

# FOOD 4 PAIN

## Achieving synergy in pain management at Hunter Integrated Pain Service (HIPS)



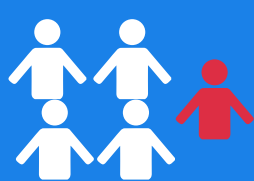
### DID YOU KNOW?

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.

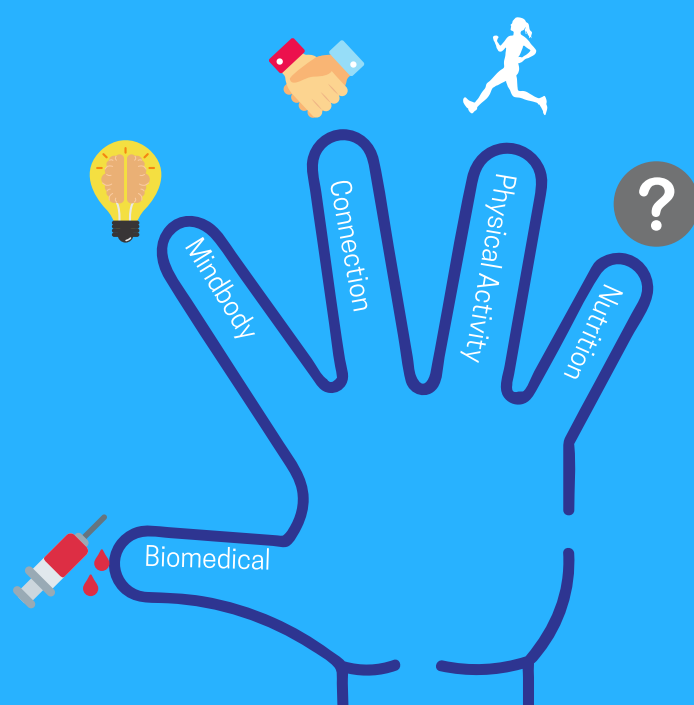


### IN AUSTRALIA:

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

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 benefits to accessing dietary advice:

- Better health outcomes
- Improved knowledge & skill
- Improved self worth

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.

