



Painaustralia calls for Paediatric Pain Service in SA #campaignforpain

Painaustralia is advocating for the establishment of a dedicated multidisciplinary paediatric pain service as part of the Model of Care for Chronic Pain Management in South Australia.

Painaustralia has requested a meeting with the South Australian Minister for Health the Hon. Jack Snelling and Minister for Disability Kelly Vincent, to discuss these issues.

South Australia remains the only mainland state that has no dedicated paediatric pain service and despite a proposal to include a service at the Women’s and Children’s Hospital in Adelaide, there has been no funding commitment for this from the SA Government.

At a national level, Painaustralia is calling for improved pain services for children and teenagers with an advocacy and awareness campaign, #campaignforpain, asking the Australian Government to lead a whole-of-community approach to implement the National Pain Strategy.

Dr Chris Hayes, Dean of the Faculty of Pain Medicine, says it is a major oversight not to have adequate services for young people in the state.

Our #campaignforpain message was picked up by national and local media during National Pain Week, with key stories on [ABC TV News SA](#), [JJJ Hack](#), [ABC Radio Drive QLD](#) and [Mamamia](#).

“Currently children as young as 12 are being referred to the adult Pain Management Unit at the Royal Adelaide Hospital, which is problematic,” he said.

We ask all of our readers to support the campaign at change.org.au/campaignforpain.

“We need the South Australian Government to commit to a dedicated fully-funded multidisciplinary pain clinic for young people as part of a state-wide plan.”

Please sign the petition today and share it with everyone you know.

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PLEASE SUPPORT OUR #CAMPAIGNFORPAIN SO THAT KIDS LIKE BROOKE AND BRENDAN GET THE HELP THEY NEED

#CAMPAIGNFORPAIN




1 in 6 Australians Have Chronic Back Problems: A Health Crisis

An estimated 3.7 million Australians have chronic back problems—a leading cause of disability—and 78% of them are aged 15 to 64, according to a new report by the Australian Institute for Health and Welfare (AIHW).

The report, *Impacts of chronic back problems*, based on 2014-15 data, shows men and women with chronic back problems are twice as likely to report poor health (9%), high levels of psychological distress (7%) and severe bodily pain (4%), compared with the general population.

Back conditions are also closely associated with disability, with one in four people (28%) with a disability (1.2 million people) also experiencing chronic back problems.

Among people with both a disability and a chronic back problem, 43% experienced limitations related to mobility, 28% experienced limitations related to self-care, and 77% who were of working age experienced a restriction in employment.

“A significant proportion of Australia’s workforce is either unable to work or limited in its capacity to work, due to chronic back problems,” said Painaustralia CEO Lesley Brydon.

“However, research has shown early intervention can significantly decrease disability, improve return to work rates after injury and potentially prevent chronic pain.”

Chronic back problems were defined in the AIHW study as long-term (6 months or more) health conditions and included disc disorders (such as a herniated disc or disc degeneration); sciatica and curvature of the spine; and pain not caused by another condition such as osteoporosis or osteoarthritis.

Chronic back problems were the third leading cause of disease burden in Australia in 2011, accounting for 3.6% of the total burden across all diseases and injuries.

Support Us

Your donation will help Painaustralia continue to advocate for better healthcare for Australians who live with chronic pain. Your support could make all the difference.

DONATE NOW

Report Finds Serious Lack of Services for Young People with MSK Problems

A new report, *Painful Transitions*, has described services and resources for young people with musculoskeletal pain as largely absent, and highlighted the common failure of health professionals to legitimise young people’s pain.

In depth interviews with young people also confirmed the significant impact of pain on every aspect of daily life, particularly on the ability to study, work, socialise and manage the financial burden of pain.

Two-thirds of young people in the study experienced persistent pain and mental health comorbidities.

The report, prepared by MOVE muscle, bone & joint health and Arthritis & Osteoporosis Western Australia, in conjunction with Curtin University and partners HealthSense and Wisdom Health, examined the experiences of Australians aged 16-24 with persistent musculoskeletal pain.

Led jointly by Associate Professors Helen Slater and Andrew Briggs, *Painful Transitions* calls for a transformation of pain care for young people in Australia, with a focus on the use of digital technologies to provide accessible, affordable, engaging and reliable information and resources.

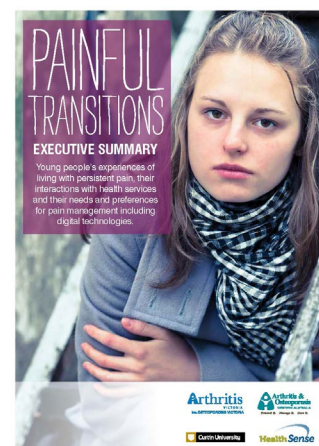
“Young people living with persistent pain need developmentally-sensitive health services, something that is lacking across Australia,” said Associate Professor Slater.

“They need services that are engaging, relevant, best-practice and easily accessible. Digital technologies can complement current care, and help bypass disparities imposed by geography, time, financial constraints or fear of stigma.

“We need to build capacity in our health workforce and break down unhelpful beliefs around chronic pain in the broader community.”

“The report also showed we need to involve young people in solutions; they want to be involved and we should grab the opportunity with both hands.”

[Download](#) the *Painful Transitions* Executive Summary.



Painaustralia Backs CHF Calls for Consumer-Led Health Solutions

Painaustralia strongly supports the Consumers Health Forum (CHF) push for consumer-led health solutions, which include integrated patient-centred care and a focus on developing capacity in primary care.

The CHF has also highlighted the need for Medicare reforms, particularly to allow better access to services for people with chronic illness.

CHF Consumers Health Forum OF Australia

Painaustralia CEO Lesley Brydon says the priorities identified by CHF for the 45th Parliament align with Painaustralia's own advocacy agenda.

"The priority areas identified by CHF are all critical to the development of more effective and accessible pain services throughout Australia," says Ms Brydon.

The CHF priorities for the 45th Parliament are:

- Commonwealth leadership on primary healthcare to drive patient-centred health care homes.
- Consolidate Primary Health Networks as regional commissioning organisations to foster place-based, consumer-centred health care.
- Pharmacy reform to support new roles for pharmacists and progressive future pharmacy policy.
- Workforce reform to spur integrated care including by specialist and allied health practitioners outside hospitals.
- The national rollout of personally-controlled electronic health records.
- Reform to the private health insurance arrangements to deliver better consumer value.

Painaustralia is forging relationships with Primary Health Networks and promoting education and training to enhance workforce capacity, as well as working with the MBS Review to develop more appropriate funding models for pain management.

Disadvantage Continues in Rural and Remote Australia

A new report [*Perils of Place: Identifying Hotspots of Health Inequalities*](#), by the Grattan Institute, shows Australia's health system is failing some communities.

The report, which analyses data from Victoria and Queensland, identified hotspots of preventable hospitalisations for diabetes, tooth decay and other conditions—with key areas of disadvantage being Frankston and Broadmeadows (VIC) and Mt Isa and Palm Island (QLD).

While hotspots included both metropolitan and rural and remote communities, the report highlights a clear need for greater focus and investment in rural and remote regions.

The Grattan Institute recommends that government work with Primary Health Networks and local communities to run tailored programs in selected places, and also focus on preventative action in high-risk areas and with high-risk groups.

The report is yet another indicator of the urgent need for major health reform in Australia.

"We need leadership from the Federal Government to make pain a national health priority and address the inequities in access between communities, particularly between people living in urban centres and those in regional Australia," said Painaustralia CEO Lesley Brydon.

In a report last year, the Australian Atlas of Healthcare Variation showed that opioid prescribing is strongly related to postcode, with dispensing rates higher in poorer, regional areas and decreasing with affluence and proximity to major cities.

The Commission identified a lack of treatment options for chronic pain in regional areas as one reason for this.



#NPW16 Raises Awareness

National Pain Week (25-31 July) hosted by Chronic Pain Australia (CPA), has become a flagship event for the pain community.

A highlight of this year's event was the community forum at Westmead Hospital, where Pain Ambassador Michael Clarke spoke about his experience of living with pain and overcoming this to become an international cricket legend.

A range of great speakers joined Michael on the day, including a team that had worked on the world's first Chronic Pain Hackathon who reported on their ideas for new technology to make managing pain easier.

#NPW16 generated a lot of media interest including [ABC Online](#), [The Daily Telegraph](#) and [A Current Affair](#).

As a platform for raising awareness of chronic pain, it has brought us another step closer to becoming a more compassionate and understanding community.

We congratulate Dr Coralie Wales and the CPA team on another successful event.

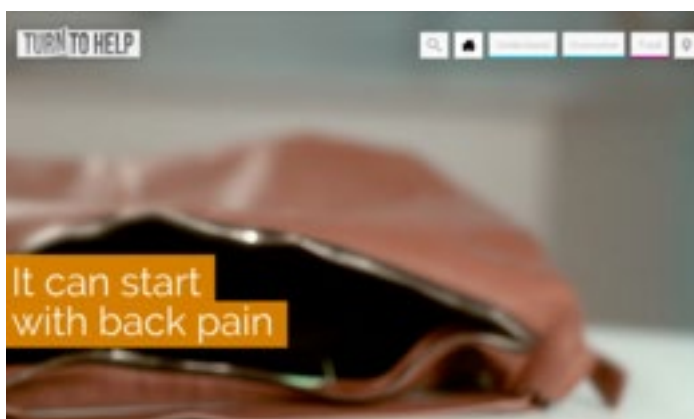
Turn to Help

Turn to Help Australia is a website that aims to help people with dependence on painkillers, by providing information and encouraging people to talk to their doctor.

The site, which includes real stories from people who have addiction to painkillers, could also be a useful resource for patients at risk of opioid dependence.

The site is supported by Indivior, a pharmaceutical company with expertise in medication for addictions.

To view the site, visit: www.turntohelp.com.au



We Need Your Signature: #campaignforpain

PainAustralia's advocacy and awareness raising initiative, [#campaignforpain](#), needs your signature on our change.org petition to help us reach our goal of 10,000.

Your support for the campaign will strengthen our appeal to the Australian Government to lead a whole-of-community approach to address chronic pain—Australia's most neglected health problem.

There is no Federal Government funding for chronic pain, and young people are particularly disadvantaged—with only 12 paediatric pain specialists and 6 dedicated paediatric pain clinics in just 4 states.

We ask all our members and supporters to come together to ensure every Australian can access a pain service staffed by suitably trained healthcare professionals, in their local area.

Please sign our [#campaignforpain](#) petition today and share with your networks.



Partnership with MedAdvisor

PainAustralia has partnered with MedAdvisor to help patients organise and order medications from their smartphone, tablet or PC.

Features of the free app include virtual Pharmacist Phil who gives personalised advice on how to use prescription medication correctly; a list of medications including repeats remaining, dose instructions, warnings and interactions; prescription history; reminders for new scripts; and reminders to take medication.

For every sign-up to the MedAdvisor app involving pain medication, \$1 will be donated to PainAustralia.

To register, visit: start.medadvisor.com.au/painaustralia/

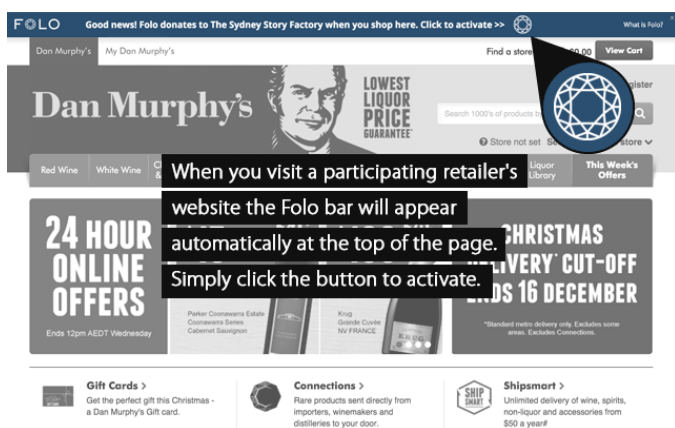


Donate to Painaustralia Every Time You Shop—It's Free!

You can now support Painaustralia next time you shop, simply by signing up to a goodwill initiative known as Folo, and you won't even need to part with a cent.

Simply follow these three easy steps:

1. Register with [Folo](#) using your name and email address and select Painaustralia as your charity of choice, then download the Folo Bar.
2. Browse online stores and Folo will automatically appear in your Google search results, indicating the more than 700 [partnered retailers](#). You can also activate Folo directly from your favourite online stores.
3. Once you have arrived at an online store, click on the spinning Folo symbol at the top, and shop as you would normally. The retailer will automatically make a contribution to Painaustralia, on your behalf.



Participating online retailers donate on average 4-5% of the total purchase price to charity.

We are using it—and it works! So please add your support—it will be greatly appreciated.

Click the play button to watch how it works.



Be Medicinewise Week 2016

The sixth annual Be Medicinewise Week promoting the safe and wise use of medicines will be held 22-28 August.

This year's theme asks people to take charge of their medicines by having conversations with health professionals about prescription, over-the-counter and complementary medicines.

Individuals and organisations are encouraged to get involved in the awareness raising week by downloading and sharing campaign posters.

Workplaces may like to host a workplace wellness event, such as a morning tea to talk about issues around use of medicines.

More information, including campaign posters and a Be Medicinewise toolkit, can be downloaded from the [NPS MedicineWise website](#).

Foggy Frog and the Pain Gang

Megan Schartner lives with several chronic illnesses, including Fibromyalgia and Myalgic Encephalomyelitis (Chronic Fatigue Syndrome).

Despite the significant impact on her ability to lead a normal life, she was frustrated at the lack of understanding in the community because her conditions are invisible.

Determined to raise awareness, she began the Foggy Frog and the Pain Gang Campaign, targeting school students.

In 2014, she raised more than \$7,500 with the help of more than 100 supporters to develop and publish a picture book.

The book, Foggy Frog and the Pain Gang, will be launched in Adelaide on 24 September by Dignity for Disability MLC Kelly Vincent as part of Invisible Illness Awareness Week (26 September to 2 October).

The campaign will be expanded in the future, to provide teaching guides, activities for children and workshops for teachers and employers on how to accommodate people living with chronic pain.

To find out more please visit the [Foggy Frog and the Pain Gang Campaign website](#).

You're invited to join Author, Megan Schartner, & Dignity for Disability MLC Kelly Vincent

24 September 2016
Saturday 1:30 PM
Burnside Library
401 Greenhill Road, Burnside

Book Launch

1 in 8 people live with an invisible illness causing chronic pain & fatigue. It can be difficult to explain these symptoms to others but Foggy Frog and the Pain Gang can help.

RSVP bit.ly/FoggyFrogLaunch
0421 429 531

Clinicians NeuRA Needs 10 Minutes of Your Time

Pain @ Neuroscience Research Australia (NeuRA) is undertaking research into the role of acceptance in chronic pain, and is seeking clinicians who treat people with chronic pain to complete an online questionnaire.

Greater acceptance of chronic pain is associated with less distress and disability. Pragmatically, however, the idea that one might want to be more "accepting" of chronic pain runs contrary to common sense.

To examine this further, NeuRA needs 200 clinicians to answer a 10-minute questionnaire.

To get involved email m.rabey@neura.edu.au.

Volunteers with Chronic Pain Needed for Study

People with chronic pain are needed for a University of New England study to validate the *Engaged Living Scale*, a questionnaire that helps guide choice of treatment, according to the framework of Acceptance and Commitment Therapy.

The aim of this therapy is to help people live life to the full, guided by their core values, and experiencing all facets of life mindfully, including painful thoughts, sensations and emotions.

Participants must be 18 and over, and will be asked to complete an online survey, which will ask questions about the degree to which they can live life according to their values, despite difficulties due to chronic pain.

Join the online survey, or for more information, email Kerry Rowe krowe6@myune.edu.au

Call for Participants in Cannabis as Medicine Survey

Researchers from the Lambert Initiative for Cannabinoid Therapeutics (University of Sydney) are launching an Australia-wide online survey of people aged 18 and over who have used cannabis for medical (therapeutic) purposes within the last 12 months.

It has been over 10 years since a similar online survey was conducted in Australia, and researchers would like a more up-to-date understanding of how Australians are using cannabis products for medical purposes.

It is supported by a [multi-million dollar gift from Barry Lambert and his wife Joy](#), whose experience of their granddaughter with epilepsy made them aware of the possibility of cannabinoids to treat not only her condition, but a range of chronic illnesses.

To participate in the survey [click here](#).

Participants Needed for Research into Fibromyalgia

Participants are required for research to assess the effectiveness of repetitive Transcranial Magnetic Stimulation (rTMS) in the treatment of fibromyalgia. rTMS is a non-invasive technique that can change the activity of neurons in the brain, and the clinical trial will last four weeks.

The research is being conducted by Dr Bernadette Fitzgibbon, an NHMRC Research Fellow based at Monash University.

To register your interest email Dr Fitzgibbon bernadette.fitzgibbon@monash.edu.

Adelaide 2017

EXPANDING HORIZONS
2017 Australian Pain Society 37th Annual Scientific Meeting
9 - 12 April 2017 | Adelaide Convention Centre

SUBMISSION DEADLINES
Topical Sessions
19 August 2016
Free Papers & Posters
21 October 2016
Early Bird Registration
24 February 2017

Expressions of interest online at www.dconferences.com.au/aps2017
For sponsorship and exhibition opportunities or more information please contact the Conference Secretariat
DC Conferences Pty Ltd | P 61 2 9954 4400 | E aps2017@dconferences.com.au



EVENTS



[PMRI Visiting Scholars Program](#)

The PMRI Visiting Scholars Program is a free monthly event providing an opportunity to hear from national and international experts in the field of pain.
When: [Visit website](#) for 2016 dates, 4-5pm
Venue: Auditorium, Kolling Building, Royal North Shore Hospital, Sydney



[Pain Management in Practice](#)

Pain Management in Practice is a two-day interdisciplinary workshop to provide practical training to clinicians who manage clients with persistent pain, to help them achieve their full potential.
When: Melbourne 8&9 September; Brisbane 27&28 October; Sydney 17&18 November
More information: www.empowerehab.com/workshops/



[Pelvic Pain Foundation Seminar](#)

The Pelvic Pain Foundation will hold a training seminar providing practical training in how to confidently and effectively manage a wide range of pelvic pain conditions in General and Specialist Practice. It is suited to the needs of a wide range of health practitioners including General Practitioners with a particular interest in Womens Health, Gynaecologists, Urologists, Gastroenterologists, Pain Specialists, Physiotherapists and Womens Health Nurses.
When: 15-16 October
Venue: Piper Alderman Lawyers, 70 Franklin Street Adelaide
More information: www.pelvicpain.org.au



[Yoga for Pain Training](#)

Qualified yoga teachers, exercise physiologists, physiotherapists, psychologists and other health practitioners are invited to attend. You'll learn the science of how pain works, research into yoga and pain, and principles for referring or introducing yoga safely and effectively to the growing numbers of people with longstanding pain.
When: 4 November 2016
Where: Canberra
More Information: www.yogaforpaincare.com

For more events please see our website www.painaustralia.org.au