

PAIN AUSTRALIA  
ANNUAL  
REPORT

20  
19



**2019**  
**pain**australia

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CONNECTING  
THE  
DOTS

# PAINAUSTRALIA

## OUR VISION

Pain is a recognised national health priority and all Australians living with pain or at risk of pain-related disability, their families and carers can access credible information and a world-class system of care.

## OUR MISSION

Painaustralia is Australia's peak pain advocacy body working to improve the quality of life of people living with pain, their families and carers, and to minimise the social and economic burden of pain on individuals and the community. We work collaboratively with key stakeholders to integrate pain as a priority in the broader health agenda and our roadmap for achieving world-class care is the National Pain Strategy and associated National Strategic Action Plan for Pain Management.

## OUR VALUES STATEMENT

*Painaustralia's values describe the core ethics and principles which drive our work and all our endeavours*

**Collaborative:** we will work collaboratively with the broader pain management sector, stakeholders with an interest and the general community to build partnerships and find synergies to advance our mission.

**Respectful:** we will value the rights and perspectives of all stakeholders.

**Courageous:** we will lead the sector by example and lead the charge for change based on achieving our mission.

**Informed:** our work will be informed by the knowledge and experience of our stakeholders, credible information and where available, scientific evidence.

**Credible:** we will act ethically and professionally.

**Transparent:** we will be accountable to our stakeholders for our actions and outcomes.

**Independent:** our work will always remain unbiased and un beholden to vested interests.

# STRATEGIC OBJECTIVES

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**A**DVOCACY

**E**VIDENCE-BASED POLICY

**C**OMMUNITY AWARENESS AND INFORMATION

**O**RGANISATIONAL SUSTAINABILITY

PAINAUSTRALIA STRATEGIC PLAN  
2019 – 2021

## CHAIRMAN'S MESSAGE



It gives me great pleasure to present Painaustralia's Annual Report for 2019. This will be the last report I have the honour of commending to you in my capacity as Chairman of Painaustralia, and while I take the opportunity to highlight some of the

accomplishments of this past year, I would also like to reflect on the journey we have travelled together.

In the almost seven years that I have had the privilege to Chair this extraordinary organisation, I can proudly say that we have met some significant milestones. From a fledgling organisation that was tasked with the stewardship and implementation of the National Pain Strategy, Painaustralia is now a respected national peak body playing a significant role in shaping a future where pain is an important national health priority with the necessary recognition, investment and commitment to a national approach that will make a real difference in the lives of millions of Australians.

The launch of the National Strategic Action Plan for Pain Management, a document funded by the Australian Government, represents the most significant support and endorsement of our common goal to improve the quality of life of people living with pain, their families and carers. Along with the *Cost of Pain in Australia* Report (2019), the organisation has now offered both the compelling evidence as well as the solutions to the complex problems of pain management.

Painaustralia has worked tirelessly to make a real difference for people living with pain and those who care for them, advocating to all levels of Government to inform health policy and planning. From providing evidence to Senate Inquiries and Royal Commissions to regular media commentary, our strong focus on policy and advocacy has ensured that people living with chronic pain are represented in policy and decision-making arenas that will impact their quality of life.

Along the way, we have also been immensely honoured and privileged to have the support of some inspirational Australians. I am particularly grateful to Sir Angus Houston AK, AFC (Ret'd) for joining our organisation as Painaustralia's National Patron and lending his considerable influence to our cause. I am extremely thankful to high-profile Pain Champions like Liesl Tesch, ABC national medical reporter Sophie Scott, and veteran and Invictus Games gold medallist Peter Rudland for helping raise the profile of pain in Australia and its impact, and importantly addressing the stigma that is too often associated with chronic pain.

Above all, we could not possibly have achieved all that we have without the strategic vision of Professor Michael Cousins AO who created a movement to champion pain management as a national health priority and improve outcomes for people living with pain.

The organisation is led by an outstanding Board of Directors and Chief Executive, Carol Bennett. I thank my fellow Board Directors for their commitment to guiding the strategic direction of the organisation. I would also like to thank both the Chief Executive Officers who have served the organisation in my time as Chairman, Lesley Brydon AO and Carol Bennett. Your professional expertise and dedication to making Australia a better place for people living with pain is truly appreciated.

I would also like to acknowledge our incoming Chair, Professor Ian Chubb AC, an outstanding leader to take the organisation to its next phase. Prof Chubb's expertise and experience will hold Painaustralia in good stead in the coming years. I look forward to watching the organisation take significant strides under his leadership.

Finally, I would like to thank each and every one of our members and partners. Without you, this journey would not have been possible. I hope that like me you will continue your support for Painaustralia as we work towards achieving our vision in which pain is a recognised national health priority and all Australians living with pain or at risk of pain-related disability, their families and carers, can access credible information and a world-class system of care.

**Robert Regan**  
Painaustralia Chairman

# Pain in Australia

## In 2019



**3.24** million Australians lived with chronic pain  
This is set to rise to 5.23 million by 2050



**44.6%** of people with chronic pain also live with depression and anxiety



**20%** of all GP presentations in Australia involve chronic pain



Medications are used in close to **70%** of GP consultations for chronic pain management



Referrals to pain specialists occur in less than **15%** of GP consultations where pain is managed



## CHIEF EXECUTIVE OFFICER'S MESSAGE

After a year of exhaustive consultation, policy development and cross sectoral advocacy, the National Strategic Action Plan for Pain Management was launched in June. The Federal Minister for Health, the Hon. Greg Hunt MP truly championed the cause of chronic pain this year, placing the Action Plan on the agenda for Australia's Health Ministers' meeting, and announcing the first round of funding for key pain management initiatives. This is an unprecedented achievement for our sector.

This year, we established Australia's first Consumer Advisory Group for Pain Management (CAG), chaired by Sister Mary-Lynne Cochrane. The CAG provides us with an opportunity for people with lived experience of chronic pain to provide advice that improves chronic pain management for all Australians. Over the course of the year, the CAG has provided direct input and advice to the Department of Health, the Therapeutic Goods Administration as well as the National Prescribing Service (NPS MedicineWise). They have also been instrumental in developing the *Talking About Pain: language guidelines for chronic pain* launched by the Minister during Pain Awareness Month.

The Minister launched a further two resources for Painaustralia in 2019, the *Cost of Pain in Australia* Report which provided the first comprehensive data on the impact of chronic pain and the National Pain Services Directory to guide consumers and health practitioners in finding multidisciplinary pain clinics in their local community.

Painaustraliapartneredwithseveralorganisations to raise awareness in the community about pain and its management. This included a campaign with the Department of Health to promote information on the new Private Health Insurance Reforms, a joint campaign with Palliative Care Australia and other peak health organisations which called for an approach that ensures sustainable access to opioids for Australians receiving palliative care. We also partnered with NPS MedicineWise on a new education program, *Opioids, chronic pain and the bigger picture* to help equip health professionals and consumers with tools and resources to reduce the harms of opioids while ensuring adequate pain management and quality of life for people with chronic non-cancer pain.

It has been a busy year on the policy front, with over 15 submissions (including to two Royal Commissions). We have coordinated a sector wide response to the Medicare Benefits Schedule Review Taskforce (MBS Review). We have also issued over a dozen media releases and met with State and Territory Health Ministers, several Health Departments, as well as Federal Members of Parliament.

Painaustralia will continue to provide a strong and trusted voice for chronic and persistent pain in 2020 based on current evidence and research. In 2020 we look forward to building a 'one-stop' interactive website funded by the Federal Government. This project will further strengthen community awareness and education about chronic pain.

There are many incredible consumers who provide the foundation for our work, often providing a public face for advocacy on important pain related issues. In particular I would like to thank each member of our Consumer Advisory Group as well as the Chair of our CAG, Sr Mary-Lynne Cochrane for their insightful advice and unfaltering support.

A special thanks to all our members, sponsors and supporters who make the work of Painaustralia possible. While we are making steady progress on ensuring a better response for people living with pain, our work has only just begun. There are many Australians not aware of, or not receiving the best care for chronic pain. This too often results in isolation and stigma, as well as mental health issues, especially depression and anxiety.

Many people find that their lives are turned upside down as they care for loved ones with pain. Carers need extra support and access to the right information. Access to pain services is still poor and can be improved in many areas, particularly in rural and remote regions across Australia. This is a big challenge that still needs to be addressed.

**“ Many consumers have told us they are afraid to admit they live with a chronic pain condition for fear of being judged negatively or discriminated against. We need to draw on the experience of those with first-hand knowledge of what can make a difference to improve our community's understanding of pain and how we can better respond to it.**

I am privileged to have had the opportunity to work with Robert Regan who has been an outstanding Chairman, as well as our excellent Board of Directors. Robert has led the organisation through many achievements including the development of Australia's first National Pain Strategy, a national awareness campaign to support the upscheduling of codeine in Australia (2017-8), the development and launch of the first National Strategic Action Plan on Pain Management (2019) which is shortly to be endorsed by Australian Health Ministers and the Cost of Pain in Australia Report (2019). Robert's strong governance focus has enabled a strategic and considered approach to our work. I would personally like to thank Robert for his guidance and commitment to Painaustralia.

We have made substantial progress as a national peak body in 2019. Our challenge now is to adopt and implement the National Action Plan. I firmly believe that in collaboration with our members and supporters, Painaustralia will deliver a positive change in the way Australia responds to people experiencing pain.

**Carol Bennett**  
Painaustralia Chief Executive Officer



Air Chief Marshal  
**Sir Angus Houston** AK, AFC (Ret'd)  
National Patron and Painaustralia CEO Carol Bennett

# OUR BOARD

Our Board volunteers their time to guide the direction of PainAustralia. Their expertise includes law, finance, business management, health economics, consumer advocacy, clinical excellence and government policy.



**Robert Regan** BA LLB, Alumni Harvard Business School (AMP178)  
**Chairman** until 10 December 2019

Robert is Group General Counsel and Company Secretary for a major publicly listed company. Prior to this, Robert held a range of senior legal positions in a career spanning more than 30 years, most recently in the role of Partner-In-Charge, Sydney at Corrs Chambers Westgarth. He holds a Bachelor of Laws (LLB) and Bachelor of Arts (BA) from the University of Sydney and is a Harvard Business School alumnus.



Emeritus Professor **Ian Chubb** AC  
**Chairman** from 10 December 2019

Professor Ian Chubb was Chief Scientist for Australia from May 2011 to January 2016.

Prior to that, Professor Chubb was Vice-Chancellor of the Australian National University from January 2001 to March 2011; Vice-Chancellor of Flinders University of South Australia for six years and the Senior Deputy Vice-Chancellor (Provost) of Monash University for two years. While at Monash he served as Dean of the Faculty of Business and Economics for 16 months.

Professor Chubb was the ACT's Australian of the Year in 2011. He has been awarded six honorary doctorates: a DSc by Flinders University in 2000; a D.Litt by Charles Darwin University and a D.Univ by the Australian National University, both in 2011; an LLD by Monash University in 2012, a D.Univ by the University of the Sunshine Coast in 2014 and an LLD by the University of Melbourne in 2015.

He was elected a Fellow of the Australian College of Education in 2008 and a Fellow of the Academy of Technological Sciences and Engineering and Fellow of the Royal Society of New South Wales in 2014.

He was awarded the Academy Medal of the Australian Academy of Science in 2016 and was elected Fellow of the Academy in 2017. He is a member of the Council of the Academy of Science, chairs its Education Committee and is a member of its Policy Advisory Committee.



**Geoffrey Applebee** BA(Acc), FCA, FAICD  
**Treasurer**

Geoffrey is a former partner of a Big-4 accounting firm, a position he held for 22 years. He is a highly experienced Chartered Accountant and adviser to professional services firms and their partners. He is a Director of a diverse group of companies in the public and private sectors, and an independent member of a government audit committee.



**Associate Professor Malcolm Hogg**  
**Director and Clinical Advisor**

Malcolm is a full-time specialist in Anaesthesia and Pain Medicine and Head of Pain Services, Melbourne Health. He is a past president of the Australian Pain Society (APS), fellow of the Faculty of Pain Medicine ANZCA, and member of the International Association for the Study of Pain (IASP).

Malcolm's leadership roles include membership of external advisory groups to the Victorian Department of Health and Human Services Safescript (medication monitoring system) external advisory group, Drugs of Dependence committee and pain services clinical advisory committee. Research interests include pain outcomes following trauma and models of care for pain service delivery.



**Dr Chris Hayes**  
**Director**

Chris is a specialist pain medicine physician who works at John Hunter Hospital in Newcastle, NSW and has been Director of Hunter Integrated Pain Service since its foundation in 1997. He is immediate past Dean of the Faculty of Pain Medicine, Australian and New Zealand College of Anaesthetists. Additional roles have included co-chair of NSW Agency for Clinical Innovation's Pain Network and Chair of the Pain Management Clinical Committee of the Medicare Benefits Schedule Review. His research interests include a "whole person" approach to pain, outcome measurement and redesign of health systems to achieve greater integration between specialist pain services and primary care.



**Professor Deborah Schofield**  
**Director**

Deborah is currently Professor and Chair of Health Economics, Faculty of Pharmacy, Sydney Medical School, University of Sydney, Murdoch Children's Research Centre and Garvan Institute of Medical Research. Her career has spanned the Australian Government public service, academia and clinical practice and she has a national and international reputation for her work in economic modelling of the health system, health, and its impact on families and the economy.



**Professor Paul Glare**  
**Director**

Professor Paul Glare is the Chair of Pain Medicine in the Northern Clinical School of the University of Sydney, Director of the Pain Management Research Institute (PMRI) in the Faculty of Medicine and Health, and Head of the Discipline of Pain Medicine in the Sydney Medical School. He is also a Clinical Academic in Northern Sydney LHD and has appointments at North Shore Private Hospital, Northern Cancer Institute, and Genesiscare at Macquarie University Hospital.



**Ms Leanne Wells**  
**Director**

Leanne is Chief Executive Officer of the Consumers Health Forum and has wide experience as a senior executive in government and non-government organisations health roles including CEO of the former Australian Medicare Local Alliance, ACT Medicare Local and Australian General Practice Networks.



**Dr Will Howard**  
**Director**

Will became a pain medicine physician via rural general practice and anaesthesia. He has been strongly involved in the Australian Pain Society since 2004, initially as Editor of the newsletter and later as Secretary. Will has recently retired from clinical practice but continues his involvement in research into lessening pain and disability after surgery, and he remains active in seeking system change to lessen pain and disability in the community.



**Dr Graeme Killer, AO**  
**Director**

Graeme is the former Principal Medical Adviser to the Department of Veterans Affairs, a position he held for 25 years. After retiring in 2015, he became Principal Medical Adviser to the Returned & Services League of Australia. He has helped pioneer major improvements in the care of veterans, with a particular focus on the management of chronic pain and related Post Traumatic Stress Disorder (PTSD). Graeme has been a committed Ambassador and adviser to PainAustralia since 2014.

# OUR STAFF



**Carol Bennett, Chief Executive Officer,**  
PainAustralia, BSc, MPP, MAICD  
**Company Secretary**

Over the last two decades, Carol has worked at senior executive levels in national health and aged care organisations and has served on national and international boards and advisory groups.

Carol has been National CEO of Alzheimer's Australia, Consumers Health Forum of Australia, Rural Health Workforce Australia and the Victorian Alcohol and Drug Association. She has been a member of the Australian Health Practitioner Regulation Agency Paramedicine Board, National Health and Medical Research Council, Trustee of the Southcare Rescue Helicopter Fund Pty Ltd, various aged care sector advisory bodies and the International Alliance of Patient Organisations.

Carol is a current member of the Medicines Australia Advisory Council and Director of Lifeline Canberra and Beacon Group.



**Priyanka Rai**  
**Policy and Engagement Manager**



**Nick Nguyen**  
**Office and Design Manager**



**Gordon Houston**  
**Project Officer**

# OUR National Patron



Air Chief Marshal  
**Sir Angus Houston** AK, AFC (Ret'd)  
National Patron

“*Australia needs to do more to address the significant burden of chronic pain. I am proud to support Painaustralia’s vision and mission to promote accessible best-practice pain management for all Australians.*”

Air Chief Marshal Sir Angus Houston AK, FC (Ret'd) continues to honour our organisation through his role as National Patron.

Sir Angus was awarded the Knight of the Order of Australia in January 2015 for extraordinary and pre-eminent achievement and merit in service to Australia through distinguished service in the Australian Defence Force, continued commitment to serve the nation in leadership roles, particularly the national responses to the MH370 and MH17 disasters, and in a variety of roles in the community.

Sir Angus retired from the military as Chief of the Australian Defence Force in July 2011 after serving for 41 years.

In April 2017 Sir Angus was appointed Chancellor of the University of the Sunshine Coast. In addition, he Chairs several boards and is the Ambassador/Patron for a number of charitable organisations.

Sir Angus accepted the role of National Patron of Painaustralia in recognition of the unfortunate fact that chronic pain is a common condition among veterans, especially those injured in conflict.

Sir Angus is an exceptional Australian with a deep commitment to the Australian community. Painaustralia is honoured that he continues as our National Patron.

# OUR Pain Champions



ABC Medical Reporter  
**Sophie Scott**,  
Pain Champion

ABC Medical Reporter, Sophie Scott lives with chronic pain as an outcome of her genetic condition of hypermobility.

Sophie says: “I visited GPs, physios, rehab physicians and then a pain clinic, where I learned that taking pain killing medication wasn’t really helping. What did help me was doing a free online pain management course at Macquarie University, strength training, pacing and for flare-ups using a biofeedback device. What I learned is that living with pain is nothing to be ashamed of, that managing pain goes hand in hand with managing your mental health.”

The wealth of experience and skills that Sophie brings to our organisation has been invaluable. Sophie’s personal experience gives her an excellent understanding of the issues faced by people with chronic pain, and we are grateful that she is willing to share this publicly to help raise awareness about this important issue.



Veteran and Invictus Games competitor,  
**Peter Rudland**,  
Pain Champion

Veteran and Invictus Games competitor and gold medallist Peter Rudland survived a horrific Black Hawk helicopter crash while serving with the army in Afghanistan. He sustained severe injuries and lives with chronic pain.

Peter joined the Army in 1989 and was medically discharged in 2017. During his service he was deployed to Cambodia, Iraq (twice), Timor Leste (twice) and Afghanistan. It was during the Afghanistan mission in 2010 that he survived a Black Hawk helicopter crash as he and his fellow servicemen closed into a Taliban stronghold. Four people died. Peter awoke in a German hospital, with bleeding on the brain, organ damage and almost every major bone in his body broken.

Peter acknowledges just how difficult his journey has been since that crash. He was a proud competitor at the 2019 Invictus Games, competing successfully in wheelchair rugby and recumbent cycling.

In the words of Painaustralia Patron, Air Chief Marshal Sir Angus Houston AK, FC (Ret'd), ***“Peter is a testament to the Australian spirit. His remarkable drive and perseverance to embrace his pain, find ways to not only live with it but to turn it into a positive, and influence the lives of others is a true feat.”***



**Liesel Tesch** AM MP,  
Pain Champion

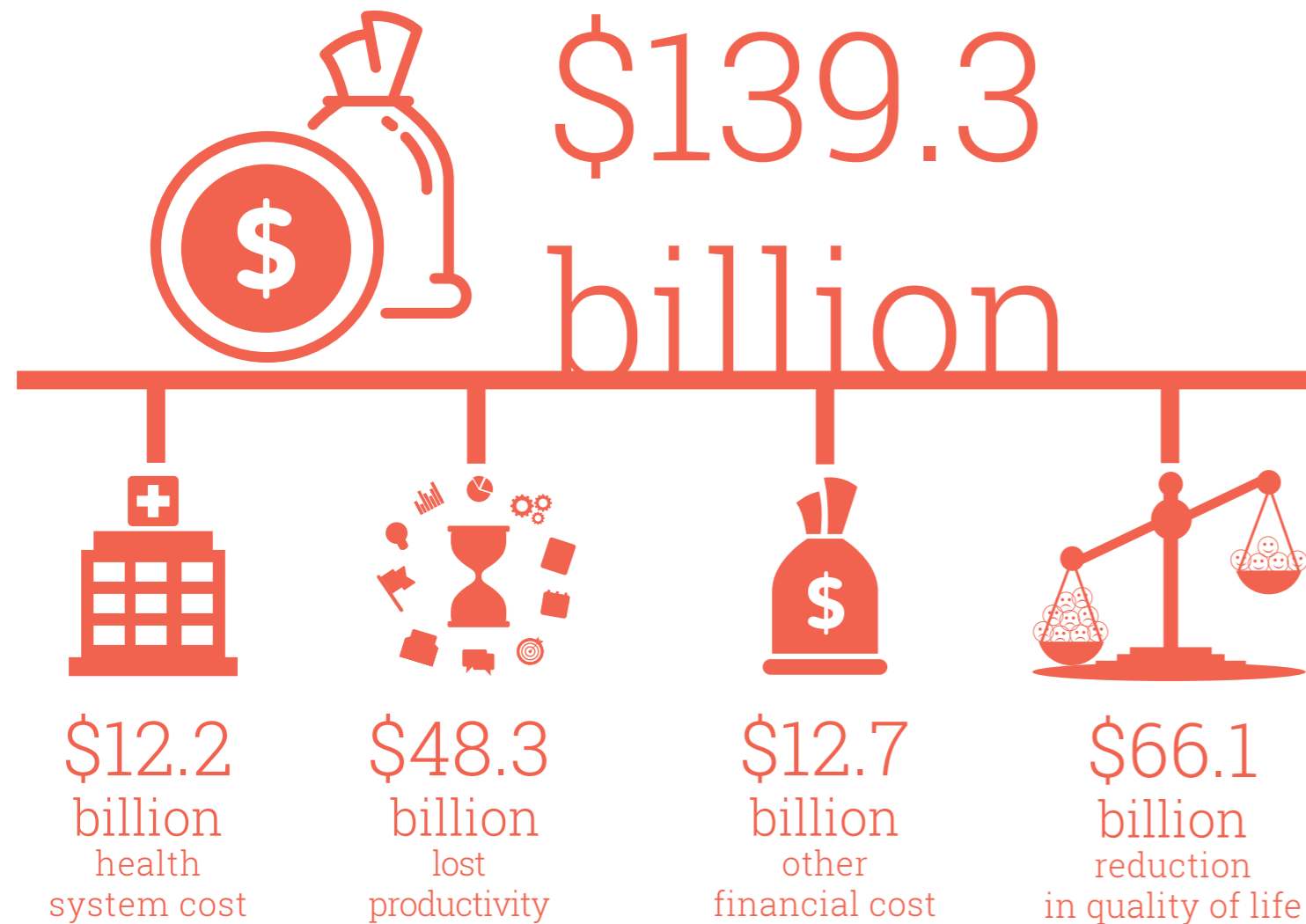
Liesel is a seven-time Paralympian and the first NSW MP to use a wheelchair. She has achieved enormous success in her personal and public life and lives with a spinal cord injury. We are extremely grateful to Liesl for her continued support of Painaustralia.



**Em Professor Ian Chubb**  
Painaustralia Chairman  
(from December 2019)

“ *Much more can be done to deliver evidence-based care and treatment that can make a difference in the lives of millions of Australians living with pain. As Chairman, I want to ensure that Painaustralia leads the way in advocacy, awareness and education and policy for best practice pain management in Australia.* ”

## Pain in Australia FINANCIAL COST



Deloitte Access Economics (2019), The Cost of Pain in Australia

# ELEVATING THE LIVED EXPERIENCE OF CHRONIC PAIN

If there was one key focus to 2019, it was integrating the lived experience of people with chronic pain across our work by strengthening our systemic approach to consumer engagement. The establishment of Painaustralia's Inaugural Consumer Advisory Group (CAG) produced an overwhelming response from a diverse cross section of the community. The advisory group reflects the various conditions, genders, age groups and people from different regions affected by pain in Australia.

The CAG aims to provide a voice for the needs and priorities of people living with chronic pain to inform Painaustralia's advocacy. The CAG provides advice and input on a range of policy submissions, campaigns and key position statements.

One of the initiatives endorsed by the CAG this year was the development of Painaustralia's language guidelines for chronic pain, *Talking about Pain*. This resource was launched by the Federal Minister for Health, the Hon Greg Hunt MP, in conjunction with Pain Awareness Week. It aims to bring about a positive change to the way we talk about pain and people living with pain by providing a guide on appropriate, inclusive language. These guidelines are intended to break down the stigma faced by many people living with pain.

Painaustralia's CAG members also worked in partnership with NPS MedicineWise on the Opioid education program. Our CAG members provided valuable consumer perspectives from the design and development through to the implementation stage of the education program.

We would like to take this opportunity to offer a special thanks to the members of our Consumer Advisory Group, ably led by Chair Sister Mary-Lynne Cochrane, who have committed much time and effort to ensuring that our work is guided by their invaluable perspectives.



**Sister Mary-Lynne Cochrane**  
Consumer Advisory Group Chair

“ *Words matter. As a person who has lived with chronic pain for over 40 years, I have often been defined by my condition, sometimes in very negative ways when being labelled a ' sufferer' or 'victim'. This has sometimes had a big impact on my mood, self-esteem, and levels of depression. Sometimes the words used about my pain and how I was managing it made my experience of pain worse. My condition is one part of me, not who I am.* ”





Sarah Fowler's Story of Childhood Pain

## “The pain was unbearable. Something had to be done.”

As a child I would play in the backyard until dark. I was lucky. I loved school and excelled academically and athletically. I was known to be very sporty, but I was also known for being injured regularly.... ‘accident prone’ they would say.

Injuries were a common part of my life, so was living in pain. I spent periods of my youth in a wheelchair. There were times I was afraid that I wouldn't run again. I cried on my bed at night. In the school playground it felt like every eye was judging me. People did not believe that I was in pain. I was told it was probably in my head by doctors who did not understand. My pain was not normal, but what else could I do?

My dad would spend hours researching to try and work out what was wrong. He was terrified. My mum spent countless hours taking me to appointments and the cost of tests kept adding up. The pain was unbearable. Something had to be done.

That's when we discovered the Randwick Children's Hospital in Sydney.

That hospital changed my life and started me on the journey to recovery. They put me in contact with a specialist at the hospital's pain clinic. Soon I had a team of specialists working together to provide my treatment plan. The fear started to fade away, as I learned what was happening to me. My body was telling me to rest when I really needed to keep active to manage the pain.

It was a long journey for me to get back on my feet. I spent a lot of time at rehab in the pool. I finally got my life back when I found the help I needed. I can't imagine what the alternative path would have led to. I continued to go back monthly then bimonthly until I only went back for group appointments with other kids also trying to manage their chronic pain.

Now I have the tools to manage my pain without the need for specialists. I still sometimes have flare ups with chronic pain. Sometimes my legs just touch something and seem to scream at me. I have my bad days, but I can handle them now.

Pain is a part of my life, but it isn't my whole life anymore.

The Australian Government funded and supported the development of the first ever National Strategic Action Plan for Pain Management (Action Plan) in 2018. Announced by the Minister of Health, the Hon Greg Hunt MP at our AGM, we commenced a year of exhaustive consultation and development. The Action Plan was launched in 2019. It sets out the key priority actions to improve access to, and knowledge of best practice pain management,

The Action plan is supported by a number of accompanying documents that include:

- **The Evidence Base**
- **A consultation summary.**
- **A Stocktake of existing activities.**



## THE NATIONAL STRATEGIC ACTION PLAN FOR PAIN MANAGEMENT

The Action Plan builds on the strong foundation and advocacy of Australia's pain sector in the development of the first National Pain Strategy in 2010. This document has been the blueprint for best practice pain management to date.

Together with the Deloitte Access Economics *Cost of Pain in Australia* report released by Minister Hunt in April 2019, governments and decision-makers now have a sufficient amount of evidence that outlines the pain burden faced in Australia. There is a strong case and pathway for investment and support to prevent and manage current and future chronic pain conditions.

After being considered by the Principal Health Committee and the Australian Health Ministers Advisory Council, the Plan is gathering pace as it progresses through the Council of Australian Government's process.

Painaustralia had several productive meetings with State and Territory Health Ministers as well as Health Departments. We were encouraged by the positive response in all jurisdictions to both the Action Plan and to improving pain management at a jurisdictional level. We are optimistic that all Premiers and Chief Ministers will soon provide their endorsement to a long-awaited national approach to pain management.

# ADVOCACY

To harness the collective expertise of our members and stakeholders to advocate for:

- **endorsement of the National Pain Strategy**
- **implementation of the National Strategic Action Plan for Pain Management**

and to propose solutions to ongoing and emerging policy issues.

**Our stakeholders include government, parliamentarians, consumers, media, professional and academic organisations, research institutions, industry and corporate entities.**

As the national peak body for pain, Painaustralia represents the interests of diverse stakeholders from a cross-section of organisations with an involvement in pain, including consumers, carers, medical specialists, allied health professionals, pharmacists, academics, researchers and corporate entities.

Our policies and positions on critical issues and our interface with the Australian public must reflect evidence-based best-practice principles and the views of the members and stakeholders we represent.

## Consulting Members

This year, Painaustralia established its Policy Special Interest Group. This Group ensures that all our members have an opportunity to provide input into Painaustralia's policy development process, as well as keeping up to date on all the latest policy developments in the pain management sector. The Group has provided significant input into consultations such as informing the rollout of the Federal Government's Private Health Insurance (PHI) reforms.

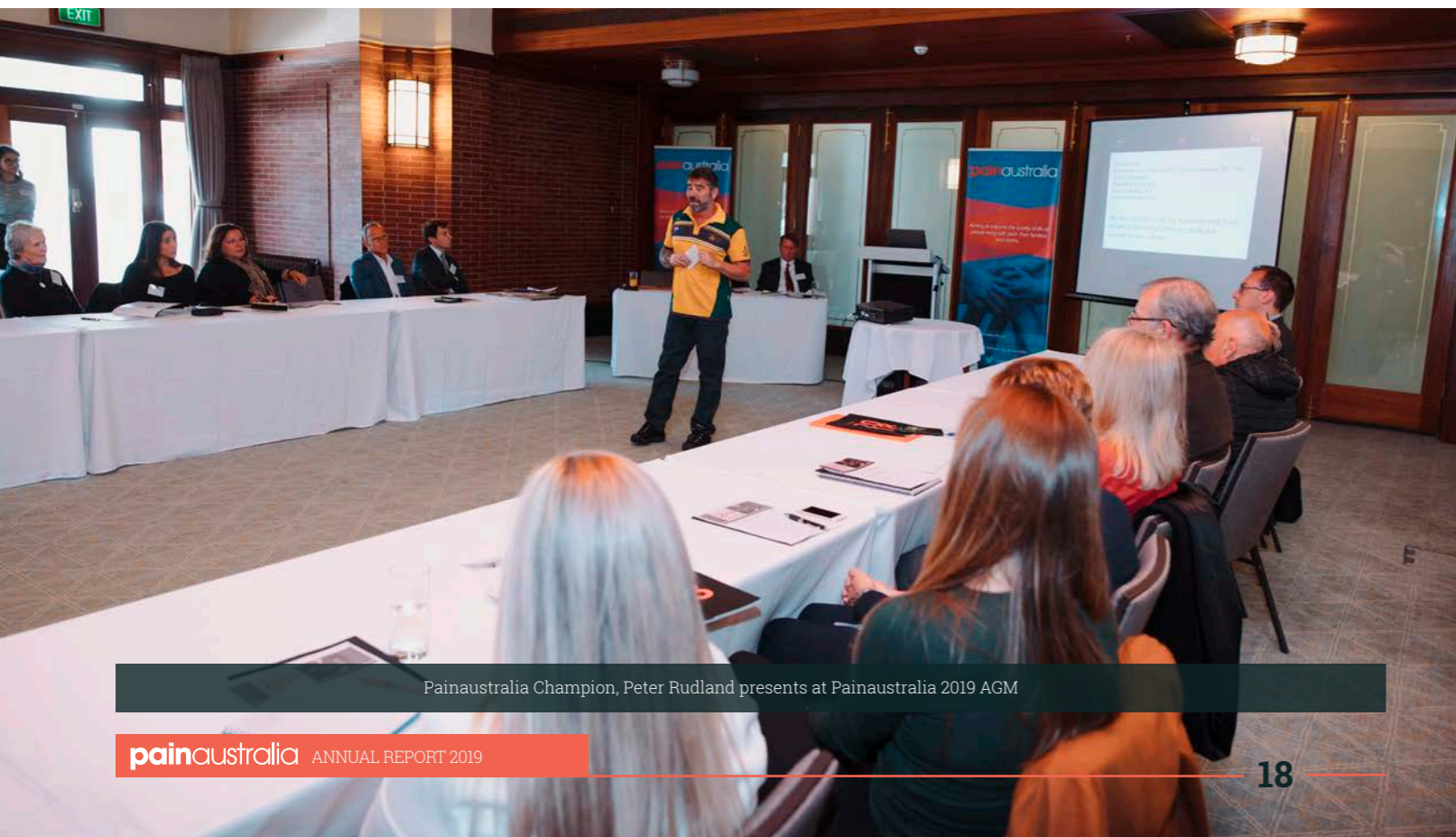
# Working Together

We worked with an extensive range of member and stakeholder organisations. This was achieved through joint advocacy and media work, participation and presentations at events and conferences and through program governance.

## Events & Launches

Painaustralia supported our members and the broader pain management sector through participation in, and promotion of, several crucial resources. Examples include:

- **the launch of the 2nd edition of *Pain in Residential Aged Care Facilities: Management Strategies*, a publication by the Australian Pain Society;**
- **strategy workshops conducted by our members such as the Brain Foundation and Headache Australia's strategic workshop and the Pain Management Research Institute, the Kolling Institute, University of Sydney and NSW Health forum that examined the how, when and why of opioid de-prescribing in Sydney.**
- **Launch of National Rural Health Alliance Rural Health Election Charter at Parliament House**
- **Society of Hospital Pharmacists' of Australia's (SHPA) Medicine Leadership Forum**
- **Pharmaceutical Society of Australia (PSA) Digital Health Agency's Launch of the My Health Record Guidelines for Pharmacists.**



Painaustralia Champion, Peter Rudland presents at Painaustralia 2019 AGM



Launch of APS 2nd ed. of Pain in Residential Aged Care Facilities: Management Strategies

Painaustralia CEO, Carol Bennett joins PSA President Chris Freeman and board member Grant Kadarchi at the launch of the My Health Record Guidelines.



Col Rodney Peterson, Dr Graeme Killer AO, Carol Bennett, A/Prof Malcolm Hogg

Carol Bennett, CEO of Painaustralia with Phil Calvert (President) and Di Wilson from the Australian Physiotherapy Association at the launch of the National Pain Services Directory

## Joint Statements

Painaustralia joined Palliative Care Australia and other peak health organisations in calling for an approach that ensures sustainable access to opioids for Australians receiving palliative care.

Our CEO, Carol Bennett, contributed to several member and stakeholder publications including:

## Articles for Key Journals

- **Consumer's Health Forum's *Healthvoices* about changing common beliefs about pain and its treatment being critical to achieving better outcomes from pain management.**
- ***Journal of Pharmacy Practice and Research* discussing the complexities of chronic pain in Australia**
- ***Hospital and Healthcare* on 'Ageing in Pain' outlining the use of medication as part of a treatment regime.**



Rohan Greenland, CEO of Palliative Care Australia, Carol Bennett, CEO of Painaustralia, Gabrielle O'Kane CEO of National Rural Health Alliance

The Hon Chris Bowen MP speaks at PharmAus 2019. Painaustralia was pleased to be able to participate in

## Ongoing partnership activities

Painaustralia is an active participant in a number of advisory groups:

- **Nationally Coordinated Codeine Implementation Working Group (NCCIWG)**
- **NSW Agency for Clinical Innovation Pain Management Executive Committee**
- **Opioid Regulatory Advisory Group (ORAG)**
- **Advisory committee for Pain Management Guide (PMG) Toolkit for Residential Aged Care**
- **The Australian Prevention Partnership Centre**
- **Electronic Persistent Pain Outcomes Collaboration (ePPOC) Management Advisory Group**
- **Australian Ethical Health Alliance**
- **Accessible Product Design Alliance**

## Communicating the Message

Communication through Painaustralia eNews has continued to expand, and we now reach out to around 20,000 individuals who include members, stakeholders and the community. Painaustralia's eNews is distributed every month. This communication is supplemented by an active social media presence and mainstream media. In addition to public presentation and representation opportunities eNews ensures our messages reach the widest possible audience.

Our website provides easy access to the latest Painaustralia media releases, media stories, and information about best-practice pain management. It also offers members and stakeholders an opportunity to advertise events and promote their clinics and programs. We ensure that we promote pain clinics and programs that are grounded in research and present comprehensive evidence for their practice.

This year, Painaustralia also presented at several high-profile conferences and events, giving the organisation exceptional reach into the broader health sector audience. Examples include:

- **Presentation to the National Rural Health Alliance Conference, Hobart**
- **Opening presentation to the Australian Association of Consultant Pharmacists conference**
- **Presentation at Australian Pain Society Annual Scientific Meeting on the National Pain Strategy and Action Plan**
- **Choosing Wisely National Scientific Meeting and poster presentation**
- **Migraine Strategy Workshop, Brain Foundation and Headache Australia**
- **Presentation to Rural Medicine Australia Conference**
- **Presentation at PMRI-Descending the analgesic ladder: The how, when and why of opioid tapering for chronic pain**

# EVIDENCE — BASED POLICY

To aggregate and disseminate current high-quality evidence and research and apply that to formulating effective policy and models of care.

In 2019, Painaustralia's focus on evidence-based policy was underpinned by our input to strategic submissions, reviews and inquiries including to two important National and one state-based Royal Commissions. Where possible, we accompanied these submissions with advocacy activities such as issuing media releases, meetings with key politicians to reinforce the issues or appearances at inquiry forums and hearings.

We also commissioned a report on the *Cost of Pain in Australia*, a document that put a figure on the real impact of pain across Australia.



Sister Mary-Lynne Cochrane speaks at the *Cost of Pain in Australia* Report Launch



Painaustralia CEO, Carol Bennett speaks at *Cost of Pain in Australia* Report Launch

Minister for Health, the Hon Greg Hunt MP speaks at the *Cost of Pain in Australia* Report Launch

## Cost of Pain in Australia

We've known for some time that chronic pain pervades all levels of our society, but until 2019, we did not have a comprehensive understanding of the complete picture and impact of living with chronic pain.

One of the seminal resources we were proud to launch in 2019 was the Deloitte Access Economics report, *Cost of Pain in Australia*, supported by funding from Seqirus. In examining the economic costs of pain, this report reveals so much about the true impact of pain in Australia. We now know that in 2018:

- **3.24 million Australians were living with chronic pain;**
- **Those living with pain are more likely to be female and of working age;**
- **Their pain is restricting the activities they can undertake and the work they can do;**
- **Chronic pain costs Australia \$73.2 billion dollars each year including \$48.3 billion in lost productivity; and**

Chronic pain has a detrimental impact on one's quality of life – costing our society an estimated **\$66.1 billion** dollars each and every year.

Importantly the report also highlighted that on our current trajectory the annual cost of pain in Australia will rise to an estimated **\$215.6 billion** by 2050. A considerable increase from the **\$139.3 billion** figure calculated in the calendar year of 2018.

In launching the report, the Minister committed to funding a package of new measures including:

- **\$4.3m for better access to pain management services through the Rural Health Outreach Fund (included in the Federal Budget 2019/20)**
- **\$7.2m for a PBS subsidised take home naloxone program (included in the Federal Budget 2019/20)**
- **\$2.5m over four years to fund consumer and health education awareness and education which includes \$1m for Painaustralia, \$1m for health professional education and \$0.5m for an education strategy for pain management and opioid use.**
- **A new national advisory council on pain management to be co-chaired by Sister Mary-Lynne Cochrane and Painaustralia CEO Carol Bennett.**

This initial initiative was welcomed by Painaustralia as a positive response to the challenges.



## Submission to the Review of the Medicare Benefits Schedule (MBS)



In 2019, The MBS Review Taskforce released their recommendations for consultation. The Review provided Painaustralia with a copy of their recommendations, with the Committee making 32 suggestions across three major areas – recommendations for change, deletion and referrals and new items. Painaustralia coordinated a sector wide response following a meeting with the Taskforce chair, Professor Bruce Robinson.

Overall, Painaustralia supported the Committee's recommendations and the directions outlined in the report. Our submission predominantly focussed on the recommendations for the addition of new pain MBS items.

## Responding to two Royal Commissions: Aged Care and Disability



With as many as 80 percent of aged care residents experiencing pain, a significant number are under-treated and are suffering unnecessarily (particularly those with dementia or other cognitive impairment). Our submission highlighted that this could be avoided through appropriate workforce education and training alongside adequate regulatory reform of the accreditation and funding system.

In our submission to the Disability Royal Commission into Violence, Abuse, Neglect and Exploitation of People with a Disability, we made three recommendations. In particular, Painaustralia highlighted that prioritising pain and pain management in health and disability policy would significantly reduce the overall burden of disability associated with chronic pain. Painaustralia is aligned with the World Health Organisation, the International Association for the Study of Pain (IASP) and a number of Australian hospitals and health services in recognising chronic pain as a disease in its own right. Recognition of this fact along with the understanding of the comorbidities associated with pain, like disability and mental health is necessary to improve the quality of life for many Australians impacted by these conditions who often fall between the cracks.

## Submission to the Victorian Royal Commission into Mental Health



Painaustralia's submission to the Victorian Royal Commission into Mental Health outlines that despite a strong link between pain and mental health, chronic pain remains largely ignored across policy priorities and public awareness. In short, it remains misunderstood and neglected.

Painaustralia made six recommendations to the Commission, highlighting that prioritising pain and pain management together with mental health policy would significantly reduce the burden of mental health conditions, especially in rural and remote areas.

The relationship between mental health and pain is overwhelming and tackling both health challenges is required to improve the quality of life for many Australians impacted by these conditions living outside the major cities.

## 2019-2020 Pre-Budget Submission



Addressing chronic pain is an urgent national policy priority. With the release of the National Action Plan, and the publication of research on the cost of pain in Australia, there is a compelling case to act now. Our 2019 Budget Submission makes a case for real and immediate action that will not only improve the lives of people with chronic pain but will benefit all Australians through economic returns and reduced pressure on our health care system.

Based on collaboration with several stakeholders and members, including Pain Revolution, PSA, Society of Hospital Pharmacists of Australia (SHPA) and eminent researchers, the submission proposes initiatives which represent the 'low-hanging fruit' that can address vital gaps in our current policy and practice. These priority programs complement the implementation of the National Action Plan, have strong evidence-based objectives and are cost effective for the broad outcomes that they will achieve.

## A Complete list of submissions made by Painaustralia in 2019

- **Submission to the Department of Health Review of the Quality Use of Medicines Program's Delivery by the National Prescribing Service (NPS MedicineWise)**
- **Submission to Victorian Royal Commission into Mental Health**
- **Review of Early Release of Superannuation Benefits: Further consultation and draft proposals**
- **Submission to the Royal Commission into Aged Care Safety and Quality**
- **Submission to the Australian Centre for Cannabinoid Clinical and Research Excellence (ACRE) consultations on the draft NSW Cannabis Medicines Prescribing Guidelines**
- **Submission to the RACGP Aged Care Guidelines: Medical care of older persons in residential aged care facilities**
- **Submission to TGA Consultation on Proposed reclassification of spinal implantable medical devices**
- **Submission to TGA prescription medication under evaluation Consultation**
- **Submission to Productivity Commission Inquiry into Mental Health**
- **Submission to the MBS Review Taskforce**
- **Submission to the Department of Health's consultation on PBS process improvements and the Medicine Status Website**
- **Submission to the Department of Health's consultation on the proposed new aged care funding model**
- **Submission to the Independent Review of Nursing Education**
- **Submission to Australian Self Medication Industry Code of Practice**
- **IASP's Proposed New Definition of Pain Released for Comment September 2019**
- **Submission to the Therapeutic Goods Administration regarding the establishment of Unique Device Identification System for medical devices**
- **Submission to the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability**
- **Consultation on National Obesity Strategy**

Painaustralia's key submissions can be found in the Policy section of our website.

# COMMUNITY AWARENESS AND INFORMATION

To increase community understanding and reduce stigma by communicating evidence-based information to the broader community.



Australian Pain Society President, Dr Anne Burke speaks at the Launch of Painaustralia's National Pain Services Directory

One of the most important goals of the National Strategic Action Plan for Pain Management is ensuring that consumers, their carers and the wider community are more empowered, knowledgeable and supported in understanding and managing pain.

The launch by the Minister for Health, the Hon Greg Hunt MP of the new National Pain Services Directory this year provided both consumers and health practitioners with up to date information about where to seek help. Categorised by 3 levels, based on the International Association for the Study of Pain's (IASP) recommendations for Pain Treatment Services, the Directory lists Multidisciplinary Pain Clinics, Pain Management Services as well as pain practices. The focus is on providing pain management and specialist care. These services are guided by an understanding that pain is influenced by a combination of biomedical, psychological, and social/environmental factors.

Painaustralia acknowledges the contribution of the Australian Pain Society which provided invaluable information to assist in the development of this resource.

The Directory can be accessed under the Getting Help category on our website.



The Hon Greg Hunt MP speaks at Painaustralia's Pain Services Directory Launch

## Campaigns

In 2019, Painaustralia undertook a project to develop, distribute and/or present a comprehensive package of Private Health Insurance (PHI) reform information and raise awareness among the pain management community on the behalf of the Department of Health. Our campaign focused on:

- **highlighting changes to PHI relevant to chronic pain management in an accessible manner which could be shared through social media streams with strong reach.**
- **concisely articulating what was required in each tier related to pain management under the reforms.**

The campaign was covered by national and state level media with several articles in major newspapers covering the changes to PHI as well as the coverage for pain and related conditions. Social media on the campaign was largely positive with consumers receptive to the coverage for chronic pain as well as increased transparency. Consumers were also positive about the increased coverage for other chronic conditions like breast cancer.

Overall, the campaign was successful with a broad reach of over 15,000 consumers in our direct network. While the campaign was undertaken during a particularly busy period with a Federal Election imminent, it gained significant traction and was positively received by consumers and our members.



Painaustralia infographic



Talking About Pain language guidelines for chronic pain



PainAustralia Social Media Tile



PainAustralia CEO, Carol Bennett's Blog Post Get to Know the Language of Medicines

### International Pain Awareness Month and the Launch of Talking about Pain: language guidelines for chronic pain

In September, PainAustralia proudly supported International Pain Awareness Month to help raise awareness about the growing problem of chronic pain in Australia and around the globe.

To mark the commencement of Pain Awareness Week, the Minister for Health, the Hon Greg Hunt MP released PainAustralia's resource *Talking About Pain: language guidelines for chronic pain*. This resource was primarily developed through broad consultation with our members and guided by our consumer networks as well as our Consumer Advisory Group who provided extensive input.

Talking about pain aims to provide a guide to those working in the media and general community on the use of appropriate, inclusive and non-stigmatising language when talking or writing about chronic and persisting pain and people living with these pain conditions.

### NPS MedicineWise Education Program: Opioids, chronic pain and the bigger picture

PainAustralia proudly partnered with NPS MedicineWise on a new education program: *Opioids, chronic pain and the bigger picture*. The program aims to equip health professionals and consumers with the tools and resources to help reduce the harms of opioids, while ensuring adequate pain management and an enhanced quality of life for people with chronic non-cancer pain.

PainAustralia's Consumer Advisory Group (CAG) provided input on a range of practical tools such as conversation starters and a pharmacist counselling checklist. These tools are available to assist health professionals interact with people who are taking opioids for chronic non-cancer pain. The CAG also provided input in the creation of an opioids fact sheet and a tapering action plan to help consumers make more informed decisions about opioids.

In addition to the consumer education materials, NPS MedicineWise educational visitors undertook a number of one-on-one and small group visits into general practices. The program included multiple online professional development activities and a MedicineWise News article that helped support GPs and pharmacists in delivering better quality care for patients.

### NPS Be MedicineWise Week

The Be MedicineWise Week theme was on knowing how to communicate and learn about medicines to get the most out of them - safely.

The nature of this campaign, and much of NPS's work, closely aligns with the values and goals of PainAustralia. PainAustralia supported the campaign through social media awareness, web and eNews content.

**LOWER YOUR OPIOID DOSE**

Taking opioids for pain over a long time is not recommended (unless the pain is caused by cancer). The benefits decrease and the risk of harm increases over time. Is this the right time for you to lower your dose or stop it completely? Use this resource to discuss the pros and cons with your doctor and plan the best way to lower your dose.

**Possible benefits of lowering your dose**

- Less pain
- More activity, socialising or work
- Better mood
- More alert
- Able to drive more
- Less side effects and risk of overdose

**Danger of not lowering your dose**

- Your dose may increase: The body gets used to opioids which means they don't work as well over time.
- More harm the longer you use them: The chance of harm, such as side effects, increased pain and dependence, increases with time.

**What's involved**

- Use other strategies to manage pain:** You will need to use other strategies to manage pain before, during and after lowering your opioid dose. Strategies may include being more active, stretching or relaxation.
- It takes time to lower your opioid medicine:** Your opioid medicine will be reduced slowly. The time it takes depends on how much you take and your own circumstances.
- You will need regular review and follow up with your doctor:** It is important to see your doctor regularly while lowering your dose, to monitor your progress and talk about any issues you may be having.
- Build your support network:** Lowering your opioid can be difficult. Prepare your support group, including your family, friends and healthcare team.
- Some people experience withdrawal symptoms:** Symptoms may include flu-like symptoms, nausea, diarrhoea and stomach aches. These are temporary and usually not dangerous.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ **ACTIONPLAN**

**MY TAPERING PLAN**

**Record dose and set goal(s)**

Current opioid medicine(s) and dose(s) \_\_\_\_\_  
 My goal(s) \_\_\_\_\_  
 Ideally you should work towards stopping your opioid, but lowering your dose (even a little bit) can help to reduce harms.  
 Mark your current oral morphine equivalent daily dose on the scale below. Doctors can help calculate this using a **dose calculator**. You can also note your dose as it reduces to keep track of your progress.

Chance of harm increases from 0 mg to 60 mg to 100 mg

**Plan to lower your opioid dose**

Use the table below to plan each step you'll take to lower your opioid dose.

Start date	How much (morning)	How much (night)	How long

**Monitor your progress**

Monitor and discuss your body, mind and lifestyle with your doctor, each time your dose changes.

Date / Dose	Body (eg. activity level, side effects, pain level)	Mind (eg. ability to think, sleep)	Lifestyle (eg. social life)

**Find out more about:**

- Opioids and how to deal with withdrawal symptoms, visit NPS MedicineWise: [www.nps.org.au/consumers/opioid-medicines](http://www.nps.org.au/consumers/opioid-medicines)
- Other ways to manage pain, visit Pain Management Network: [www.aci.health.nsw.gov.au/chronic-pain](http://www.aci.health.nsw.gov.au/chronic-pain)
- Chronic pain, visit PainAustralia: [www.painaustralia.org.au](http://www.painaustralia.org.au)

### Reach for the Facts campaign

The use and misuse of prescription opioids within the South Australian community is a rising concern. PainAustralia joined other leading health organisations including the Adelaide Primary Health Network (PHN), Australian Dental Association South Australia (ADA SA), Australian Medical Association South Australia (AMA SA), the Faculty of Pain Medicine (FPM) and others to develop a community awareness campaign aiming to raise the awareness of the dangers of long-term use and misuse of prescription opioids. It also encouraged enquiry into the alternatives to opioids for safe and effective pain management.



**15,000**  
consumers in our direct network

### Pain Awareness Month Infographic

**LIVING WITH CHRONIC PAIN AND MENTAL HEALTH**

- The impact on personal life is greater in young adults, with four in five people with chronic pain aged 20-24 reporting interference in daily life.
- almost one in three Australian adults with severe or very severe pain have high or very high levels of psychological distress.
- Up to two-thirds of people with arthritis say their condition has affected them emotionally.
- Rates of depression are four times higher among people with chronic pain than people without pain.
- 4x** Rates of depression are four times higher among people with chronic pain than people without pain.
- ANXIETY** and **DEPRESSION**: Research indicates there are strong links between anxiety, depression and chronic physical illness.

[www.painaustralia.org.au](http://www.painaustralia.org.au)

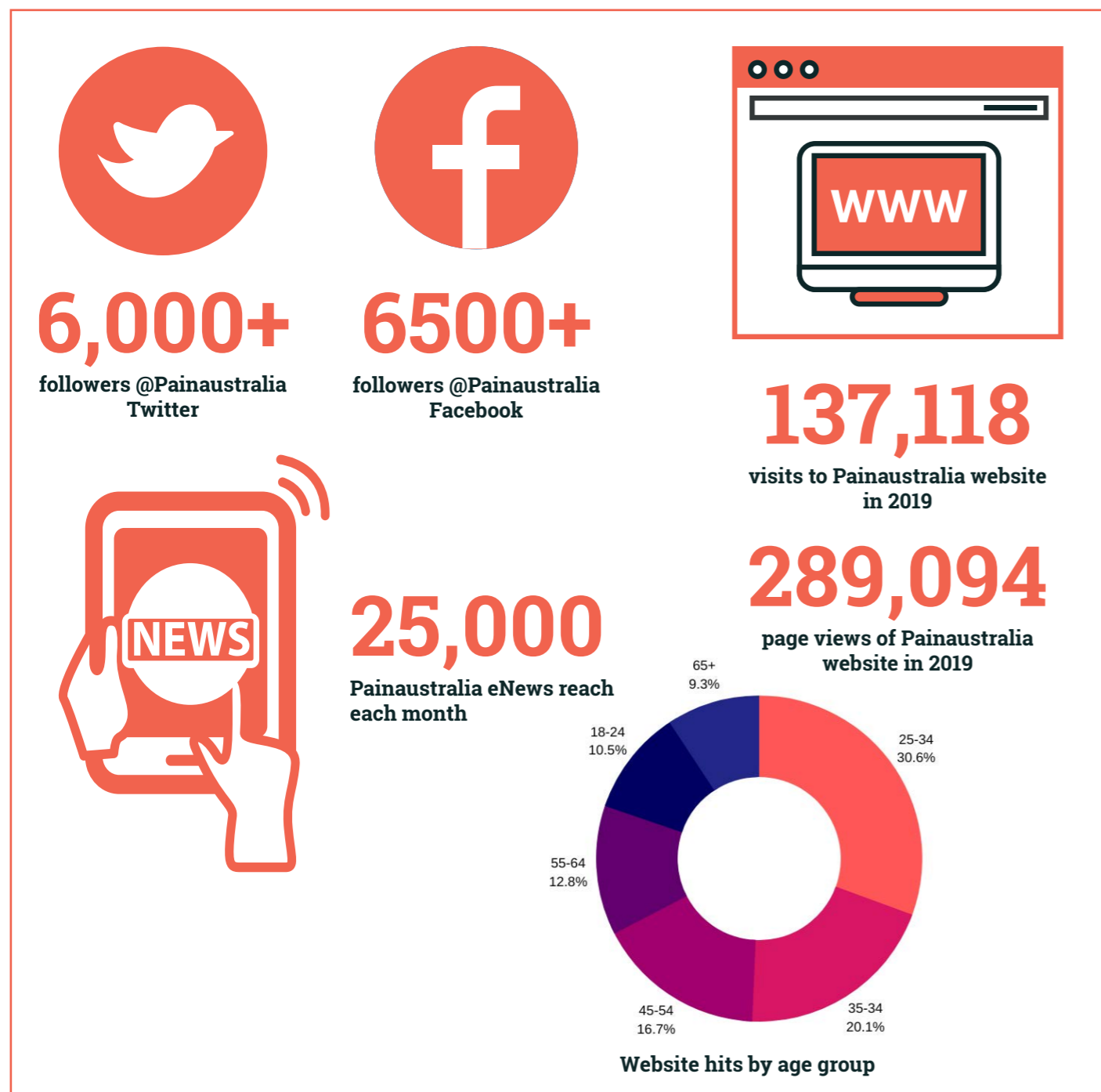
# Website and social media

Painaustralia continued to enhance our website. The website has easy-to-use navigation and comprehensive information for both consumers and health professionals. Designed to be a 'one-stop-shop', the site offers the best information and resources currently available in the area of pain. It also provides an up-to-date directory of pain clinics and services as well as the latest news.

The website attracts approximately 300 hits per day and generates around 24,000 page views per month. The highest number of views relate to information about pain, pain services, pain management and education and training opportunities. Most website users are in the 25-34 age category.

Our Painaustralia eNews is now delivered through the online web portal and had a distribution of around 25,000 individuals and organisations in 2019.

Painaustralia is also active on social media (with daily tweets and Facebook posts). Our @Painaustralia Twitter account now has more than 6000 followers, and our Facebook page more than 6500 followers.



# Mainstream media

One of our key roles is to utilise the mainstream media to increase the profile of people living with pain, discussion of pain management issues and to place pain on the national health agenda. We comment on issues that affect people with pain and advocate for better solutions for pain management.

In 2019, Painaustralia achieved an exceptional increase in our media profile. Our CEO and other spokespersons including members from our Board of Directors and several of our consumers regularly featured in media stories. There were almost 60 high profile stories across major newspapers, national television broadcasts and key radio programs.

Painaustralia is increasingly being approached by media requesting comment on pain-related matters from Australia's peak pain body. A key strategy we use to generate this media interest is the issuing of strategically timed media releases. In 2019, we issued 12 media releases, covering topics as diverse as pain prevention to changing prescribing.

Our extensive consumer network and membership have willingly shared stories to help raise awareness of the impact of pain in the community. We have also been regularly and actively contributing written pieces for media outlets and professional magazines and journals.

A list of the key articles featuring Painaustralia include:

<p><b>ABC NEWS - 29 December 2019</b> Canberra women with endometriosis are self-medicating with cannabis, but legalising the drug might not help</p>	<p><b>Daily Telegraph - 30 November 2019</b> Drug that can reverse an opioid overdose is now free in three Australian states</p>	<p><b>Herald Sun - 16 November 2019</b> Migraines are ruining lives and costing people their jobs but doctors ignore it</p>	<p><b>Hospital and Healthcare - 14 November 2019</b> Ageing in pain</p>	<p><b>itK - Official Journal of the Pharmacy Guild of Australia - October/November 2019</b> Pharmacists &amp; the journey of pain</p>
<p><b>9 NEWS - 17 September 2019</b> Free screenings for people struggling with chronic pain available across Australia</p>	<p><b>InSight+ - 02 September 2019</b> Paracetamol overdoses climb: pack size under scrutiny</p>	<p><b>The Courier Mail - 9 August 2019</b> The drugs don't work: breaking the pain barrier</p>	<p><b>The Daily Telegraph - 27 July 2019</b> The letter from the nation's top doctor that led to dying patients being denied pain relief</p>	<p><b>The Guardian - 23 July 2019</b> Department fought to deny disability pension to woman in chronic pain</p>
<p><b>Triple J HACK - 22 July 2019</b> 'It feels like your skull breaking through your head': What it's like living with migraines</p>	<p><b>AusDoc.PLUS - 20 June 2019</b> Ministers to consider chronic pain plan</p>	<p><b>The Age - 17 June 2019</b> Chronic Pain Plan</p>	<p><b>Today - 17 June 2019</b> Easing The Pain</p>	<p><b>News.com.au - 17 June 2019</b> Calls to move away from painkillers for chronic pain</p>
<p><b>Sky News Australia - 17 June 2019</b> Experts concerned about growing addiction to pain medication</p>	<p><b>7News - 17 June 2019</b> Plan for Australians living with pain</p>	<p><b>The Today Show - 23 May 2019</b> Drug-free pain relief</p>	<p><b>7NEWS Melbourne - 4 April 2019</b> A plea to help millions of Australians living with chronic pain</p>	<p><b>SBS News - 4 April 2019</b> How the staggering cost of chronic pain is hurting the economy</p>





**Strategic Priority: Organisational Sustainability**  
To operate sustainably and effectively as Australia's peak pain advocacy body with appropriate

- Membership
- Resourcing; and
- Governance

### Grow and build the capacity of our member network

The membership of Painaustralia represents a relatively unique model of engagement across collective clinical specialities, allied health, peak health bodies and diverse consumer networks.

Our Category A members include our founding members the Australian and New Zealand College of Anaesthetists (ANZCA), the Faculty of Pain Medicine (FPM), the Australian Pain Society (APS) and the Pain Foundation formally known as Pain Management Research Institute (PMRI).

Painaustralia's membership drive was successful in attracting renewals as well as an increased and strategic group of new Category B members.

Category B members include:

- Medical colleges – Royal Australasian College of Physicians; Royal Australasian College of Surgeons; The Royal Australian and New Zealand College of Psychiatrists; The Royal Australian and New Zealand College of Obstetricians and Gynaecologists; and the Australian and New Zealand Society of Palliative Medicine.

- The broad health organisation membership now includes Australian Physiotherapy Association, Australian Society of Rehabilitation Counsellors, MS Australia, Parkinsons Australia, Pain Revolution, Pharmaceutical Society of Australia, the Brain Foundation, Chronic UTI, Australian Rheumatology Association, Australian Acupuncture & Chinese Medicine Association, Arthritis ACT, Pedorthic Association of Australia Inc, Neuromodulation Society of Australia and New Zealand (NSANZ), Palliative Care Australia, Carers Australia, The Society of Hospital Pharmacists of Australia (SHPA), the Australian Health and Hospitals Association and Catholic Health Australia as well as numerous pain clinics and services across Australia.

Category C members include the Public Health Association of Australia, National Rural Health Alliance, Services for Australian Rural and Remote Allied Health and the Australian Hospitals and Healthcare Association.

In addition to consumer organisation members, we have over 3000 individuals in our broader consumer networks and reach over 15,000 people through our social media platforms.

# ORGANISATIONAL SUSTAINABILITY

Painaustralia AGM 2019



# OUR SPONSORS

Painaustralia, a not-for-profit deductible gift recipient organisation, is reliant on sponsorship and pro bono support in order to carry out our important work.

We would like to express our sincere thanks to the following companies that generously provided us with pro bono services during 2019:

**Corrs Chambers Westgarth for legal services**  
**ESV Accounting and Business Advisors for auditing services**  
**Financial Reporting Specialists (FRS) for the preparation of financial statements**  
**Pitcher Partners Sydney for taxation advice**

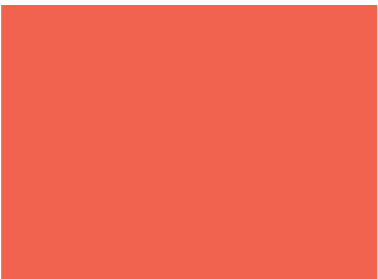
We are grateful to our foundation members for their ongoing financial support:

**Australian and New Zealand College of Anaesthetists (ANZCA)**  
**Faculty of Pain Medicine, ANZCA**  
**Australian Pain Society**  
**Pain Foundation formally known as Pain Management Research Institute (PMRI)**

We also thank our industry sponsors for their support in the form of unencumbered educational grants to assist our work:

**Mundipharma**  
**Seqirus Ltd**

**Special thanks to the Kinghorn Foundation for their generous philanthropic grant and the Commonwealth Department of Health for their project support for the Private Health Insurance reforms campaign and National Strategic Action Plan for Pain Management.**





## FOR MORE INFORMATION

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