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**PCA** PAIN  
CLINIC  
AUSTRALIA  
IMPROVING LIVES

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# CHRONIC PAIN

There's no need to suffer in silence.

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## 2 ABOUT TREATMENT

Treatment provided is strictly goal orientated and follows a structured multidisciplinary pain management program, which is very effective as we provide the patient's a psychologist, physiotherapist, plus customised medication and the sessions with the psychologist are based on cognitive behavioural strategies & includes education about the nature of chronic pain and the cognitive process of pain behaviour. Sessions with physiotherapist consists of an individualise reactivation program which is designed to maximise the client's functional abilities to minimise further physical deconditioning.

Furthermore, this benefits patients because it is more efficient by having all the health professionals working together in unison including monthly check-ins coordinated by their dedicated Case Manager who monitors performance taking regular vital information to ensure patients are progressing in the right direction, focusing on improvements in physical and emotional wellbeing. Our Doctors will use this feedback to adjust and optimise results to help reduce the pain intensity experienced on a daily basis.



## 2 ABOUT TREATMENT

Insurance Case Managers will be emailed detailed Patient Progress Reports on weeks 6, 12 and a final Comprehensive Multidisciplinary Patient Report at the completion of the 6 month program. Our multidisciplinary pain management programs are efficient and effective and provide convenience and comfort for patients due to our telehealth approach and our patient show rate to physiotherapy and psychology consults is 95%. If they don't show or are unable to make the booked consult, we reschedule at no extra cost.

Patients with a focus on returning to work will be encouraged to liaison closely with their Case Manager and the entire Pain Management Team to ensure efficient and effective coordination of their return to work action plan.



## 2 ABOUT TREATMENT

### **PCA 6 Month multi-disciplinary chronic pain management plan will include:**

1. Doctor's supervision including re-scripting
2. Tailor made prescription created by our doctor
3. Regular dispatch of medication
4. A complimentary Tens Machine, accompanied with an in-depth instruction video
5. 1 x 30-minute session with our in-house Nutrition Coach
6. 12 X 30-minute customised session with dedicated Physiotherapist
7. 12 X 30-minute customised session with your dedicated Psychologist
8. Close liaison with our compounding pharmacy team on your behalf
9. A dedicated PCA case manager providing patient support for the duration of your treatment and providing feedback to our doctor on your behalf ( monthly reviews)
10. 24-hour Live-Chat Patient assistance
11. Frequent video guides explaining, diet, exercise, mindfulness and how to get the most of your treatment plan





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## ABOUT US

Pain Clinic Australia (PCA) has been in the health industry for 10 years. Having had a number of patients suffering with chronic pain, we decided to expand our winning formula to help people in chronic pain by creating PCA.

Today 3.4 million Australians live in chronic or disabling pain. More patients suffer from arthritis and more than 68% of chronic pain patients are of working age.<sup>1</sup>

PCA delivers a new paradigm in the care for people in chronic pain, by providing rapid access to a multi-disciplinary pain management team of experienced doctors, physiotherapists, psychologists, pharmacists, nutritionists and more, all from the benefit of your home via telehealth.

Our team specialises in chronic pain and we know that pain is a whole-body issue, that impacts every aspect of life from cooking and intimate relationships, through to work and caring for loved ones.

For patients living in chronic pain, sharing your pain frustrations is not just about timely treatment, it's also about empathy, compassionate and connected care. This is why we provide education on how to manage your pain as we realise sometimes it is not possible to be cured but it is at least possible to be rehabilitated.

## 4 UNDERSTANDING CHRONIC PAIN

Chronic pain is long standing pain that persists beyond the usual recovery period (3 months or more) or occurs along with a chronic health condition, such as arthritis. Chronic pain may be "on" and "off" or continuous. It may affect people to the point that they can't work, eat properly, take part in physical activity, or enjoy life.

Chronic pain is a major medical condition that can and should be treated.<sup>2</sup>

Living with chronic pain can be hard particularly in this situation where the cause is not clear. It can lead to emotional challenges such as frustration, depression, anger, and fear. Sometimes relationships with family and friends can be strained and a support network can be lost.

You can end up addicted to strong opioid medications or turn to illegal drugs or alcohol for temporary relief rather than looking for a long-term solution. Sometimes your own treating doctors are unsure of what to do.

If you have found PCA and have been suffering in silence, you are not alone. You may have gone to your GP, or a specialist and been given an uncertain diagnosis, or have received no diagnosis after months, or years of pain. Or perhaps you're more than 70% of chronic pain GP patients primarily with medication.



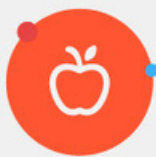
# 4 UNDERSTANDING CHRONIC PAIN

Today in Australia, only **1 in 100** patients are referred for multidisciplinary care, which can reduce opioid use by **50%** and emergency admissions by **35%**.<sup>1</sup> Our greatest satisfaction is when our patients share their personal stories of overcoming an excruciating or debilitating condition that is underpinned by pain.

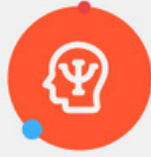
## MULTIDISCIPLINARY CARE



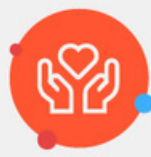
DOCTOR



NUTRITIONIST



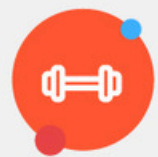
PSYCHOLOGIST



SUPPORT



PHYSIOTHERAPY



EXERCISE  
PHYSIOLOGIST

We know every patient is unique and take great care to listen and ask you questions about your goals and pain ambitions so we can tailor a personalised pain solution for you, whether it's reducing your reliance on painkillers, or returning to work and life faster.

And we know that pain leaves no corner of life unturned - from joint pain while exercising, pain while cooking and dressing, or pain related conditions and treatments that can interfere with sexual function.



# 5 WHY SLEEP IS IMPORTANT IN MANAGING PAIN

Sleep is an essential function because it allows the body to heal and recuperate itself for another day. You may have experienced the vicious cycle where you're not getting enough sleep, meaning that your body is not getting the rest it needs to repair itself which in turn leads to more pain and ultimately not enough sleep.<sup>3</sup>

It's clear how frustrating this can be because you're stuck in what feels like a never-ending cycle of pain and lack of sleep. At PCA, we understand how chronic pain impairs your sleep pattern and as your pain worsens so does your sleep. You may find it hard to stay asleep or find difficulty in falling asleep. What we do know is that without good sleep, your pain can be heightened.



The physiological explanation for this theory reveals when your sleep quality is poor, this can 'trigger **cellular pathways** within the brain that produce inflammation and ultimately enhance the pain you feel through your nervous system.'<sup>3</sup>

Your unsettled sleep pattern may leave you feeling fatigue during the day intensifying your level of pain. It can definitely have corresponding consequences for the people around you as it inhibits you from participating in daily activities such as working. Not only that, the relationships around you

may begin to decline inhibiting your quality of life because you're stuck in this cycle of pain and fatigue. Living with chronic pain can be physically and mentally straining thus it is incredibly important that you are allowing your body to repair its cycle by getting a well-rested night's sleep.

# WHY NUTRITION IS IMPORTANT

Managing chronic pain is like being in a war. In taking excessive rest from the pain you feel, you are allowing your muscles to get weaker, lessening the support as the damage and your pain progresses. Instead, you need to eat well and train to be physically fit in order to strengthen the muscles around the injured area to support the damage that has been done.

Often, you will hear the term, 'no pain no gain' from professional trainers or gym-goers, and sometimes in exercise you do have to push through the discomfort to get the desired results. Your lifestyle has a large impact on the effects of your chronic pain. Your diet in particular can have major effects on the function of your nervous, immune, and endocrine systems which directly impact your pain levels.<sup>4</sup> Many will find that a diet that is high in anti-inflammatory foods and spices can actually improve their chronic pain by decreasing systemic inflammation.

A sub-optimal diet can result in reduced mobility and functional strength effecting your ability to participate in day-to-day activities such as the ability to shop and prepare meals. Chronic pain is like a game of chess with your mind and body and in doing so, your mental health may be affected. You may conjure feelings of loneliness which in conjunction with an unhealthy sleeping pattern, can lead to poor dietary habits as you overindulge in unhealthy food. Ultimately these factors work together and have major effects on the management of your pain.

## 7 HOW MIND BODY TECHNIQUES CAN HELP

Methods that combine the mind and the body are becoming increasingly more promising in managing chronic pain. The severity of the pain you feel can be altered by hormones. **Cortisol** from stress and lack of sleep can increase the level of pain you feel. **Adrenalin and Euphoria** from exercise and achieving goals that you have set, can decrease chronic pain.

For example, think about football players who have broken a bone in a match, they sometimes don't even realise that this happened because their adrenaline is so high in the game. Now, apply this same psychological theory to the chronic pain that you experience through mind body techniques. When you are in a calm state of mind, and your attention is focused on the present, notice how you become more accepting and aware of the current thoughts, feelings, and bodily sensations that you feel.

Once in this state, the goal is to not interact with these emotions but to simply be aware of them. It is true that living with chronic pain can impact your relationships, your quality of life and most importantly your mental and physical well-being. However, by maintaining a healthy diet in combination with frequent exercise and mind body techniques, this can help alleviate your pain.



# 7 HOW MIND BODY TECHNIQUES CAN HELP

The way you experience pain is generally associated with:



Physical sensations;  
relating to your pain  
intensity (I am in a lot of  
pain).



Emotional response to  
sensations: the emotional  
state that you are in (I am  
sad), your beliefs about  
pain (I will not get better)  
and the expectations you  
have (There is no treatment  
that can help me)



Social effects of the  
experience;  
generally related to the  
environment around you  
(There is no-one who can  
understand how I feel).<sup>4</sup>

Research highlights there is a strong connection between alleviated pain intensity between those who practice mindfulness and those who do not.<sup>6</sup> The results conclude that practicing mindfulness techniques can effectively help manage pain by improving the psychological experience of pain to decrease negative sensations and improve emotional flexibility.<sup>5</sup>

At PCA we know that living with chronic pain can sometimes bring on negative or worrisome thoughts that affect your mood and even increase pain, which is why mindfulness is important in helping managing pain by focusing the mind and body in the present moment without passing judgment. Use mindfulness not as a permanent solution to your chronic pain but as a way to transform your relationship with it so you can heal and experience relief throughout your journey to restored quality of life.

## 8 WHY TOPICAL THERAPIES ARE BEST

Having a multimodal approach means utilising many different ways to target chronic pain and not just relying on high doses of oral medications. At PCA we use topical therapies such as a **TENS machine and anti-inflammatory creams** to support the use of our oral medications. This helps reduce side effects as the oral medication needs to pass through your internal organs such as your liver and kidney for processing which can cause adverse effects.



We recognise that chronic pain affects those of all ages, therefore especially for those who are older and have a longer list of medical history, topical therapies may be more favourable as your medication management becomes more complex.<sup>7</sup> It provides advantages of achieving pain relief through the avoidance of drug interaction, first-pass metabolism and systemic side effects.<sup>8</sup>

For many patients, chronic pain is often inflammatory in nature. **Topical creams work by inhibiting cyclooxygenase enzymes - the pain enzyme involved in the promotion of inflammation and pain.**<sup>7</sup> Topical creams offer anti-inflammatory effects at the pain point of inflammation whilst decreasing adverse effects that an over-the-counter drug may have.

The TENS machine is an advanced holistic approach to relieving pain through nerve stimulation. TENS is the abbreviation for "Transcutaneous Electrical Nerve Simulation." Nerve stimulation closes a 'gate' mechanism in the spinal cord helping to eliminate pain. It is a battery-operated stimulator that can send electrical pulses to the area of pain through the lead wires to the electrode pads that are placed near the site of pain.<sup>9</sup>

# EXPECTED OUTCOMES AND RETURN TO WORK

In regard to expected outcomes, Pain Clinic Australia offers a high degree of quality, excellence and care due to our innovative multidisciplinary approach to treating patients suffering from chronic pain and the multidisciplinary techniques utilised in our programs are consistent with the cognitive-behavioural approach. For patients living with chronic pain, this is particularly critical because many also live with other conditions: depression, sleep disturbance, fatigue and other chronic health issues. At Pain Clinic Australia, we treat patients as a whole and as such not one aspect of a patient's health is priority to another. Our Chronic Pain management solutions are customised to each individual patient and their specific rehabilitation requirements using our multidisciplinary approach. Globally, outcomes from similar programs have included improved function of day to day activities, improved sleep, significant reduction of medication, enhanced mood and 63% return to work within 6 months.

Research has indicated that returning to work is important for overall health and wellbeing and our pain management team understand that to get patients back to work quickly, planning and commencing a safe and comfortable action plan as early as possible during their treatment is paramount. Returning an injured worker back to the workforce is a team effort and any issues or concerns regarding back to work action plans are addressed immediately by our Case Manager through open lines of communication with the patients GPs, return to work coordinator, insurance case manager or agent and if necessary, employer supervisor.

# CONTACT US

The doctors at the Pain Clinic Australia are true leaders in the industry. You deserve immediate, effective, and lasting health care solutions to restore your quality of life to the very best it can be.

**All communications and patient details are kept in strict confidence.**

Please contact us directly via telephone at **+61 1300 070 910** or enquire online - one of our healthcare professionals will be happy to consult with you immediately.

Solutions are available to help manage chronic pain and to restore quality of life you deserve. Reach out to our friendly team to learn more.



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