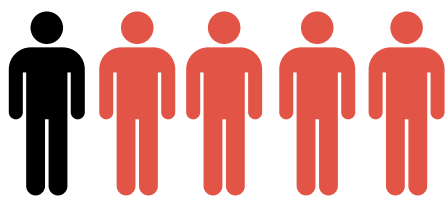


# INCREASING COMPLETION OF MULTIDISCIPLINARY PAIN PROGRAMS (MDPP) AT HUNTER INTEGRATED PAIN SERVICE

## THE BURDEN OF CHRONIC PAIN



1 in 5 Australians experience it



Costs \$73 billion/year



Increased risk of depression, anxiety and even suicide



High utilisers of healthcare

Deloitte Access Economics (2019) The cost of pain in Australia

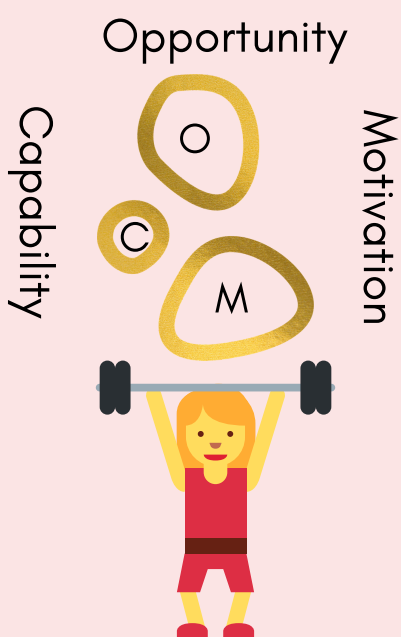
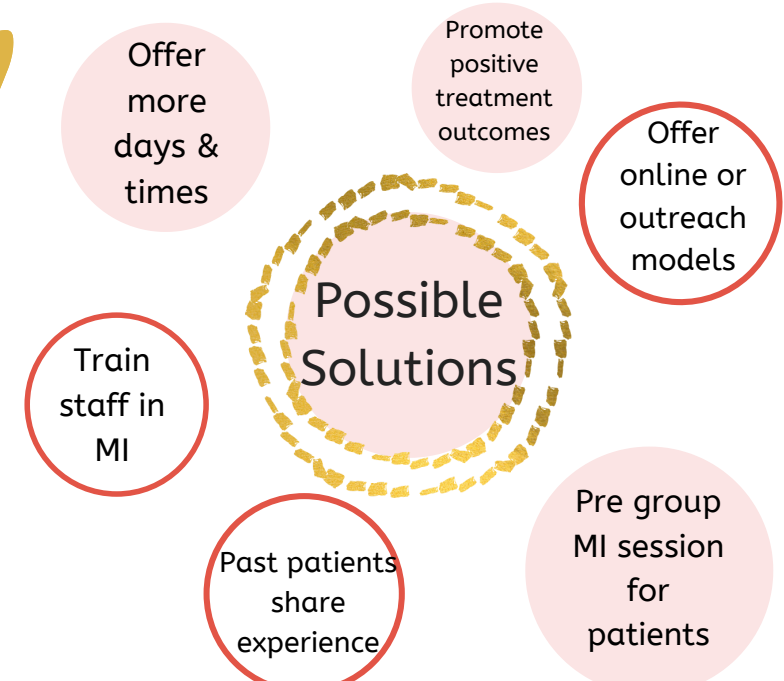
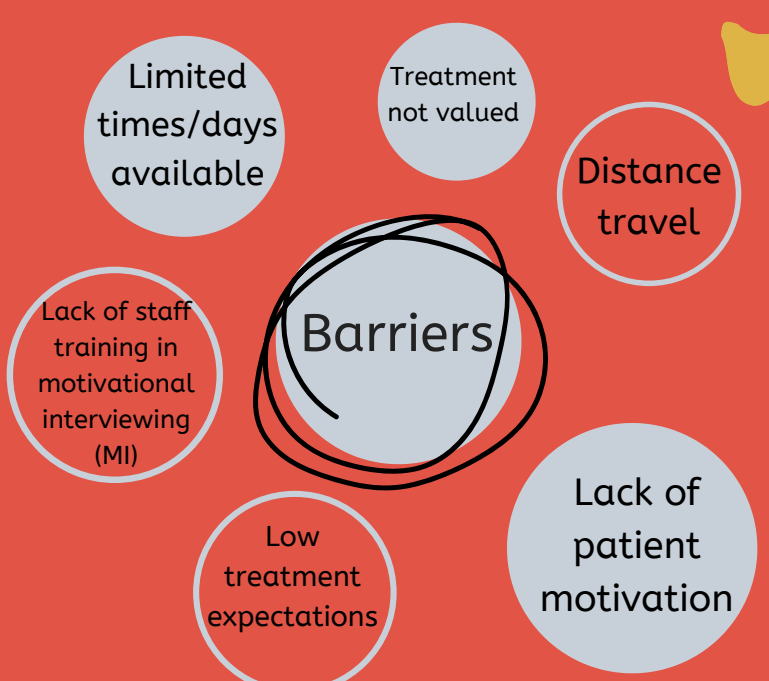
20% of Australians have chronic pain

0.2% attend a pain clinic

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

**0.01% complete a MDPP**

Bruggink et al (2019) Chronic pain: Overlap and specificity... AJGP: 48 (10) 689 Kamper et al (2014) Multidisciplinary biopsychosocial rehabilitation... Cochrane Database Syst Rev: CD000963



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



Hunter Integrated Pain Service. (2020) Barriers Project

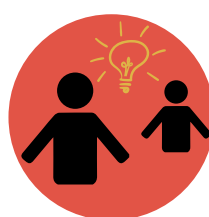
## MULTIMODAL INTERVENTION TO INCREASE COMPLETION OF MDPP



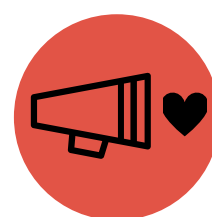
Train staff in MI. Pre-group MI intervention



Run groups at more times & online



Show videos of past patients



Communicate positive outcome data

Alperstein, D et al (2016) The Efficacy of Motivational Interviewing... Review J Pain: 17 (4) 393