



Marion Physiotherapy & Advanced Pain Solutions

REDUCING PAIN • RESTORING HEALTH • ENHANCING LIFE

858 Marion Road Marion SA 5043 P 8296 7594

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GP Information Letter

Advanced Pain Solutions & Marion Physiotherapy Presents: Overcoming Persistent Pain & Functional Restoration Group

Program:

8-week x 3-hour multidisciplinary persistent pain and functional restoration group engagement program based on updated, best proactive research evidence regarding combined pain education, exercise, functional restoration and active self pain management skills and training to reduce reliance on passive treatment strategies and long term medication reliance.

Clinical Facilitators:

- Senior Musculoskeletal and Pain Physiotherapist Julie Peacock is a member of Australian Pain Society and the International Association for the Study of Pain (IASP) and was previously Senior Physiotherapist Chronic Pain Unit RAH and past head Orthopaedic Outpatients and Spinal Outpatients RAH with over 20 years clinical experience, she has combined with 3 other physiotherapists with a special interest in Persistent pain treatment.
- Psychologist Dr. Ivan Atkinson has over 25 years of clinical experience and has a special interest in persistent pain. He is a member of APS and IASP in conjunction with Dominee Nelson: Counsellor, with 20 years experience in grief, loss and trauma.
- Dietician and Nutritionist: Grace Yu
- Pets as Therapy Border Collie: Gracie

PROGRAM COMPONENTS & OUTLINE

1) Pain Neuroscience Education: Reconceptualising Pain

- Harnessing the brain's neuroplasticity to reduce protect by pain response
- Using research validated Pain Education Resources: 'Explain Pain' and 'Protectometer' tools (Butler and Mosely Explain Pain Supercharged 2017) – refer outcomes graph next page
- Presents latest research on contributing factors to pain and how to reduce immune and central sensitization pain wind-up
- Partner and support person pain education and active strategy support training also made available

2) Functional Restoration via:

- Individual activity, movement and exercise assessment, supervision and graded progression to avoid overloading tissues and triggering a protect by pain response.
- Establishing exercise and activity baselines and provide graded exposure and graded tissue tolerance
- Eliminating 'boom and bust' cycle of physical activity
- Eliminating fear avoidance patterns resulting in reconditioning and reduce functional capacity

Julie Peacock

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- Developing skills in pacing, biomechanical task modification and movement retraining to reduce load and facilitate energy conservation

3) Active Pain Self Management Skills Training

Reducing reliance on passive treatments and medication alone through alternate active treatment strategies including:

- Self nerve mobilisation
- Movement stretching and strengthening
- Mindfulness, progressive relaxation, diaphragmatic breathing
- Distraction, thought diffusion and pleasant activity training
- Use of simple pain relief including heat, cold, movement and positional adaptation

4) Cognitive Behavioural Goal Setting Skills Training

Using a motivational interviewing and values based approach to increase ADL and community activity participation and activation including

- Goal setting to 10 valued goals through MI for home, work, passion and hobbies, social settings and engagement in the community
- Pacing up specific graded activities and tasks
- Improving sleep strategies
- Nutrition, weight management and inflammatory versus anti-inflammatory nutrition
- Addressing avoidance of alcohol, smoking, comfort eating and drugs as coping strategies
- Communicating positively about pain and needs
- Flare-up management and relapse prevention
- Ongoing self management program for next 6 months
- Reviews at a minimum 6 month, 12 months and 24 months post-group to review program, progress and research data and facilitate ongoing progress. .
 - Reviews available anytime at patient, GP or clinician request

COSTS AND FUNDING OPTIONS

We are keen to try to provide access for all patients regardless of financial position.

This is an 8 week program, 3 hours per week, with a minimum of 4 treating clinicians. It is suitable for:

- Compensable patients (workcover and Motor Vehicle Accident: see separate letter for compensation clients case managers and rehabilitation consultants).
- It is also suitable for patients with DVA, NDIS funding and;
- Private health insurance and privately funded clients. Clients are billed for a mixture of group and individual psychology and physiotherapy appointments, gap free for concession or health care card holders

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Additionally, a number of *scholarship* places for Medicare only funded places are also available in each group (gap free for health care card holders with no household income).

To cover staffing costs these can be funded by a combination of:

- A Group Mental Health Care Plan for Psychology (**Medicare code 80120**): 10 x visits as a minimum to cover pre and post group assessments and 8-week group program

PLUS patients if eligible also get best results if combined with

- An Individual Psychological Mental Health Care Plan (**Medicare code 80105**): For individual pre-group and post group assessments and CBT goal setting with individual outcome reporting to client, GP and other members of care team as well as individual sessions of psychological strategy intervention throughout program to work on identified individualised goals and strategies as well as post group follow up as needed.

AND

- An Individual Medicare Enhanced Primary Care Plan (physio) x 5 visits (**Medicare 10960**): if available for pre and post group and individual functional assessments and individual exercise modification and progression. Physiotherapy for the other 5 sessions (3 sessions plus individual pre and post group assessments and reports are provided free of charge.

Post Group GP Outcome Reports will be provided, reporting on:

- 1) Patient Specific Functional Scale - Goals: For 10 valued individual goals
- 2) Functional walk and sit to stand tests
- 3) Pain Score: VAS scale +/- fatigue score if relevant and for all chronic fatigue/ME patients
- 4) Revised Neurophysiology of Pain Questionnaire (rNPQ): measure patients knowledge of modern pain understandings: specifically pain is NOT an indication of tissue damage (nociception) and build and understanding of central sensitisation of the nervous system, the effect of pain on the immune system and the neuroplasticity of the brain and pain mechanisms.
- 5) Orebro Musculoskeletal Disability Measure
- 6) Pain Self Efficacy questionnaire
- 7) DASS: Depression Anxiety Stress Scale
- 8) Quality of Life Scale
- 9) Sleep Index
- 10) Key achievements as perceived by the patient
- 11) Changes in medication if that was set as a joint goal by GP and patient prior to the Overcoming Persistent Pain program
- 12) Change in qualitative experience of pain by the patient
- 13) Global level of satisfaction with their experience of the Overcoming Persistent Pain Program

Please ring and speak with Julie or include in your referral any specific input or requirements ie a joint focus on reduction in medications (Opioids, Valium or NSAID's) or any other medication that is a goal from your point of view.

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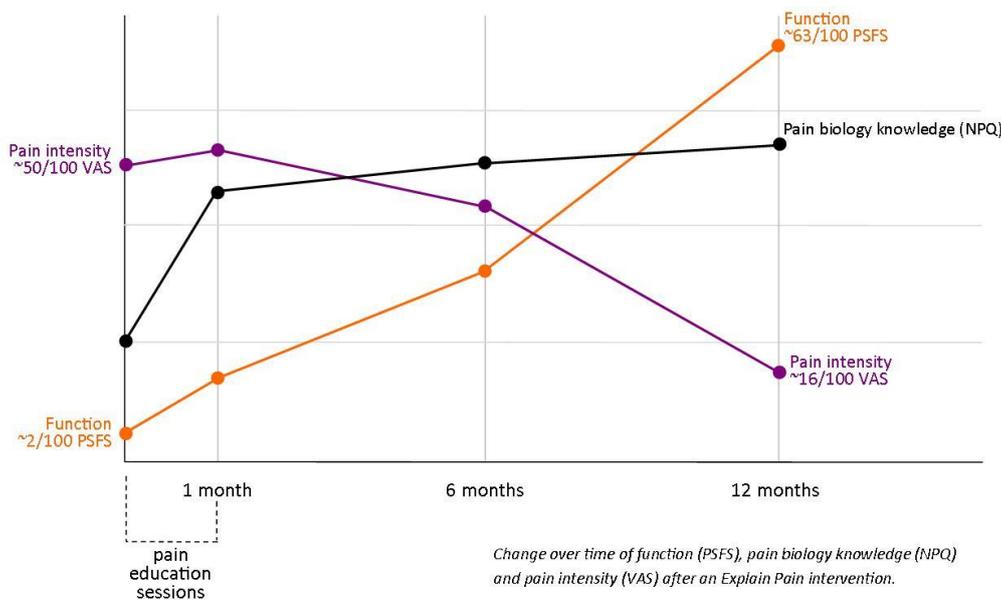
If you feel your patient is not suitable for a group program at the time of referral but that they require a comprehensive pain, musculoskeletal or function restoration approach or extended appointments (1 hour) for advanced assessment and treatment with a senior special interest pain physiotherapist and/or pain psychologist, these are available via referral form.

If you would like an electronic version of the Work Injury and Motor Vehicle information letter for case managers and rehab consultants, an electronic referral form or patient brochures for individual and group, please contact us.

RESEARCH SUPPORTING PAIN EDUCATION AND FUNCTIONAL RESTORATION APPROACH:

Research outcomes support pain education as primary first line, cost effective intervention for Persistent Pain.

Research shows that people who participate in therapeutic pain neuroscience education courses addressing these key concepts of pain biology, nervous system plasticity and specific active management treatment strategies have experienced a reduction in pain and reported increase function and frequency and length of flare-ups.



Adapted from Mosely and Butler 2017: Explain Pain Supercharged

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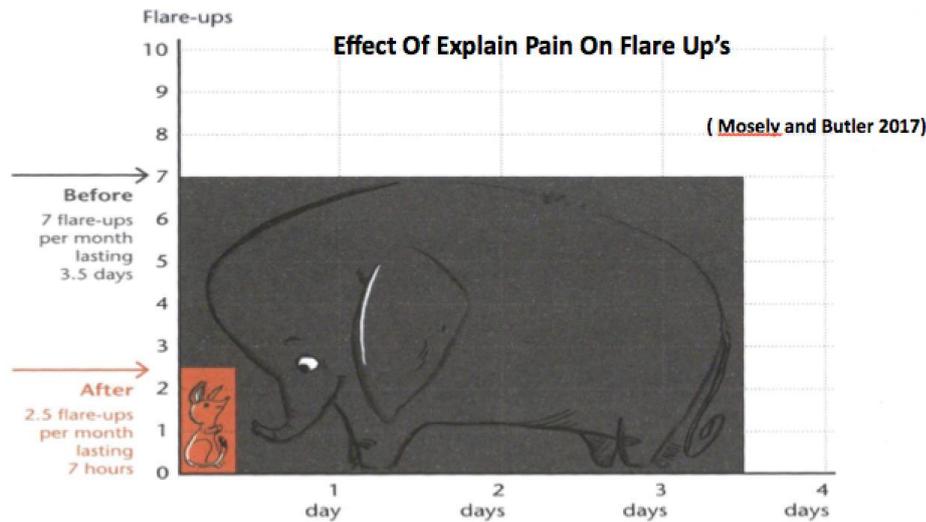


Figure 4.3 Frequency and duration of flare-ups are lower after Explain Pain (bilby) than before (elephant)

**NNT FOR NEUROSCIENCE
EDUCATION
FOR CHRONIC LOW BACK PAIN**

2:1
PNE NNT for function

3:1
PNE NNT for pain

6:1
Gabapentin NNT for pain

7:1
Antidepressant (SSRI) NNT for pain

Moseley L. Combined physiotherapy and education is efficacious for chronic low back pain. *Aust J Physiother.* 2002;48(4):297-302.

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Please do not hesitate to contact us if you have any further queries or want to discuss the functional or financial needs of a client, as we will consider all requests on an individual basis.

Yours sincerely,

Julie Peacock (B. App Sc Physio, Masters App. Sc Physio Orthopaedics, APA Titled Pain and Musculoskeletal Physiotherapist, MAPA)
Owner and Principal Physiotherapist Advanced Pain Solutions and Marion Physiotherapy
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Dr. Ivan Atkinson (BA Hons, PhD Psychology)
Registered Psychologist
Principal Pain Psychologist Mend Plus
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References and Further Resources

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