

Queensland Collaborative

Virtual Integrated Pain Centre

Providing Allied Health Persistent Pain Services to patients in rural locations via telehealth and digital means.

Programs commencing October 2020 in Darling Downs

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 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 persistent 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

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>

Intake hub: Gold Coast Interdisciplinary Persistent Pain Centre

Ph: (07) 5668 6825

Email: QCVIPC@health.qld.gov.au



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Government**