PRECISION
ASCEND

Pain Management Program

A BETTER LIFE FOR YOUR PATIENTS

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“I’VE BEEN ABLE TO DO MORE AND GENERALLY ENJOY LIFE MORE, NOW THAT I AM BETTER EQUIPPED TO MANAGE MY SYMPTOMS.”

A MULTIDISCIPLINARY PAIN MANAGEMENT PROGRAM DESIGNED FOR THOSE WHO HAVE HAD PAIN THAT HAS BEEN PRESENT FOR THREE MONTHS OR LONGER, IMPACTING ON THEIR PHYSICAL, MENTAL AND SOCIAL WELL BEING.

This Pain Management Program has been designed by physiotherapists and psychologists to teach valuable tools on how to best manage persistent and chronic pain.

This comprehensive program includes education from physiotherapists, psychologists and medical specialists in rehabilitation and/or pain to give guidance on managing pain. This multidisciplinary team work together to formulate a treatment plan best suited to the individual’s case.

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HOW WE OPERATE

THE PAIN MANAGEMENT PROGRAM INVOLVES FOUR DIFFERENT STAGES:

1

ASSESSMENT 3 APPOINTMENTS

An individual's assessment is conducted in three separate appointments – one with each of our treatment specialists (physiotherapy, psychology and a medical professional trained in rehabilitation and/or pain).

The assessment determines if the participant is suitable to undergo the Pain Management Program. The participant may not be suitable for group setting therapy and may require one-on-one treatment, or they may require further interventional treatment.

2

INTRODUCTION 2-WEEK COURSE

The introduction phase is a two week course that each participant undertakes. This is to increase their awareness of the biopsychosocial approach to persistent pain and to introduce foundation self management principles.

3

PROGRAM 8-WEEK COURSE (2 DAYS A WEEK)

The program runs for eight weeks – two days per week, from 10am - 4pm (simulating a normal working day). Participants of the Pain Management Program will learn how to recognise unhelpful thoughts and behaviours, develop practical skills to engage in daily activities in a sustainable way, and techniques to deal with pain flare ups with less reliance on medication.

4

FOLLOW UP 2 FOLLOW UPS (WITH EACH SPECIALIST)

After completing the Pain Management Program, participants will undergo two follow up sessions: the first at two months post-program, and the second at six months post-program. This involves one appointment with the psychologist, physiotherapist and medical professional who the participant saw throughout the program. Post program support is tailored to meet the individual patient needs.

Precision Ascend utilises ePPOC (electric Persistent Pain Outcome Collaboration) to monitor patient's physical and mental progress, and to continually improve the program.

WHICH PATIENTS ARE SUITABLE FOR THE PAIN MANAGEMENT PROGRAM?

The Ascend Pain Management Program is based on the biopsychosocial and self management approach to chronic pain. The program is in a group setting where patients engage in learning about the physical and psychological aspects of persistent pain, as well as participate in active exercise approaches.

Whilst multi-discipline pain management programs are often the evidence-based choice for the management of persistent musculoskeletal pain, not all patients are suited to the Ascend program at the time of assessment or more generally.

PATIENT SUITABILITY

A patient's suitability for the program will be evaluated taking into consideration the following factors:

- Degree of impact on daily function, as well as physical and mental wellbeing.
- Response to standard conservative treatment, physical therapies & exercise.
- Maladaptive beliefs and behaviour that could be addressed via the program.
- Openness to viewing persistent pain from a biopsychosocial perspective.
- Willingness to actively participate in all aspects of the program including medication rationalisation, putting on hold hands on treatment, surgical and interventional approaches, and working towards meaningful functional goals.
- Severity of presenting mental health issues.
- Level of presenting activity, exercise and concentration capacity.
- Stability of social situation including claim and compensation stressors.

Practitioners will also aim to understand the patient's preferred learning style based on their language, cultural and literacy background.

Where patients are determined to be unsuitable for the Ascend group based program, an alternative management plan will be formulated in keeping with the programs biopsychosocial and active self-management principles.

THE ASCEND PROGRAM COVERS A WIDE RANGE OF TOPICS BASED ON OUR CORE PHILOSOPHIES:

BE HEARD AND UNDERSTOOD

Persistent pain is not like a broken leg. It is harder to see and harder to explain to friends, family and work colleagues. Ascend understands the importance of patients having the opportunity to be heard and understood by professionals who specialise in persistent pain, and to share their experiences with others that are in a similar situation.

AWARENESS

Persistent pain is complex. Understanding the contributing factors to persistent pain helps patients become aware of their unhelpful patterns of thoughts and behaviours. It also helps them focus on the strategies that go to better managing persistent pain.

ACCEPTANCE

Ascend doesn't view acceptance as "giving up". But the program does teach developing an acceptance mindset to the situation the patient is in. This includes recognising that you cannot change the past and there are things in the future that are outside of your control. Ascend teaches that acceptance is about being realistic and compassionate to yourself and focusing on the positive actions you can take at this moment.

HEALTH

A healthy mind and body help patients cope better with pain and get back to more of the activities that are important to them. The program teaches the importance of developing a healthy lifestyle in the areas of physical exercise, mental exercise and socialisation, nutrition, sleep habits and formal relaxation practices.

REDUCING MEDICATION

Whilst pain medication plays an important role in the treatment of pain in the short-term, long-term use is associated with a myriad of problems including side effects, medication interactions and even addiction.

Reducing or ceasing is an important goal of the Ascend Program. It is shown to not only reduce the long-term costs of treatment, but also to have long-term physical and mental health benefits.

REASSURANCE, ENCOURAGEMENT & HOPE

The Ascend Program aims to help patients become more independent and confident living with persistent pain. This often means doing things differently and challenging themselves. The Ascend team support, help problem solve and encourage this process, often starting with small steps.

GETTING BACK INTO LIFE

Ascend believe that the best way to maintain and build on the benefits of the program is to apply the strategies to life. Being productive, connecting with people and living life true to their values, using the skills learnt on an ongoing basis leads to less pain, better health and better quality of life. This includes exploring the options of getting back to work, which has so many financial, psychological and social benefits for patients when barriers are identified and managed well.

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BRAIN, SPINE & PAIN

OUR TEAM INCLUDES

- Physiotherapists
- Psychologists
- Medical specialists in pain and/or rehabilitation

HOW TO REFER

Referrals from a GP, specialist or treating allied health service

LOCATIONS

- Cranbourne
- Essendon
- Caulfield
- Telehealth

For more information, please
Call **03 8862 0062**
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or scan the QR code: