

Pathways out of persistent pain

Breaking the Pain Cycle | Quick Reference Guide

Tools to help patients understand persistent pain

- Short videos that help explain persistent pain and its management:
 - [Your brain and pain - Kevin Cuccaro](#) (YouTube)
 - [Understanding pain in less than 5 minutes - Brainman](#) (YouTube)
 - [‘Tame the Beast’](#)
- Australian and New Zealand College of Anaesthetists and Faculty of Pain medicine [patient resources](#)

Online patient resources that promote development of skills and knowledge in self-management of pain

- [ACI Pain management network](#) (NSW Agency for Clinical Innovation)
- [Pain Health](#) (Department of Health WA)
- [Chronic Pain Australia](#) (Non-Government Organisation)

[The Australian Pain Management Association website and Pain Link Helpline](#)
– phone 1300 340 357

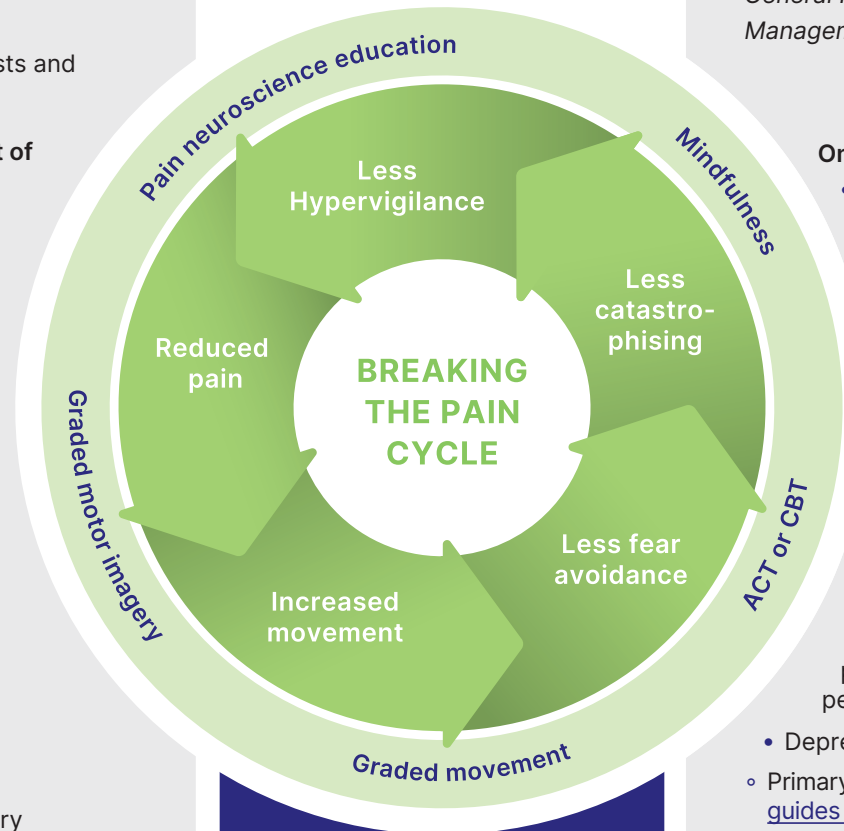
Consider a GP Management Plan (GPMP) and Team Care Arrangement (TCA) to facilitate access to allied health services.

- To find an accredited physiotherapist with an interest in pain visit the [Australian Physiotherapy Association](#) (APSA)
- To find an accredited exercise physiologist visit [Exercise & Sports Science Australia](#) (ESSA)
- For other specialised pain services, [Pain Australia](#) have a national pain services directory

Patient resources about exercise and pain

- ACI Pain management network [‘Pain and physical activity’ fact sheet](#)
- ESSA’s [‘Exercise for persisting pain’ e-book](#)
- Exercise is Medicine Australia - [chronic musculoskeletal pain factsheet](#)

Pain education + multi-component brain retraining



Consider a Mental Health Treatment Plan and referral to psychologist for cognitive therapies to support pain management.

- To find a psychologist with an interest in pain visit [Australian Psychological Society](#) ‘find a psychologist’, open the *General Health* option under *Search by Issue* and select *Pain Management* Find a psychologist (APS)

Online cognitive behavioural therapy pain programs

- [MindSpot](#) (Macquarie University) – free access for adult Australian residents, four hours per week time commitment over eight weeks
- [This Way Up](#) (St Vincent’s Hospital) - free access via clinician referral, eight lessons to be completed over 120 days

Resources to support the judicious use of opioids

- ACI Pain Management Network [‘Quick steps through opioid management’](#)
- RACGP Prescribing drugs of dependence in general practice, Part C2, [‘The role of opioids in pain management’](#)
- [NPS MedicineWise Videos](#) to guide effective conversations between health professionals and patients about the use of opioids for the management of persistent non-cancer pain
 - Deprescribing guidelines
- Primary Health Tasmania – [guides for deprescribing opioids and NSAIDs](#)
- NSW Therapeutic Advisory Group [opioid deprescribing guide](#)

Patient information about opioids in persistent pain

- NPS MedicineWise
 - [Information about opioid medicines and chronic non-cancer pain](#)
 - [‘Lowering your opioid dose’ fact sheet and tapering plan](#)

For online access with links from the *Quick Reference Guide*, please visit [MedicinesAdvice.net.au](https://www.MedicinesAdvice.net.au)

