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.

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Where can I find out more?

**Websites**
- Chronic Pain Australia [www.chronicpainaustalia.org.au](http://www.chronicpainaustalia.org.au)
- Painaustralia [www.painaustralia.org.au](http://www.painaustralia.org.au)
- Australian Pain Management Association (APMA) [www.painmanagement.org.au](http://www.painmanagement.org.au)

**Other helpful Links**
- [www.bodyinmind.org](http://www.bodyinmind.org)
- [www.beyondblue.org.au](http://www.beyondblue.org.au)
- [www.virtualmedicalcentre.com](http://www.virtualmedicalcentre.com)
- [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
- [www.nps.org.au](http://www.nps.org.au)
- [www.paintoolkit.org/educational](http://www.paintoolkit.org/educational)
- [www.theacpa.org/](http://www.theacpa.org/)

**Books**


*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

- Hunter Integrated Pain Service, John Hunter Hospital, Newcastle
  Tel: (02) 4922 3435  Fax: (02) 4922 3438

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

- Nepean Hospital Pain Management Unit, Penrith
  Tel: (02) 4734 3127  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

- 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:**

**AGENCY FOR CLINICAL INNOVATION**
Phone: 02 9464 4666  Fax: 02 9464 4728
Mail: PO Box 699, Chatswood NSW 2057