

Pain Management in Rural and Remote Communities

Welcome to the 5th Rural and Remote Health Special Interest Group e-newsletter!

We publish quarterly newsletters covering important topics impacting people living in rural and remote areas. This issue focuses on pain management in rural and remote communities.

The previous issue can be accessed [here](#).

Pain Management in Rural and Remote Communities

Compared to those living in major cities, people in rural and remote areas are more likely to experience chronic pain. Yet, there is limited access to pain management clinics, specialists and programs in rural areas.

Dental Pain

One of our members, an expert in oral health shares their views from working in remote QLD.

Many consumers find it difficult to know if they are eligible for public dental services and who to contact to have their details added to the 'dental waiting list.' Consumers with a toothache or in pain should be seen within one or two days.

Some consumers visit their doctor for a prescription for pain relief or antibiotics to relieve a mouth infection, but this is not ideal – a dental appointment to manage the cause of the pain is the better cause of action.



There are ways access to pain management is improving for people in rural in remote areas including increasing numbers of health professionals from rural areas being trained in chronic pain management, more telehealth options, development of online pain management programs, and resources to help guide people in self-management.



Self-Managing Chronic Pain

Painaustralia, the national peak body working to improve the quality of life of people living with pain, their families and carers, has developed a [fact sheet](#) on self-managing chronic pain.

Painaustralia also encourages you to ask your doctor or your [Primary Health Network](#) about free self-managing pain education courses in your local area.

Getting Help

Painaustralia have a wide range of resources and information for consumers, families and carers on:

- Getting the right care

- Pain Directory (see below)
- Pain Programs
- Support Groups and Help Lines
- Managing Pain and COVID-19.

[Click here](#) to find out more.

Reboot Online Program: A multidisciplinary pain management program

Access to face-to-face pain management programs is limited for people living in rural and remote areas.

An innovative online physiotherapy program is offering remote access to the full scope of pain management, providing education and skills-based training for the management of chronic pain.

Reboot online uses an animated story, following one chronic pain patient (Martha's) journey as she learns about chronic pain and the tools and strategies to manage it.

The program has 8 lessons covering all modules of typical pain management program, such as what is chronic pain, pacing, goal setting, cognitive behavioural therapy and acceptance.

[Click here](#) to find out more.

National Pain Directory

Developed by PainAustralia with funding from the Australian Government Department of Health, the National Pain Directory aims to guide people to available pain services nearby.

You can access the Directory [here](#).

PainHealth: Pain Stories

You can view a range of pain stories and find out how people have managed musculoskeletal pain with the goal to live a better life. [Click here](#) to find out more.

Consultations and Surveys

National Preventive Health Strategy Consultation

The Australian Government is developing a 10-year National Preventive Health Strategy and has recently released a Consultation Paper which sets out what the Strategy will aim to achieve and how this might be done.

The Government is seeking feedback on the [Consultation Paper](#) to inform the development of the Strategy.

The Consultation Paper and more information about the Strategy is available from the Department of Health's [Consultation Hub](#).

Consultations close **Monday 28 September 2020**.

Australia's Health Panel

Australia's Health Panel is a CHF initiative that allows consumers to comment on health policy and issues and offer feedback on trends and discussions.

Each month, a short survey will be sent to Australia's Health Panel, that can be filled in online.

[Join](#) Australia's Health Panel and have your say on today's issues in health care. Please share details about Australia's Health Panel throughout your networks.



Events and Campaigns

Webinar: Reimagining healthcare in Australia: The role of digital in future health delivery

Deloitte.

CHF Consumers Health Forum OF Australia  digital health CRC

The mass move to telehealth saw Australia's virtual care capacity rapidly accelerate during COVID-19.

Join the panel of experts and explore the path from telehealth to virtual care and the opportunities that lie ahead.

Panelists include Brendan Murphy (Secretary, Department of Health), Leanne Wells (CEO, CHF), Kullen Gebreyes (Partner, Deloitte US)

and Steve Hambleton (former State and Federal President, Australian Medical Association).

When: Thursday 10th September, 9am - 10am (AEST)

[Click here](#) to find our more or to register.

Letting things be – acceptance with mindfulness meditation and movement



A free take care of yourself retreat!

A deeply relaxing and rejuvenating day in a beautiful, peaceful space. Come and try restful, restorative practices that you can learn to blend with your everyday work and living tasks.

Particularly helpful for those experiencing stress associated with current drought conditions.

Where: Mallow Cottage, Texas Road, Stanthorpe

When: 9:00am – 3:00pm, Monday 14th September 2020

[Click here](#) for more information.

Summit – Shifting Gears 2021



The CHF Summit offers the opportunity for both organisations and consumers to come together to explore, discuss and grow the concept and practice of consumer centred-care, and be at the forefront of the system change. We look forward to seeing you on the **18 – 19 March 2021**.

Submissions can be for oral, workshop or poster presentations at the [CHF Summit: Shifting Gears](#).

Conference Features

Big Ideas Forum: Showcasing innovative thinking from consumers to transform healthcare. Applications open soon, email the communications team (communications@chf.org.au) to go on the mailing list.

Pre-conference masterclass in experience-based co-design: The Masterclass will be delivered by Dr Lynne Maher, recognised in many places worldwide for her work on patient experience and co-design, creativity and innovation and sustainability for improvement.

Time & Date: 1:00pm – 3:00pm Wednesday 17 March 2021.

Cost: \$100 per person.

[Click here](#) to find out more.

What is the Rural and Remote Health Special Interest Group?

The special interest group is an informal network of consumers who have self-selected to work more intensively on policy issues. We currently have 32 members from around Australia, from Darwin to Port Pirie and Kalgoorlie to Ingham.



Each have extensive experience working within the health system (health promotion, aged care, palliative care, disability, dental, mental health, maternity services, clinical nurse, pharmacist, health services management and paramedic). Some members are consumer representatives, representing consumer views on a number of steering committees and working groups nationwide.

Our members live (or have lived) in rural and remote areas across Australia and offer a wide range of lived experiences, from access challenges, to living with depression, rare chronic conditions, and complications from medical implants.

About Consumers Health Forum of Australia

Consumers Health Forum of Australia (CHF) is the national peak body representing the interests of Australian healthcare consumers and those with an interest in healthcare consumer affairs. CHF works to achieve safe, quality, timely healthcare for all Australians, supported by accessible health information and systems. Find out more [here](#).



Full Website Links in this Newsletter

Rural and Remote Health Special Interest Group Newsletter: COVID-19 – Issue 4 Winter 2020: https://chf.org.au/sites/default/files/rural_and_remote_health_sig_newsletter_issue_4-chfa-d9357ldp.pdf

Painaustralia: self-managing chronic pain fact sheet: <https://www.painaustralia.org.au/static/upload>

<s/files/painaust-factsheet10-final-wflqlkrsmlyh.pdf>

Primary Health Network Map Locator: <https://www1.health.gov.au/internet/main/publishing.nsf/Content/PHN-Locator>

Painaustralia: Getting Help Resources: <https://www.painaustralia.org.au/getting-help/getting-the-right-care>

Chronic Pain Reboot Online Program: <https://thiswayup.org.au/how-we-can-help/courses/chronic-pain/>

Painaustralia National Pain Directory: <https://www.painaustralia.org.au/getting-help/pain-directory>

PainHealth Pain Stories: <https://painhealth.csse.uwa.edu.au/pain-stories/>

National Preventive Health Strategy Consultation Paper: <https://painhealth.csse.uwa.edu.au/pain-stories/>

National Preventive Health Strategy Department of Health's Consultation Hub: <https://consultations.health.gov.au/national-preventive-health-taskforce/consultation-paper-for-the-national-preventive-health/>

Australia's Health Panel: <https://chf.org.au/australias-health-panel-0>

Webinar: Reimagining healthcare in Australia: The role of digital in future health delivery: <https://mailchi.mp/f71e0e266b7c/webinar-the-role-of-digital-in-future-health-delivery?e=0c1c472af0>

Acceptance with mindfulness meditation and movement: http://ddwmpnh-website.s3.amazonaws.com/attachments/MallowWellbeing_LettingThingsBe_DL.pdf

CHF Summit: Shifting Gears Conference Page: <http://www.chfsummit.com.au/ehome/index.php?eventid=518286&>

CHF Summit: Shifting Gears: Pre-conference masterclass in experience-based co-design: <http://www.chfsummit.com.au/ehome/518286/conferencemasterclass/>

Consumers Health Forum of Australia: <https://chf.org.au/>