FOOD 4 PAIN
Achieving synergy in pain management at Hunter Integrated Pain Service (HIPS)

**DID YOU KNOW?**
Poor dietary intake is the leading cause of death around the world.

**$139 BILLION**
Was the cost of chronic pain in Australia (2018) including healthcare and productivity costs.

**IN AUSTRALIA:**
One in five people are living with chronic pain.

**WHAT IS THE KNOWLEDGE GAP?**
Due to resource limitations nutrition is underrepresented in the wholeperson approach to pain management at HIPS.

**WHAT DO PEOPLE AT HIPS SAY?**
- **Staff’s perceived benefits to providing dietary advice**
  - Successfully achieve wholeperson approach to pain management
  - Better pain outcomes
- **Patient’s perceived benefits to accessing dietary advice**
  - Improved knowledge & skill
  - Improved self worth
- **Staff’s perceived barriers to providing dietary advice**
  - Time limited time to deliver information
  - Patient fatigue
  - Lack of dietetic experts
  - Low confidence in current staff delivering nutrition
- **Patient’s perceived barriers to accessing dietary advice**
  - Cost (e.g. travel to receive treatment)
  - Lack of motivation

**WHAT IS THE SIGNIFICANCE?**
Improving the nutrition component of the wholeperson approach would have better pain outcomes, quality of life and dietary health.