



MEDIA RELEASE

National Pain Week 2015

23 July 2015

“As a community health service, SCHS sees a number of clients experiencing chronic pain”, said Mr Craig Stanbridge, CEO, Sunraysia Community Health Service. “This is not surprising, given that an estimated 20% of Australians are believed to suffer from chronic pain”.

National Pain Week attempts to raise awareness of this invisible burden that people don't want to talk about. The aim of National Pain Week is to break the silence and reduce the stigma of living with chronic pain.

Short term (or acute) pain is brief, acting as a warning for the body to seek help whereas chronic pain usually lasts longer than three months, even after healing from injury, surgery or other condition has taken place. If pain doesn't go away it can have physical and psychological impacts, which can become an issue in its own right. It can result in sleep deprivation, depression, irritability and fatigue, affecting a person's personal and social relationships.

“Sunraysia Community Health Service and Mildura Base Hospital are excited to be combining forces to deliver a new Pain Management program in Mildura under funding from the new Murray Primary Health Network”, said Mr Stanbridge. “This new program will build on the work of the previous Lower Murray Medicare Local Integrated Pain Management Service, to provide a local sustainable multi-disciplinary solution.”

The Murray Primary Health Network (PHN) works closely with regional health systems to identify areas to improve, either through the better co-ordination and support of health services or by commissioning new services to address needs. The pain management program aims to support people who experience ongoing chronic pain to improve function and quality of life through better management and understanding of their pain. Education and support with strategies that clients can use to help in daily activities will be an important aspect of the program.

“While not all chronic pain can be cured, there are positive steps you can take to help manage it effectively”, said Tracy Maynard, interim Pain Management Care Coordinator, SCHS. “Self management has been shown to diminish pain and distress by reducing neural sensitivity and improving functional capacity”.

“A focus of the program will be to enable clients to set realistic goals by changing their thinking from ‘pain cure’ to ‘living well despite the pain’”, said Ms Maynard. “A multi-disciplinary team, including nurses, physicians and allied health staff, will focus on actively engaging clients in treatments and

education on self management; such as training in relaxation, regular exercise, pacing techniques, group support programs and counselling.”

For more information on the SCHS Pain Management Service, please phone 5022 5444.

END

Media enquiries to:

Linda Henderson, a/g Team Leader, Murray Primary Health Network Projects

Ph: 5022 5444

Photo included/attached:



Caption: SCHS's multi-disciplinary team welcomes opportunity to discuss Pain during National Pain Week 2015.

L-R: Linda Henderson, a/g Team Leader, Murray Primary Health Network Programs; Amanda Ramsey, Physiotherapist; Tracey Maynard, Interim Pain Management Care Coordinator, Jess Goodwin, Physiotherapist.