



### To learn more, read: *Manage Your Pain*

This was written by staff at PMRC and is the manual we use for all our treatment programs, group and individual. For myBPSM we recommend you download an ebook version from the **HarperCollins website**, or try your local library.

Our staff will guide you on the sections relevant to you. To participate in myBPSM access to a computer that is linked to the internet is ideal, but you can use a smartphone, or tablet (like an ipad). Some in-person visits to the PMRC may also be arranged.

### If you require an interpreter, please let us know.

如果您需要口譯員服務在您的時間在節目請告訴我們。

Se richiedete i servizi dell'interprete durante il vostro tempo sul programma prego sappiamo.

Ako to tuma-a usluga tokom vremena na programu vas molim da nas znaju.

رد امش تامدخ تسامزال ددرگيم نيماآت شيراب نامچرت طسوت امش رگا

ديدهد عالطا ام هم انرب رد ار نامز لوط

Si usted requiere los servicios del intérprete durante su tiempo en el programa por favor sepamos.

## Your Pain Clinicians at PMRC

Your **Pain Medicine Specialist** is

\_\_\_\_\_

Your first appointment is at \_\_\_\_\_ AM/PM

On \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Your **Clinical Psychologist** is

\_\_\_\_\_

Your first appointment is at \_\_\_\_\_ AM/PM

On \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Your **Physiotherapist** is:

\_\_\_\_\_

Your first appointment is at \_\_\_\_\_ AM/PM

On \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Your **Pain Nurse** is:

\_\_\_\_\_

Your first appointment is at \_\_\_\_\_ AM/PM

On \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Please start reading the book, *Manage Your Pain*, in preparation for starting your pain program.

You should also go to NSW Health's ACI website that provides independent and expert information about pain that persists:

[www.aci.health.nsw.gov.au/chronic-pain](http://www.aci.health.nsw.gov.au/chronic-pain)

# myBPSM for managing pain

With videolink, phone, and in-person help from the Pain Team at PMRC



Your Name:

## MJ Cousins Pain Management & Research Centre (PMRC)

Ground Floor, Douglas Building,  
Royal North Shore Hospital  
St Leonards

 **9463 1500**

 [NSLHD-RNS-ADAPT@health.nsw.gov.au](mailto:NSLHD-RNS-ADAPT@health.nsw.gov.au)



**Health**  
Northern Sydney  
Local Health District

## Treatment goals with chronic pain

As chronic pain can persist for many years, the most realistic goal for all pain treatments is to help our patients live as normally as possible despite their pain. This means the person in pain must play an active role in this process. We call this active pain self-management.

## What is myBPSM?

My Brief Pain Self-Management (myBPSM) program has been designed by the staff at PMRC for patients with chronic pain who find getting to the Pain Centre difficult. Patients are taught to manage their pain at home while still having regular contact with our team. Each patient is guided through the structured program by a mix of videolinks (via NBN), phone, and some planned visits to the Pain Centre. The staff include a Clinical Psychologist, a Physiotherapist, and a nurse. Follow-up reviews with the medical pain consultant will also be arranged. A patient manual and charts will be emailed or posted out.

The individualised pain management plans are developed after an initial multidisciplinary assessment by the PMRC team at the Pain Centre.

## Duration and Frequency

This depends on the individual case, but can be from 2-20 sessions with each clinician, often weekly. These are conducted at arranged times. Later follow-ups can be offered, as needed.

## The Clinical Psychologist's role

Our Clinical Psychologists have extensive training and experience in the assessment of persistent pain and ways of helping patients learn to manage their pain. They also treat related problems, such as depression, anxiety, stress, drug withdrawal, adjustment issues, interpersonal, and sleep difficulties.

To start with, we review the results of the multidisciplinary assessment and agree on the goals for each patient individually. We also identify any obstacles to achieving those goals.

The sessions will help the patient develop the skills needed to overcome the obstacles to achieving their goals.

Between sessions patients are expected to practice the skills taught and their progress is reviewed at each session. This allows us to guide them in working towards their goals.

## Working together

Typically, the Clinical Psychologist, Physiotherapist and Medical Pain Specialist at the clinic work closely together to provide the most effective care possible. Sometimes, one of our psychiatrists and nurses will also be involved.

But for the best outcomes it is essential that each patient does their bit too. This means attending all sessions and following the treatment plan between sessions.

## The Physiotherapist's role

Our physiotherapists also have extensive training and experience in the assessment and management of pain.

Our physiotherapists main goal is to help patients improve their ability to function as normally as possible, despite persisting pain.

The treatment will usually involve an explanation of the pain and a discussion of why it might have persisted. The importance of resuming normal movements and activities as soon as possible is also discussed.

A core group of exercises will be recommended for most patients, but specific activities will be encouraged as well, depending on the patient's goals.

An exercise and activity upgrading plan will be worked out with each patient to provide a daily timetable to work on between sessions. Follow-up sessions will focus on reviewing the patient's progress and guiding them in upgrading or modifying the exercise/activity program.

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**Note: This is not a 24-hour crisis service. For crisis care (e.g. risk of harm to self or others), please contact 24-hour NSW Mental Health Line (1800 011 511) or go to a Hospital Emergency Dept.**