



The Australian Prevention
Partnership Centre
Systems and solutions for better health

Opportunities for Primary Health Networks to improve the management and secondary prevention of chronic pain

An updated information resource for Primary Health
Networks

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An updated information resource for Primary Health Networks

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Disclaimer: This evidence review is not a comprehensive review of all literature relating to the topic area. It was current at the time of production (but not necessarily at the time of publication) and is based on sources believed to be reliable.

Purpose of the information resource

The purpose of the information resource is to provide Primary Health Networks (PHNs) with a framework of evidence-based options to guide PHN decision-makers about the options to improve the management and secondary prevention of chronic pain; and to provide PHNs with a detailed description of chronic pain initiatives currently being implemented by individual PHNs.

This information resource was developed as part of a project for The Australian Prevention Partnership Centre - Strategies and models for preventing or reducing the risk of the development of chronic pain in primary care (2018– 2020) ('Chronic Pain Project') funded by the Medical Research Future Fund Boosting Preventive Health Research Program and the University of Sydney.

Part A: Framework of options to guide PHN decision-makers

Part B: Map of PHN chronic pain initiatives

Background

Chronic Pain

Chronic pain is a major public health issue which has a significant impact on people, their families and the wider society and economy.^{1,2} Global Burden of Disease estimates (2016) showed that low back pain was the leading cause of years lived with disability in most countries and territories, and musculoskeletal conditions as a group were a main driver of noncommunicable disease (NCD)-related disability burden.^{3,4}

In Australia, the prevalence of chronic pain has been estimated as 15.4% (2.75 million) for Australians aged 15 years or older,⁵ and is increasing due to the ageing population.³ The cost of pain is high, estimated in Australia to be \$AUD73.2 billion annually.⁶ The National Strategic Action Plan for Pain Management (2019) calls for pain to be understood as a key public policy priority by decision-makers.⁷

Early intervention of acute and subacute pain is crucial to prevent the progression to chronic pain and associated disability. Secondary prevention of chronic pain focuses on those at risk of developing chronic pain in the post-surgery and post-injury phase or in people or with (sub)acute back pain. Risk factors for poor recovery are well documented and often modifiable, for example, depression, pain catastrophising, avoiding movement or activity, lack of social support and poor job satisfaction.⁸⁻¹⁰

Given that multidisciplinary tertiary and secondary pain services cannot meet patient demand within existing resources, greater involvement of primary care is needed.^{11,12} Australian Primary Health Networks (PHNs) have an important role in strategic planning, commissioning services, supporting general practices and other health care providers and supporting the integration of local health care services.¹³

Overall objectives of the Chronic Pain Project

The overall objectives of the project are to:

1. Synthesise knowledge about the secondary prevention and management of chronic pain; and
2. Improve knowledge, knowledge-sharing and knowledge use among Primary Health Networks (PHNs) about options to address the secondary prevention and management of chronic pain in primary care.

Steering group

A small, time-limited project steering group involving lead clinicians, consumers, PHN and Local Health Network representatives and key researchers in the field was identified with Painaustralia (the peak national body for pain advocacy and policy) to provide rapid guidance and input across the course of the project. Steering group members are listed in **Appendix 1**.

Definitions

- **Pain** is defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.
- **Chronic pain** is defined as pain that lasts or recurs for more than three months. Chronic pain has recently been classified as a disease in itself by the World Health Organization, International Classification of Diseases (WHO-ICD-11).
- **Acute pain** is defined as pain that occurs immediately post-trauma or post-surgery. It is often self-limiting and usually resolves with healing within 3 months.
- **Subacute pain** is defined as the phase that lasts between six to twelve weeks post onset of acute pain.
- **Secondary prevention of chronic pain** is the early intervention of acute and subacute pain [herein referred to as (sub)acute] to prevent the progression to chronic pain and associated disability.

Part A: Framework of options to guide PHN decision-makers

A framework of options to address the management and secondary prevention of chronic pain was developed for PHN decision-makers informed by evidence-based initiatives identified in the rapid evidence review,¹ and the types of chronic pain initiatives currently being implemented by PHNs, identified by consultation with PHNs.

To understand the types of chronic pain initiatives currently being implemented by PHNs, the project team consulted with executive level staff and program leaders from all PHNs, apart from one metropolitan PHN in Victoria, (N= 27/28 PHNs and one state PHN alliance, WA Primary Health Alliance (WAPHA), as outlined in the **Figure 1**.

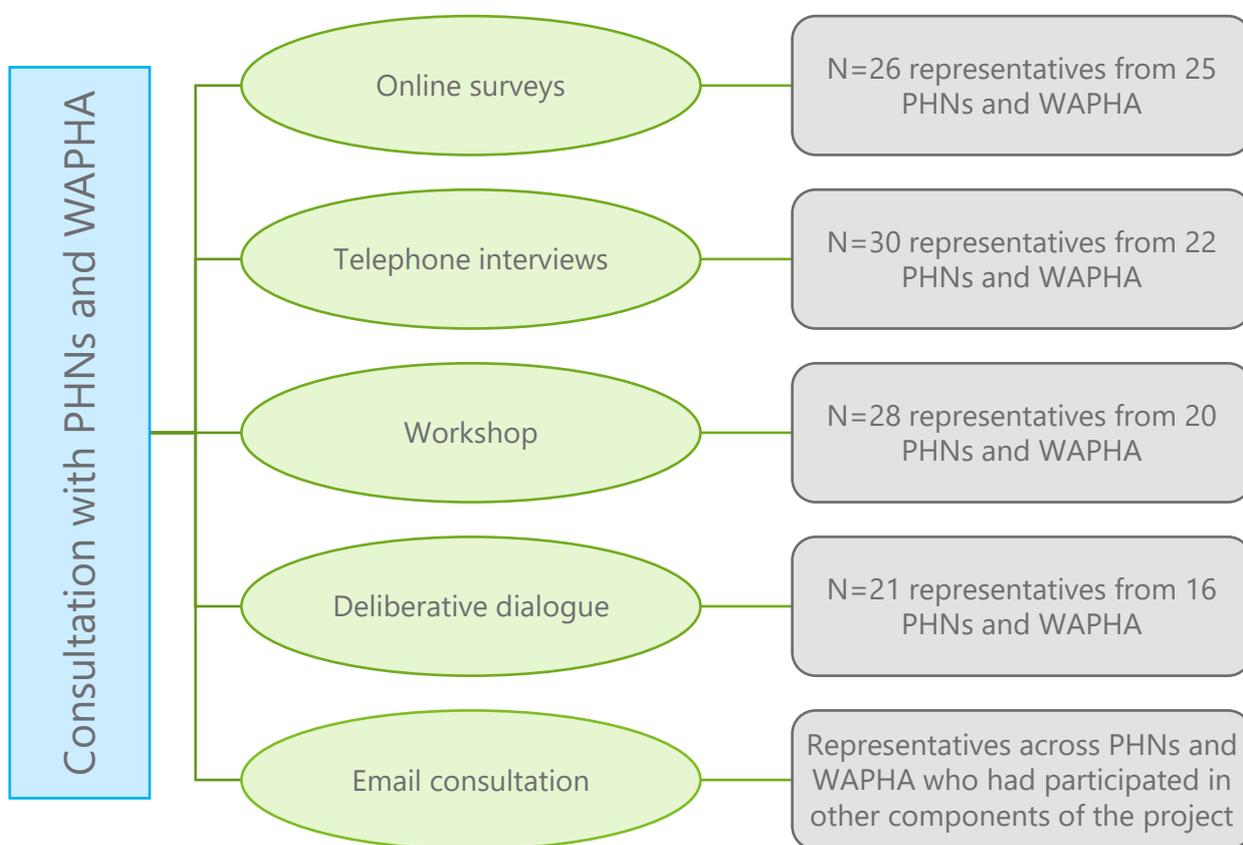


Figure 1: Consultation with executive level staff and program leaders from PHNs and WAPHA

¹ De Morgan S, Blyth F, Marks L, Sanders D, Mittinty M, Nicholas M. Secondary prevention of chronic pain: rapid review and mapping of options for Primary Health Networks. The Australian Prevention Partnership Centre and the University of Sydney, October 2019.

The framework is based on the following three goals, which have been adapted from the goals of the National Pain Strategy (Painaustralia),¹⁴ and aligned with PHNs' remit:

Goal 1: Access to multidisciplinary care and improving consumer health literacy and care navigation (consumer and community initiatives)

Goal 2: Ensuring health professionals are skilled and provide best-practice evidence-based care (health professional capacity building)

Goal 3: Quality improvement and health system support (health systems support initiatives)

The framework of options is outlined in **Figure 1** and the option definitions and supporting evidence are outlined in **Table 1**. The options will require tailoring to the local PHN context, resources and priorities.

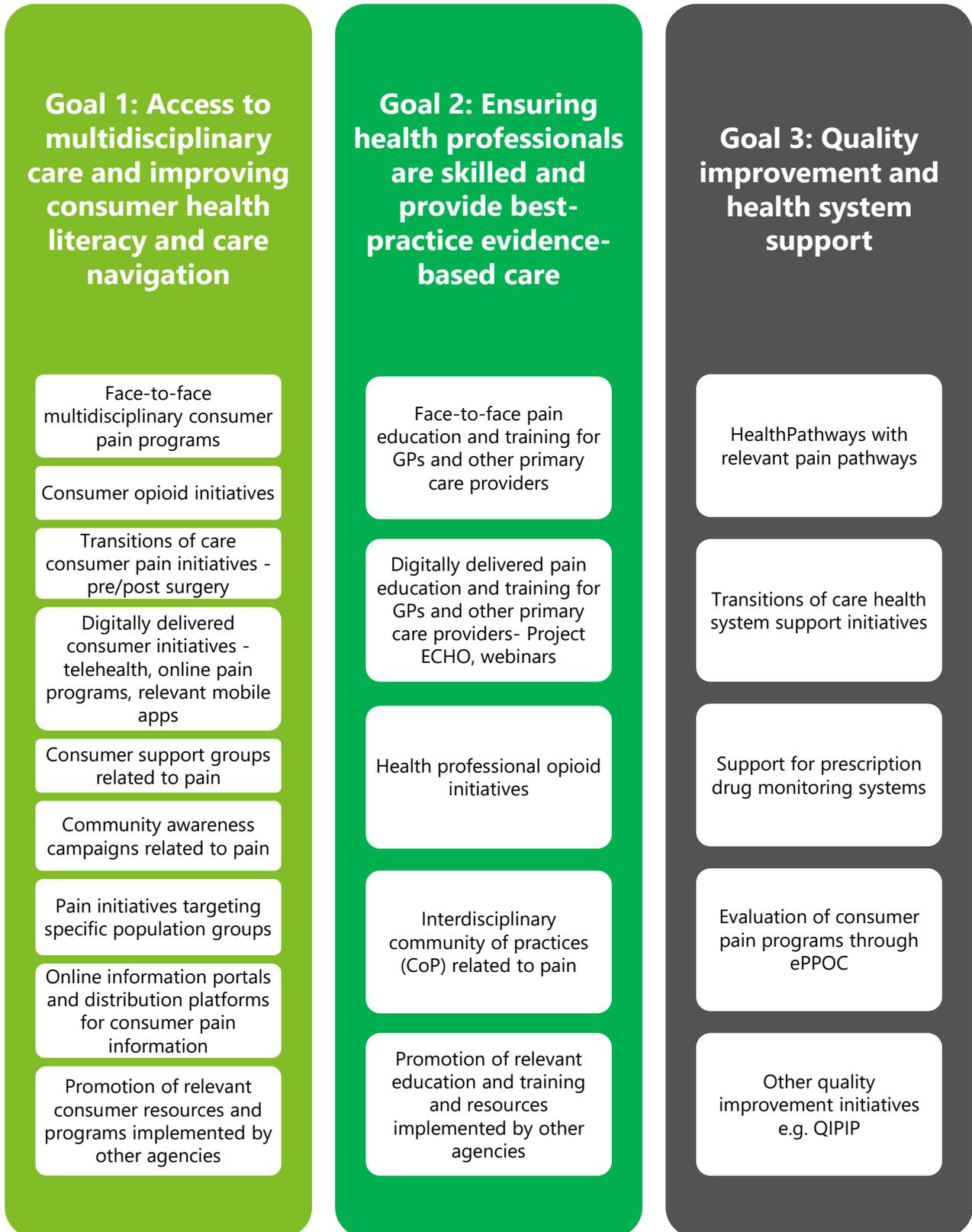


Figure 2: Framework of options to address the management and secondary prevention of chronic pain for Primary Health Networks (PHNs) decision-makers

Table 1: Option definitions and supporting evidence related to the Framework

Definition of the option	M*	P**	Supporting evidence
Goal 1: Access to multidisciplinary care and improving consumer health literacy and care navigation (consumer and community initiatives)			
<ul style="list-style-type: none"> Face-to-face multidisciplinary consumer pain programs (i.e. one or several group-based education sessions with/without individual consultation with primary care providers) 	✓	✓	Williams et al 2012 ¹⁵ ; Kamper et al 2014 ¹⁶ ; Katz et al 2015 ¹⁷ ; Marin et al 2017 ¹⁸ ; Joypaul et al 2018 ¹⁹
<ul style="list-style-type: none"> Consumer initiatives related to safe and effective use of medication and opioid tapering (i.e. a group-based education session or webinar; and/or individual consultation session(s) with a primary care provider) (Initiative is independent of a consumer pain program) 	✓	✓	Sullivan et al 2017 ²⁰ ; Mathieson et al 2019 ²¹ ; Darnall, Ziadni et al 2019 ²² ; Darnall, Mackey et al 2019 ²³ ; Allen et al 2019 ²⁴
<ul style="list-style-type: none"> Transitions of care consumer pain initiatives - pre/post-surgery (i.e. a group-based education session or webinar; and/or individual consultation session(s) with a primary care provider) 	-	✓	Ensing et al 2015 ²⁵ ; Nicholls et al 2018 ²⁶ ; Darnall, Ziadni et al 2019 ²² ; Allen et al 2019 ²⁴ ; Bethishou et al 2019 ²⁷
<ul style="list-style-type: none"> Digitally delivered consumer pain initiatives including telehealth-assisted health care for assessment, consultation and intervention/therapy related to pain; online pain programs (a webinar or several online education sessions); and mobile apps for pain management 	✓	✓	Reynoldson et al 2014 ²⁸ ; Dear et al 2015 ²⁹ ; Slater et al 2016 ³⁰ ; Machado et al 2016 ³¹ ; NSW ACI report 2016 ³² ; Dear et al 2018 ³³ ; Schultz et al 2018 ³⁴ ; Van Egmond et al 2018 ³⁵ ; Weinrib et al 2018 ³⁶ ; Gentry et al 2019 ³⁷ ; Mariano et al 2019 ³⁸
<ul style="list-style-type: none"> Pain support groups provide peer-support delivered face-to-face, online or via social media (Initiative is independent of a consumer pain program) 	✓	✓	Finlay et al 2018 ³⁹ ; Cooper et al 2014 ⁴⁰
<ul style="list-style-type: none"> Community awareness campaign related to pain delivered via social media, television, radio, print media or community events 	✓	✓	White et al 2016 ⁴¹ ; O'Keefe et al 2019 ⁴² ; Suman et al 2020 ⁴³
<ul style="list-style-type: none"> Pain initiatives tailored to specific population groups including Aboriginal and Torres Strait Islander peoples and people from culturally and linguistically diverse backgrounds 	✓	✓	Lin et al 2014 ⁴⁴ ; Brady et al 2015 ⁴⁵ ; Lin et al 2016 ⁴⁶ ; Lin et al 2017 ⁴⁷ ; Yoshikawa et al 2020 ⁴⁸
<ul style="list-style-type: none"> Online consumer information portals (e.g. Patientinfo, Health Resource Directory) and online distribution platforms (e.g. GoShare) for consumer pain information (Excludes patient resources available on HealthPathways) 	✓	✓	—
<ul style="list-style-type: none"> Promotion of relevant consumer resources and programs implemented by other agencies via consumer and health professional networks (events and newsletters), HealthPathways and online consumer distribution platforms and information portals 	✓	✓	Examples: Moloney et al 2015 ⁴⁹ ; White et al 2018 ⁵⁰ ; Devan et al 2019 ⁵¹ ; Devan et al 2019 ⁵²
Goal 2: Ensuring health professionals are skilled and provide best-practice evidence-based care (health professional capacity building)			
<ul style="list-style-type: none"> Face-to-face pain education and training for GPs and other primary care providers related to the management and/or secondary prevention of chronic pain 	✓	✓	Sowden et al 2011 ⁵³ ; Beales et al 2016 ⁵⁴ ; Kelly et al 2018 ⁵⁵ ; Hall et al 2018 ⁵⁶ ; Keefe et al 2018 ⁵⁷ ; Cowell et al 2019 ⁵⁸ ; Holliday et al 2018 ⁵⁹

<ul style="list-style-type: none"> Digitally delivered pain education and training for GPs and other primary care providers to the management and/or secondary prevention of chronic pain - webinars, online modules, online platforms (e.g. Project ECHO) 	✓	✓	Frank et al 2015 ⁶⁰ ; Zhou et al 2016 ⁶¹ ; Carlin et al 2017 ⁶² ; Flynn et al 2017 ⁶³ ; Furlan et al 2018 ⁶⁴ , Devonshire et al 2018 ⁶⁵
<ul style="list-style-type: none"> Health professional opioid initiatives about prescribing, non-initiation and deprescribing of opioids delivered face-to-face or online (e.g. webinars, online modules, online platforms) 	✓	✓	Holliday et al 2017 ⁶⁶ ; Sullivan et al 2017 ²⁰ ; White et al 2019 ⁶⁷ ; Mathieson et al 2019 ²¹ ; Allen et al 2019 ²⁴
<ul style="list-style-type: none"> Interdisciplinary community of practices (CoP) related to pain delivered face-to-face or via online platform (e.g. A Chronic Pain CoP; or as part of a Mental Health CoP or Alcohol and Other Drugs (AOD) CoP) 	✓	✓	See references for Project ECHO - Digitally delivered pain education and training (above)
<ul style="list-style-type: none"> Promotion of relevant education and training and resources implemented by other agencies via health professional networks (e.g. events and newsletters) and HealthPathways 	✓	✓	Examples: Moloney 2015 ⁴⁹ ; Goucke et al 2015 ⁶⁸ ; Morgan et al 2019 ⁶⁹ ; Weekes et al 2018 ⁷⁰

Goal 3: Quality improvement and health system support (health systems support initiatives)

<ul style="list-style-type: none"> Implementation of HealthPathways to assist general practitioners (GPs) with the management of patients with acute, subacute and chronic pain, and the referral of patients to specialists and allied health professionals 	✓	✓	Stokes et al 2018 ⁷¹ ; Gray et al 2018 ⁷² ; Gill et al 2019 ⁷³
<ul style="list-style-type: none"> Transitions of care health system support initiatives to improve co-ordination of care between hospital and primary care, for example, implementing electronic tools related to discharge summary templates, notifications, and online access for general practitioners 	✓	✓	Hesselink et al 2012 ⁷⁴
<ul style="list-style-type: none"> Support for prescription drug monitoring systems (e.g. SafeScript is a real-time prescription monitoring and clinical decision support system) 	✓	✓	Paola et al 2020 ⁷⁵ , Rhodes et al 2019 ⁷⁶
<ul style="list-style-type: none"> Evaluation of hospital-based pain services and community-based consumer pain programs through Electronic Persistent Pain Outcomes Collaboration (ePPOC) 	✓	✓	Tardif et al 2016 ⁷⁷ ; Lord et al 2019 ⁷⁸ ; Tardif et al 2019 ⁷⁹
<ul style="list-style-type: none"> Other quality improvement systems (e.g. Quality Improvement Practice Incentives Program (QIPIP), Department of Health, Australian Government) 	✓	✓	Dawda 2016 ⁸⁰ ; Oliver-Baxter et al 2017 ⁸¹

* M=Option relates to the management of chronic pain ** P=Option relates to secondary prevention which focuses on populations with acute and subacute pain (e.g. post-surgery, post-injury, (sub)acute back pain) especially those at risk of developing chronic pain.

Part B: Map of PHN chronic pain initiatives

A map of PHN chronic pain initiative has been developed to provide PHNs with a detailed description of chronic pain initiatives currently being implemented by individual PHNs related to the management and secondary prevention of chronic pain.

The most common types of PHN chronic pain initiatives were face-to-face pain education and training sessions for primary care providers and development of relevant pain pathways in HealthPathways. PHNs were less likely to be implementing chronic pain initiatives for consumers. Table 2 maps the current PHN chronic pain initiatives.

The mapping of PHN chronic pain initiatives highlights that there are many gaps based on a comparison to options in the Framework. None or only a small number of PHNs were implementing the following types of initiatives: consumer and health professional initiatives related to the secondary prevention of chronic pain; post-surgery transitions of care consumer initiatives that link secondary to primary care; opioid education initiatives for consumers and health professionals related to tapering/deprescribing of opioids and non-pharmacological pain management; face-to-face consumer pain programs and support groups; digitally-delivered consumer and health professional capacity building pain initiatives; and consumer and health professional capacity building pain initiatives related to specific populations groups such as Aboriginal and Torres Strait Islander peoples.

Among existing PHN practice, a small number of exemplar evidence-based, evaluated initiatives were identified including face-to-face multidisciplinary consumer pain programs implemented in six PHNs and WAPHA, and a health professional capacity building initiative using an online platform, Project ECHO implemented in one PHN.

Table 2: Map of current PHN initiatives related to the management and secondary prevention of chronic pain

Types of initiatives	Definition	PHN chronic pain initiatives	Evaluations <i>Peer-review publications and publicly available evaluation reports</i>
Goal 1: Access to multidisciplinary care and improving consumer health literacy and care navigation (consumer and community initiatives)			
Face-to-face multidisciplinary consumer pain programs	Face-to-face multidisciplinary consumer pain programs (i.e. one or several group-based education sessions with/without individual consultation with primary care providers).	<p>Consumer pain program (several sessions): 6 PHNs and WA Primary Health Alliance (WAPHA)</p> <ul style="list-style-type: none"> NSW (N=3 PHNs): Nepean Blue Mountains PHN, South Eastern NSW PHN, Western PHN (program recently discontinued, however new consumer pain program in planning phase). Note, Murrumbidgee PHN is in the planning phase of implementing a consumer pain program. QLD (N=1 PHN): Gold Coast PHN SA (N=1 PHN): Adelaide PHN WA Primary Health Alliance (WAPHA) NT (N=1 PHN): Northern Territory PHN <p>Consumer pain program (one session conducted during outreach visits by metropolitan pain service): 3 PHNs</p> <ul style="list-style-type: none"> NSW (N=3 PHNs): South Eastern PHN, Murrumbidgee PHN, Western NSW PHN 	<ul style="list-style-type: none"> Turning Pain into Gain (TPIG) Consumer pain program¹⁹
Consumer opioid initiatives	Consumer initiatives related to safe and effective use of medication and opioid tapering (i.e. a group-based education session or webinar; and/or individual consultation session(s) with a primary care provider). <i>Initiative is independent of a consumer pain program.</i>	<ul style="list-style-type: none"> VIC (N=1 PHN): Western Victoria PHN has implemented relevant opioid consumer initiatives, in partnership with La Trobe University (Melbourne), provided by community pharmacists (Opioid Early Intervention Pilot Project; Routine Opioid Outcome Monitoring (ROOM) Tool); and non-dispensing pharmacists integrated in general practice Information about safe and effective use of medicines is usually provided in consumer pain programs (see above). 	<ul style="list-style-type: none"> Routine Opioid Outcome Monitoring (ROOM) Tool⁸²
Transitions of care consumer pain initiatives (pre/post-surgery)	Transitions of care consumer pain initiatives - pre/post-surgery (i.e. a group-based education session or webinar; and/or individual consultation	<ul style="list-style-type: none"> None 	-

Types of initiatives	Definition	PHN chronic pain initiatives	Evaluations <i>Peer-review publications and publicly available evaluation reports</i>
	session(s) with a primary care provider).		
Digitally delivered consumer pain initiatives - telehealth, online pain programs, relevant mobile apps	Digitally delivered consumer pain initiatives including telehealth-assisted health care for assessment, consultation and intervention/therapy related to pain; online pain programs (a webinar or several online education sessions); and mobile apps for pain management.	<ul style="list-style-type: none"> • Telehealth: NSW (N=4 PHNs) in partnership with the NSW Agency for Clinical Innovation (ACI): South Eastern PHN, Murrumbidgee PHN, Western NSW PHN, North Coast PHN • Online pain programs: None • Mobile apps: None 	<ul style="list-style-type: none"> • Telehealth³²
Consumer support groups related to pain	Pain support groups provide peer-support delivered face-to-face, online or via social media. <i>Initiative is independent of a consumer pain program.</i>	<ul style="list-style-type: none"> • SA (N=1 PHN): Adelaide PHN, with face-to-face meetings and a social media option (Facebook). 	-
Community awareness campaigns related to pain	Community awareness campaign related to pain delivered via social media, television, radio, print media or community events.	<ul style="list-style-type: none"> • VIC (N=1 PHN): Gippsland PHN, with community awareness and health professional education events, conducted in partnership with Pain Revolution • TAS (N=1 PHN): Tasmania PHN with community awareness and health professional education events, conducted in partnership with Pain Revolution • NSW (N=1 PHN): Hunter New England and South Coast PHN, Brainman video series on YouTube, in partnership with the Hunter Integrated Pain Service and the Hunter New England Local Health District 	<ul style="list-style-type: none"> • Brainman video series⁴¹
Pain initiatives targeting specific population groups	Pain initiatives tailored to specific population groups including Aboriginal and Torres Strait Islander peoples and people from culturally and linguistically diverse backgrounds.	<ul style="list-style-type: none"> • None 	-

Types of initiatives	Definition	PHN chronic pain initiatives	Evaluations <i>Peer-review publications and publicly available evaluation reports</i>
Online information portals and distribution platforms for consumer pain information	Online consumer information portals (e.g. Patientinfo, Health Resource Directory) and online distribution platforms (e.g. GoShare) for consumer pain information. Excludes patient resources available on HealthPathways.	<ul style="list-style-type: none"> NSW (N=3 PHNs): Western Sydney PHN has implemented GoShare; South Western Sydney PHN has implemented Health Resource Directory; and Hunter New England and Central Coast PHN has implemented Patientinfo. VIC (N=1 PHN): Western Victoria PHN implemented GoShare 	-
Promotion of relevant consumer resources and programs implemented by other agencies	Promotion of relevant consumer resources and programs implemented by other agencies via consumer and health professional networks (events and newsletters), HealthPathways and online consumer distribution platforms and information portals	<ul style="list-style-type: none"> All PHNs. <i>Examples</i> of agencies that have relevant consumer resources promoted by PHNs include: <ul style="list-style-type: none"> NSW Agency for Clinical Innovation (ACI) consumer information https://www.aci.health.nsw.gov.au/chronic-pain/for-everyone https://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0003/363450/ALBP-Consumer-Info.pdf For Aboriginal and Torres Strait Islander people: https://www.aci.health.nsw.gov.au/chronic-pain/our-mob painHEALTH website (Department of Health, WA) https://painhealth.csse.uwa.edu.au/ Painaustralia https://www.pinaustralia.org.au NPS MedicineWise consumer information https://www.nps.org.au/consumers/chronic-pain-explained https://www.nps.org.au/consumers/opioid-medicines https://www.nps.org.au/consumers/10-things-you-need-to-know-about-low-back-pain Therapeutic Goods Administration (TGA), Australian Government https://www.tga.gov.au/prescription-opioids-information-consumers-patients-and-carers Pain Revolution https://www.painrevolution.org Hunter New England Local Health District, Brainman brief education videos www.youtube.com/watch?v=jlwn9rC3rOI http://www.hnehealth.nsw.gov.au/Pain/Pages/Brainman-Videos.aspx Western Australian Centre for Rural Health, low back pain information for Aboriginal and Torres Strait Islander people (My Back on Track, My Future) http://www.wachr.uwa.edu.au/my-back-on-track-my-future mypainhub includes information resources for clinicians and their patients about common musculoskeletal conditions (low back pain, neck pain and knee osteoarthritis) https://mypainhub.com/ 	Examples: <ul style="list-style-type: none"> painHEALTH⁵⁰ NSW ACI⁴⁹ Pain self-management websites^{51 52 83}

Types of initiatives	Definition	PHN chronic pain initiatives	Evaluations <i>Peer-review publications and publicly available evaluation reports</i>
Goal 2: Ensuring health professionals are skilled and provide best-practice evidence-based care (health professional capacity building)			
Face-to-face pain education and training for GPs and other primary care providers	Face-to-face pain education and training for GPs and other primary care providers related to the management and/or secondary prevention of chronic pain.	<ul style="list-style-type: none"> • Most PHNs implement face-to-face education sessions about chronic pain management. Frequency of education sessions vary between PHNs. These events are usually accredited for Royal Australian College of General Practitioners CPD points. 	-
Digitally delivered pain education and training for GPs and other primary care providers - Project ECHO, webinars	Digitally delivered pain education and training for GPs and other primary care providers to the management and/or secondary prevention of chronic pain - webinars, online modules, online platforms (e.g. Project ECHO)	<ul style="list-style-type: none"> • Victoria (N=1 PHN): Western Victoria PHN has implemented Project ECHO (Opioid Management) and recently Project ECHO (persistent pain). The Victoria PHNs led by Western Victoria PHN have been commissioned to provide education and training (in partnership with NPS MedicineWise) for GPs and pharmacists to support the implementation of SafeScript (see below) • NSW (N=4 PHNs): Webinar Skills Training in Pain Self-Management: Putting Cognitive Behavioural Therapy (CBT) Skills into Practice provided by the Pain Management Research Institute, University of Sydney <ul style="list-style-type: none"> ○ North Coast PHN provided funding (2018-20) for Webinar Skills Training. ○ As part of the consumer pain programs in South Eastern NSW PHN, Nepean Blue Mountains PHN, Western NSW PHN (recently discontinued, new program planned) the NSW Agency for Clinical Innovation (ACI) supports facilitators to access the Webinar Skills Training. ○ Note, Murrumbidgee PHN is in the planning phase of implementing a consumer pain program supported by ACI with facilitators to complete the Webinar Skills Training. 	-
Health professional opioid initiatives	Health professional opioid initiatives about prescribing, non-initiation and deprescribing of opioids delivered face-to-face or online (e.g. webinars, online modules, online platforms)	<ul style="list-style-type: none"> • Some PHNs provide ad hoc education events about opioid prescribing in response to need (GP surveys) or have addressed this issue in education events about chronic pain management (see above). <ul style="list-style-type: none"> ○ E.g. In 2019-2020 the Pain Management Research Institute, University of Sydney, has been delivering a series of 10 webinar courses called "Reducing the prevalence of opioid dependence in the community" to community health professionals in the North Coast PHN– Approximately 70 health professionals (GPs, physiotherapists, psychologists and nurses etc) have participated. • VIC (N=1 PHN): Western Victoria PHN has implemented Project ECHO (Opioid Management) (see above). • Western Victoria PHN has also implemented the Prescribed Drugs of Dependence Active Learning Modules (face-to-face sessions) 	-

Types of initiatives	Definition	PHN chronic pain initiatives	Evaluations <i>Peer-review publications and publicly available evaluation reports</i>
		<ul style="list-style-type: none"> NT (N=1 PHN): Northern Territory PHN is currently developing 'Prescribing and Supplying Opioids for Acute Pain Top End Health Service (TEHS) Guideline'. 	
Interdisciplinary community of practices (CoP) related to pain	Interdisciplinary community of practices (CoP) related to pain delivered face-to-face or via online platform (e.g. A Chronic Pain CoP; or as part of a Mental Health CoP or Alcohol and Other Drugs (AOD) CoP)	<ul style="list-style-type: none"> QLD (N=1 PHN), Gold Coast PHN, and WAPHA provide a network for primary care providers involved in a face-to-face consumer pain program 	-
Promotion of relevant education and training and resources implemented by other agencies	Promotion of relevant education and training and resources implemented by other agencies via health professional networks (e.g. events and newsletters) and HealthPathways.	<ul style="list-style-type: none"> All PHNs: <i>Examples</i> of agencies that have relevant education and training and resources promoted by PHNs include: <ul style="list-style-type: none"> NPS MedicineWise (educational visits, clinical resources, clinical case studies, webinars, clinical e-Audits, https://www.nps.org.au) Faculty of Pain Medicine, Australian and New Zealand College of Anaesthetists (ANZCA) https://www.betterpainmanagement.com Pain Management Research Institute (PMRI), University of Sydney https://sydney.edu.au/medicine-health/our-research/research-centres/pain-management-research-institute/postgraduate-and-short-courses-in-pain-management/putting-cognitive-behavioural-therapy-skills-into-practice.html NSW Agency for Clinical Innovation (ACI) https://www.aci.health.nsw.gov.au/chronic-pain/chronic-pain Royal Australian College of General Practitioners (RACGP) https://www.racgp.org.au/education/professional-development/online-learning/webinars/chronic-pain/managing-chronic-pain-in-general-practice PainAustralia https://www.painaustralia.org.au/health-professionals/education-training-1 Therapeutic Goods Administration (TGA), Australian Government https://www.tga.gov.au/prescription-opioids-information-health-professionals Pain Revolution https://www.painrevolution.org 	Examples: <ul style="list-style-type: none"> NPS^{69,70} NSW ACI⁴⁹

Types of initiatives	Definition	PHN chronic pain initiatives	Evaluations <i>Peer-review publications and publicly available evaluation reports</i>
		<ul style="list-style-type: none"> o mypainhub includes information resources for clinicians and their patients about common musculoskeletal conditions (low back pain, neck pain and knee osteoarthritis) https://mypainhub.com/ 	
Goal 3: Quality improvement and health system support (health systems support initiatives)			
HealthPathways with relevant pain pathways	Implementation of HealthPathways to assist general practitioners (GPs) with the management of patients with acute, subacute and chronic pain, and the referral of patients to specialists and allied health professionals.	<ul style="list-style-type: none"> • Most PHNs have implemented HealthPathways in collaboration with their local hospital network. The information and resources provided in the pain-related pathways may vary between PHNs. Referral details are localised to the PHN area. 	<ul style="list-style-type: none"> • Hunter and New England HealthPathways⁷²
Transitions of care health system support initiatives	Transitions of care health system support initiatives to improve co-ordination of care between hospital and primary care, for example, implementing electronic tools related to discharge summary templates, notifications, and online access for general practitioners.	<ul style="list-style-type: none"> • None 	-
Support for prescription drug monitoring systems	Support for prescription drug monitoring systems (e.g. SafeScript is a real-time prescription monitoring and clinical decision support system)	<ul style="list-style-type: none"> • The Victoria PHNs led by Western Victoria PHN have been commissioned to provide education and training (in partnership with NPS MedicineWise) for GPs and pharmacists to support the implementation of SafeScript including <i>Module 1: The SafeScript System - what, when and how?; Module 2: SafeScript - High-risk medicines and clinical practice; and Module 3: SafeScript - Challenging conversations: high-risk medicines, dependence and your patient.</i> Access is restricted to health practitioners in Victoria. 	<ul style="list-style-type: none"> • Safescript⁷⁵
Evaluation of consumer pain programs through ePPOC	Evaluation of hospital-based pain services and community-based consumer pain programs through	<ul style="list-style-type: none"> • 6 PHN services in two PHNs (South Eastern NSW PHN, Nepean Blue Mountains PHN) and the WAPHA participate in ePPOC to evaluate a face-to-face multidisciplinary consumer pain program for consumers with chronic pain 	-

Types of initiatives	Definition	PHN chronic pain initiatives	Evaluations <i>Peer-review publications and publicly available evaluation reports</i>
	Electronic Persistent Pain Outcomes Collaboration (ePPOC)		
Other quality improvement initiatives e.g. QIPIP	Other quality improvement systems (e.g. Quality Improvement Practice Incentives Program (QIPIP), Department of Health, Australian Government)	<ul style="list-style-type: none"> • Discussion underway in some PHNs about how to use the PIP to support chronic pain management and secondary prevention 	-

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Appendix 1: Chronic Pain Project Steering Committee

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Dr Simon Holliday, GP and Addiction Medicine Specialist

Ms Jenni Johnson, Manager, Pain Management Network, NSW ACI (February 2018-June 2019)

Ms Susan Rogers, Manager, Pain Management Network, NSW ACI (July 2019-)

Ms Margaret Knight, Consumer Representative

Ms Joyce McSwan, Pharmacist, Pain Educator Gold Coast PHN

Professor Michael Nicholas, Director, Pain Education & Pain Management Programs, PMRI, University of Sydney

Dr Milana Votrubec, GP specialising in pain

Ms Leanne Wells, Consumers Health Forum and consumer representative on Pain Australia

Professor Andrew Wilson, Co-Director, TAPPC and Co-Director Menzies Centre for Health Policy