

Evidence:

ADAPT is based on a similar program at St Thomas' Hospital, London, which showed better outcomes up to 1 year compared to usual care and a less intensive program. Over 4,000 people have attended ADAPT since 1994 and we have found:

Those who REGULARLY PRACTICE the self-management strategies taught at ADAPT make major improvements in:

- Pain (much less troubling)
- Mood & confidence
- Lifestyle
- Strong pain medication (over 90% able to stop and stay off them)

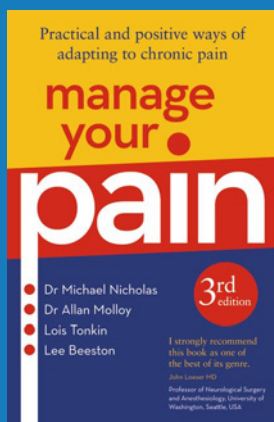
Patients and those close to them should read our book:

Manage Your Pain. Explains the key methods used at ADAPT.

A downloadable copy for an e-reader is available at:

www.harpercollins.com.au

www.abcbooks.com.au



Experience: over 25 years

What our patients have said:

- *“When you think you’ve had enough of your chronic pain, give the team at ADAPT a call on 9463 1500.”*
- *“After the first couple of weeks, life is looking better than it has for years, I have more energy, more enthusiasm about everything, and the future is looking much, much brighter than I though it ever could again.”*
- *“I didn’t think I could feel as good as I do again. The pain is still there, but I can handle it so much better, it is amazing to me!”*
- *“ADAPT has saved my life. The techniques are the only thing that has enabled my life to continue. It’s 12-months down the track and I’m back living by myself, doing all my chores, and working full-time again. Life has never been better.”*

From an orthopaedic surgeon:

“Congratulations on an outstanding result with my patient. One such triumph a year fully justifies the existence of your clinic.”

ADAPT PROGRAM

for people with disabling chronic pain



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Health
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Local Health District

What is the ADAPT Program?

ADAPT is an intensive outpatient treatment and rehabilitation program for people with disabling or troubling chronic pain.

ADAPT is a group program (8-10 patients per group) and is run by a multidisciplinary team of physiotherapists, psychologists, doctors and nurses who work in a coordinated way.

ADAPT uses cognitive-behavioural methods to help people in chronic pain to learn **effective ways** of managing and coping with their pain.

Before being accepted into ADAPT all prospective patients are assessed by a multidisciplinary team at the RNSH Pain Centre.

This comprehensive assessment gives us a good understanding of each patient's pain and enables us to work with each patient to decide on the most appropriate pain management plan for each person.

Most sessions (like exercises and discussions) are group-based, but each patient has an individual treatment plan and works with the ADAPT team on achieving their **own goals**.

ADAPT runs from 9am to 5pm, Monday to Friday, for 3 weeks. No one stays at the hospital, but if a patient lives too far away they may need to arrange accommodation in a local motel.

Pain due to work or motor accident injuries

ADAPT uses international best-practice guidelines to help injured workers with chronic pain to return to work (RTW) in a sustainable way.

90% of patients cease their reliance on strong pain medication. When this outcome is combined with better mood, higher levels of daily functional activities, better sleep and confidence RTW after ADAPT becomes a realistic option. But it requires cooperation between the workplace, healthcare providers and us.

RTW is more likely if the injured worker still has a job. So referral to ADAPT within 6-12 months of injury is strongly recommended. We can still help those referred later but it is a tougher challenge.

Experienced Staff

The ADAPT staff have had 10 to 40 years of experience in chronic pain management. They include a Medical Pain Specialist, Clinical Psychologists, Physiotherapists, and a Registered Nurse to coordinate the program.

Follow-up

We provide formal reviews at 1-and 3-months post-program, but we will see patients years later if they seek further help.

Referral to ADAPT:

Patients are referred to the RNSH Pain Management & Research Centre by their doctor. If the patient meets some of the following criteria then he/she may be offered the ADAPT Program:

Admission criteria include:

- Pain for more than 3 months
- Pain interfering in daily life activities
- High levels of distress secondary to pain
- Frequent use of unhelpful medication for pain
- No further major medical or surgical investigations or treatments planned
- Not requiring urgent psychiatric treatment
- No primary drug or alcohol problem

Costs

Public patients attend for no charge, but if they live far away they would have to fund their travel and local accommodation. Those covered by accident insurance will require approval from their insurer.

