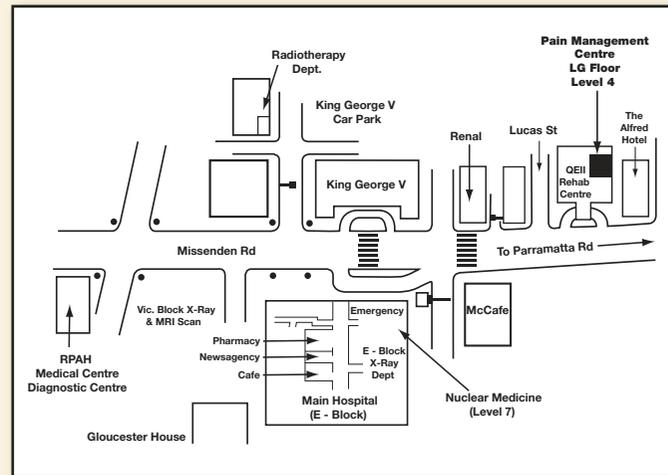


Join the Programme

If you are interested ask your doctor about the programme.

Firstly you must be referred to the Pain Management Centre by your family doctor. Then members of the Pain team such as a doctor, psychologist, psychiatrist, nurse and /or occupational therapist will assess you to see if the programme will be helpful for you.

It is important to know that the programme is not a cure for your pain. However, most people who do the programme then report that they learn to cope better, and as a result find that their pain bothers them less.



Map of RPA showing Pain Centre QEII Building

Royal Prince Alfred Hospital Pain Management Centre QEII Building

(Lower Ground Floor)
59 Missenden Road
Camperdown NSW 2050

Ph (02) 9515 9870
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SYDNEY SOUTH WEST
AREA HEALTH SERVICE
NSW HEALTH



ROYAL PRINCE ALFRED HOSPITAL
PAIN MANAGEMENT CENTRE

PAIN EDUCATION PROGRAMME



A Spirit of Excellence

This Brochure provides answers for people like you who suffer from chronic pain and want to know if this programme is suitable for them.



PAIN

What is the pain education programme?

The pain education programme involves a once weekly 3 hour meeting for eight weeks. The programme shows you ways to cope and deal more effectively with your pain.

- It is run by a team of Health Professionals who are there to work with you in dealing and coping with your pain
- It provides you with information about what contributes to your pain
- It gives you an opportunity to meet other people with chronic pain.



EDUCATION

What do I need to do?

It is important for you to actively participate in the Pain Education Programme. You will need to make a commitment to attend all sessions on a weekly basis.

You will have an opportunity to:

- learn strategies to help you manage your pain
- receive information and advice about activities that you can try at home, which will help you cope with your pain
- share experiences with others who are also learning to cope with chronic pain
- develop a way of looking at your life and pain from a different view-point.



PROGRAMME

How will it help me?

People who have done the course find the more they put into it, the more they get out of it.

They also report:

- an increase in their activity level
- an improvement in their mood and the way they feel
- a greater sense of well being
- less need for pain relief medications

This enables them to be an active participant in work and leisure.