, depending on your needs.

Who should attend Chronic Pain Services?

Chronic pain is pain that persists for more than 3 months or beyond the usual time for tissue healing.

If you have been living with pain that refuses to go away and it is affecting your daily life, you could ask your GP if a referral to a pain service would be worthwhile.

What to expect?

After your GP refers you to a pain service, you will be contacted and usually requested to complete a questionnaire. Returning the questionnaire is important, enabling appropriate services to be available for you at your appointment. If you need assistance to complete the questionnaire, support will be provided to you by the Chronic Pain Service.

Aims of a Chronic Pain Service

You will learn and be encouraged to:

- Find better ways to manage pain
- Increase activity and improve health and well being
- Make the best use of pain medications

How long is the waiting time for an appointment and what should I do in the meantime?

There are a growing number of pain services in NSW, however there is high demand, and waiting times for your initial appointment will range from weeks to months.

In the meantime, you should follow your GP's advice, remain as active as possible and gather information. For information and resources on pain and self management, the following books and websites may be useful.

For resources and tools on how to manage your pain go to:

www.aci.health.nsw.gov.au/chronic-pain

ISSUE DATE: APRIL 2014

Where can I find out more?

Websites

- Chronic Pain Australia www.chronicpainaustralia.org.au
- Painaustralia www.painaustralia.org.au
- Australian Pain Management Association (APMA) www.painmanagement.org.au

Other helpful Links

- www.bodyinmind.org
- www.beyondblue.org.au
- www.gethealthynsw.com.au
- www.healthyactive.gov.au
- www.virtualmedicalcentre.com
- www.healthinsite.gov.au/topics/Health_and_Wellbeing
- www.getselfhelp.co.uk
- www.nps.org.au
- www.paintoolkit.org/educational
- www.theacpa.org/

Books

Manage Your Pain: Practical and positive ways of adapting to chronic pain; 3rd Edition, Nicholas, Michael, et al. ABC Books, Sydney 2011

Pain Recovery for Families: How to find balance when someone else's pain becomes your pain too; Pohl, M, et al. Central Recovery Press, 2010

Pain Management: learning to live with pain; Goossens, R, Rockpool Publishing 2009

Explain Pain, Butler,D, Moseley, L. Norigroup Publications 2003

Location of NSW Health chronic pain services

Regional Centres

Lismore Base Hospital, Northern NSW LHD
Multidisciplinary Pain Management Clinic, Lismore
Tel: (02) 6620 7250 Fax: (02) 6620 7222

Illawarra Shoalhaven Pain Clinic, Port Kembla Hospital
Tel: (02) 4223 8201 Fax: (02) 4223 8305

Shoalhaven Hospital
Tel: (02) 4223 8201 Fax: (02) 4223 8305

Tamworth Rural Referral Hospital,
Tamworth Integrated Pain Service
Tel: (02) 6767 7189

Port Macquarie Hospital, Port Macquarie Chronic Pain Clinic
Tel: (02) 5524 2215 Fax: (02) 5524 2259

Orange Base Hospital Chronic Pain Clinic, Orange
Tel: (02) 6369 3988 Fax: (02) 6360 1382

Metropolitan Centres

Concord Repatriation General Hospital
Multidisciplinary Pain Clinic, Concord
Tel: (02) 9767 7233 Fax (02): 9767 7289

Greenwich Hospital Pain Clinic, Greenwich
Tel: (02) 8788 3958 Fax: (02) 9903 8269
www.hammond.com.au/services/pain-management

Hunter Integrated Pain Service, John Hunter Hospital, Newcastle
Tel: (02) 4922 3435 Fax: (02) 4922 3438
www.hnehealth.nsw.gov.au/pain

Liverpool Hospital Department of Pain Medicine, Liverpool
Tel: (02) 8738 7200 Fax: (02) 8738 7205

Nepean Hospital Pain Management Unit, Penrith
Tel: (02) 4734 3217 Fax: (02) 4734 1328

Prince Of Wales Hospital, Pain Management
Department, Randwick
Tel: (02) 9382 2863 Fax: (02) 9382 2870

Royal Prince Alfred Hospital,
Pain Management Centre, Camperdown
Tel: (02) 9515 9870 Fax: (02) 9515 9831

Royal North Shore Hospital Pain Management and
Research Centre, St Leonards
Tel: (02) 9463 1500 Fax: (02) 9463 1050

St George Hospital Pain Management Unit, Kogarah
Tel: (02) 9113 2381 Fax: (02) 9113 3938

St Vincents Hospital Pain Clinic, Ambulatory Care, Darlinghurst
Tel: (02) 8382 1111 Fax: (02) 8382 3111

The Pain Clinic, Gosford Hospital (allied health service only)
Tel: (02) 4320 2609 Fax:(02) 4320 3505

Westmead Hospital Chronic Pain Service, Westmead
Tel: (02) 9845 7800 Fax: (02) 9633 5952

Children's Centres

John Hunter Children's Hospital, Newcastle
Children's Complex and Chronic Pain Service
Tel: (02) 4921 3670 Fax: (02) 4921 3599

The Children's Hospital Westmead, Complex Pain Clinic
Tel: (02) 9845 2573 Fax: (02) 9845 2111
http://www.kaleidoscope.org.au/site/gp-referral-templates

Sydney Children's Hospital Chronic Pain Clinic, Randwick
Tel: (02) 9382 1816 Fax: (02) 9382 7946

For more information and details for each of the services, please check the Service Directory at:

http://www.aci.health.nsw.gov.au/networks/pain-management

AGENCY FOR CLINICAL INNOVATION

Phone: 02 9464 4666 Fax: 02 9464 4728
Mail: PO Box 699, Chatswood NSW 2057

HS12-098_ACI-Pain