



Queensland Collaborative

Virtual Integrated Pain Centre

What is the Virtual Integrated Pain Centre?

- The Virtual Integrated Pain Centre provides access to pain management programs for consumers living in rural areas with persistent pain.
- The program is hosted at a local facility, by local rural clinicians and delivered by specialist Allied Health professionals from the regional Queensland Health tertiary level persistent pain management centres.
- The program is delivered virtually with patients engaging in group-based telehealth and internet-based programs.

What is the program about?

- The aim of the program is to provide high quality interdisciplinary pain management whilst tackling the tyranny of distance and isolation for rural and remote patients.
- Patients complete a combination of multidisciplinary group allied health treatments, delivered virtually and tailored to their individual pain management plan.
- The program is designed to provide information and support about the best ways to actively manage their pain.
- Participants will be empowered to take charge of their pain journey and rediscover meaningful activity to improve their well-being and quality of life.

Encouraging, safe and supportive environment

- Group based sessions are provided to connect with likeminded people and build community.
- Engagement occurs with others who understand your patients' pain.
- A supported active self-management approach is taken to managing pain.
- Multiple host locations close to home in rural areas provides accessibility for patients.

The shared care model

The Virtual Integrated Pain centre will operate as a shared care model with the participants GP remaining as the primary medical contact for patients during the program.

Your Patient will:

- Increase their knowledge and engage in evidenced based persistent pain management strategies
- Increase participation in valued activities including work, leisure, personal and social.
- Increase confidence to actively self-manage pain
- Develop a plan and strategies that they can incorporate into their daily routine.

What content will be covered?

- Understanding pain
- Therapeutic movement
- Psychological well-being
- Unhelpful thoughts and beliefs
- Mindfulness meditation
- Improving Sleep
- Rediscovering meaningful activity
- Pacing and Goal Setting
- Importance of relationships and social interactions
- Medications and Persistent Pain
- Flare-up management

Locations commencing the program from January 2021

Darling Downs: Toowoomba, Kingaroy, Dalby and Warwick

South West: St George, Roma, Mungindi, Charleville, Dirranbandi

Referrals

Please visit the Queensland Health Persistent Pain website for referral information and templates:

<https://www.health.qld.gov.au/clinical-practice/referrals/statewide-specialist-services/persistent-pain/virtual-integrated-pain-centre>

These group programs are scheduled monthly so you patient won't be on a waitlist for a lengthy period.

Intake hub: Gold Coast Interdisciplinary Persistent Pain Centre

Ph: (07) 5668 6825

Email: QCVIPC@health.qld.gov.au

