



Chronic Pain
AUSTRALIA



FACT SHEET

CHRONIC PAIN AUSTRALIA

“ This is your body and your pain. Who will you choose to help you? ”

Choosing your team

Chronic pain is complex. Trying to work out who is the best health professional to see when you have chronic pain is often difficult. It can be helpful to have a 'team' of health care professionals that you feel comfortable with and have confidence in. This may involve a bit of trial and error.

What to look for

Whoever you decide to include on your health care team, qualities of effective health professionals include someone who:

- » Knows about chronic pain and how to treat it (or is prepared to learn).
- » Believes you are in pain.
- » Listens with care to your concerns.
- » Encourages you to ask questions.
- » Is comfortable when you disagree.
- » Is willing to speak to your family or friends if you are not feeling well.
- » Works with you to develop a pain management plan. The aim of the plan is to help reduce your pain and to set realistic goals so you can get back to important and enjoyable activities.

- » Provides information about risks and benefits of each suggested pain treatment.
- » Tells you when he or she doesn't know something about your pain problem or treatment.

Health professionals include your GP, medical specialists including a pain specialist, and allied health professionals such as physiotherapists. You may also find that complementary and alternative medicine options are helpful.

More information about these health professionals is available on the National Pain Week website.

www.nationalpainweek.org.au

Remember:

This is your team. If you are not satisfied with the way a health care professional communicates with you or treats you, it is important to either try to discuss this with him or her, or try someone else.