INCREASING COMPLETION OF MULTIDISCIPLINARY PAIN PROGRAMS (MDPP) AT HUNTER INTEGRATED PAIN SERVICE

THE BURDEN OF CHRONIC PAIN

1 in 5 Australians experience it

20% of Australians have chronic pain
0.2% attend a pain clinic

Costs $73 billion/year

Increased risk of depression, anxiety and even suicide

High utilisers of healthcare

Barriers

Limited times/days available
Distance travel
Low treatment expectations
Lack of patient motivation
Distance travel

Limited times/days available
Treatment not valued

Opportunity

Increasing completion of MDPP requires a feasible, multimodal approach addressing motivation and opportunity. Capability appears to be less of a barrier.

Capability

Motivation

O

M

C

Possible Solutions

Train staff in MI

Past patients share experience

Communicate positive outcome data

Offer online or outreach models

Promote positive treatment outcomes

Offer more days & times

Train group MI intervention

Run groups at more times & online

Show videos of past patients

MULTIMODAL INTERVENTION TO INCREASE COMPLETION OF MDPP

Train staff in MI. Pre-group MI intervention

Run groups at more times & online

Show videos of past patients

Communicate positive outcome data

Systematic reviews, guidelines, policy and advocacy groups consistently recommend MDPP but...

0.01% complete a MDPP

NATIONAL PAIN STRATEGY: PAINAUSTRALIA.ORG
HUNTER INTEGRATED PAIN SERVICE: HNEHEALTH.NSW.GOV.AU/PAIN/PAGES/PAIN


