



The Australian Prevention
Partnership Centre
Systems and solutions for better health

Chronic pain resources

A summary of online and accessible
initiatives and resources

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Chronic pain resources: A summary of online and accessible initiatives and resources

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Disclaimer: This summary is not necessarily 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 this resource

This resource aims to improve awareness among Primary Health Networks (PHNs) of current online and accessible chronic pain initiatives and resources relevant to primary care in Australia. The information in this resource may be used by PHNs:

- To inform the implementation of chronic pain initiatives
- To distribute among their networks of primary care providers and consumers.

Background

This resource has been developed as part of The Australian Prevention Partnership Centre's (the Prevention Centre) chronic pain project.¹ This project is part of the Boosting Prevention Program at the Prevention Centre and is funded by the Australian Government Medical Research Future Fund (MRFF). Additional funding to support this project has been granted by the Sydney Medical School Foundation at the University of Sydney.

The chronic pain project aims to improve the prevention and management of chronic pain in primary care, with a focus on the role of the PHNs. The information in this resource has been sourced from:

1. A scoping literature review² to identify the evidence related to initiatives focused on the prevention and management of chronic pain in the Australian primary care setting
2. Consultation (interviews and a survey) with key representatives from PHNs, including executive level staff and program managers, to understand the needs and priorities of PHNs and the scope of work currently being undertaken and commissioned by each PHN around chronic pain.

Description of this resource

This resource describes online and accessible chronic pain initiatives and resources relevant to primary care in Australia, how to access them and any supporting evaluation literature. Most of the initiatives and resources listed focus on the management of chronic pain.

There is a gap in initiatives and resources available that are relevant to the prevention of chronic pain (that is, early intervention in acute pain to prevent chronic pain, for example post-operative and post-trauma pain). This resource includes online and accessible initiatives and resources that have been implemented by PHNs, universities or other agencies.

It does not include initiatives and resources that are not widely available such as chronic pain management programs implemented by PHNs. An expert steering committee and relevant field experts also provided feedback about the accuracy and completeness of the information provided in this resource.

1. 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). Available at: preventioncentre.org.au/our-work/research-projects/preventing-the-development-of-chronic-pain/

2. Walker P, De Morgan S and Blyth FM. Scoping review of Australian pain initiatives in primary care. The Australian Prevention Partnership Centre and the University of Sydney. 2019.

Adapted from the goals of the National Pain Strategy³, the types of chronic pain initiatives that PHNs could potentially implement have been conceptualised as aiming to achieve the following three goals:

1. Access to multidisciplinary care and improving consumer health literacy and care navigation (see Table 1)
2. Ensuring health professionals are skilled and provide best-practice evidence-based care (see Table 2)
3. Quality improvement and health system support (see Table 3).

These three goals have been used in this resource to categorise the online and accessible chronic pain initiatives and resources.

³ Pain Australia. National Pain Strategy 2010. Available at: <http://www.painaustralia.org.au/the-national-pain-strategy/national-pain-strategy.html>.

Table 1: Initiatives and resources to address access to multidisciplinary care and improving consumer health literacy and care navigation

Name ⁴	Description	Access	Evaluation and Supporting Literature ⁵
Multidisciplinary chronic pain management programs based in the community			
Pain support groups	The Australian Pain Management Association (APMA) currently operates a national network of Pain Support Groups (PSG) throughout Australia, which meet regularly. These groups offer support, friendship, information, presentations and guest speakers. Many groups undertake activities or events additional to the regular meetings. These may include newsletters, Facebook pages; exercise or walking activities; coffee meetings and a wide range of fundraising events.	Pain support groups are for all people living with pain and their family members and are free for APMA members. Non-members are asked to contribute a gold coin at each meeting. https://www.painmanagement.org.au/apma-support/pain-support-groups.html	No evaluation details identified.
Outreach services			
Musculoskeletal Australia (MSK) online resources and helpline	Helpline nurses and volunteers take calls from patients who need help managing a musculoskeletal condition and/or navigating the health system. Resources are also available online for various musculoskeletal conditions. MSK is a consumer organisation working with, and advocating on behalf of, people with arthritis, osteoporosis, back pain, gout and more than 150 other musculoskeletal conditions.	The helpline is available Monday–Friday, 9am–5pm. Access is free for patients with musculoskeletal conditions. https://www.msk.org.au/	No evaluation details identified.
PainLink Helpline	The Australian Pain Management Association's (APMA) Pain Link Helpline was established in 2010 and is staffed by volunteers who live (or have previously lived) with chronic pain themselves. Funding has been provided by the Queensland Government.	Telephone helpline for people in pain can be contacted for the cost of a local call. Calls are taken from APMA volunteers on 1300 340 357 between 7am–7pm, Monday–Friday. https://www.painmanagement.org.au/what-we-do/support/helpline.html	No evaluation details identified.

4. This resource excludes programs that have been implemented by PHNs, universities or other agencies that are not widely available.

5. Evaluation and supporting literature refers to Australian data only.

NSW Opioid Treatment Line	The Opioid Treatment Line (OTL) is a telephone helpline that provides opioid pharmacotherapy information (including methadone and buprenorphine), referrals, advice and a forum for pharmacotherapy concerns. OTL assists people who want to know more about the system of opioid treatment in NSW, including how to get onto a program and what they should expect from clinics and doctors providing the service.	The telephone service operates in NSW Monday–Friday, 9:30am–5pm. Telephone: 1800 642 428 https://www.health.nsw.gov.au/pharmaceutical/patients/Pages/otp-for-patients.aspx	No evaluation details identified.
Online consumer information and initiatives			
GoShare	An extensive library of credible health resources including patient stories, factsheets, animations and tools. This platform allows for quick and easy use to send digital resources to patients by email or SMS instantly. It allows for detailed reporting to assess recipient engagement, content preferences and staff take-up. This initiative has been adopted by Western Sydney LHD and Western Sydney PHN and is linked to their HealthPathways.	Available free of charge to all registered health professionals, currently in Western Sydney and possibly other locations. https://goshare.realtimehealth.com/	No evaluation details identified.
PatientInfo website	A health information portal with information selected by local health professionals. The information is reliable, up to date, locally relevant, easy to understand and free of advertising. Patientinfo aims to help people understand and manage their health conditions. This has been set up by the Hunter New England LHD and Hunter New England Central Coast PHN and is populated through their local HealthPathways for use by healthcare providers.	Available freely online for consumers and healthcare providers. http://patientinfo.org.au/	No evaluation details identified.
Health Resource Directory	This website is a project by the South Western Sydney PHN. The program aims to improve the health literacy of residents of south western Sydney and support patients to take control of their health issues. This site provides links to information recommended by local health professionals. There are culturally appropriate resources which have been specifically designed for Aboriginal and Torres Strait Islander people, as well as people from culturally and linguistically diverse communities.	Factsheets are freely available for download online. http://healthresourcedirectory.org.au/	No evaluation details identified.
The Pain Course	A clinician guided internet-delivered cognitive behavioural therapy (iCBT) program to reduce disability, anxiety, and depression associated with chronic pain. Treatment consists of five iCBT-based	Free for Australian residents aged 18 years and over who experience symptoms of chronic pain and symptoms of anxiety, low mood and	Robust evidence of effect, acceptability of users and feasibility of implementation.

	<p>lessons, five lesson summaries combined with homework tasks, nine additional resources, weekly email or telephone contact from a clinical psychologist, and automated emails over eight weeks.</p> <p>The Pain Course is funded by the Motor Accidents Authority NSW and NHMRC and was written by Associate Professor Blake Dear and Professor Nick Titov. It is managed by Macquarie University.</p>	<p>depression, who want to improve the management of pain and emotional wellbeing.</p> <p>https://ecentreclinic.org/?q=PainCourse</p> <p>https://mindspot.org.au/pain-course</p>	<p>Dear BF, Gandy M, Karin E et al. The Pain Course: 12 and 24 month outcomes from a randomised controlled trial of an internet-delivered pain management program provided with different levels of clinician support. Journal of Pain. 2018.</p>
<p>PainCOACH Program</p>	<p>An online pain coping skills training (PCST) program that translates key therapeutic components of face-to-face PCST for delivery in eight highly interactive, automated training sessions. The program's 8 x 35–45-minute modules, designed to be completed weekly, each provide interactive training in a cognitive or behavioural pain coping skill. Module 1 provides an overview, including a therapeutic rationale of PCST, followed by training in progressive muscle relaxation. Modules 2 through 7 teach brief relaxation skills, activity-rest cycling, pleasant activity scheduling, cognitive restructuring, pleasant imagery, and problem solving. Module 8 consolidates learning and teaches strategies for long-term skill use.</p> <p>PainCOACH also includes several supplementary features to support use of new skills. (1) COACHtrack, which promotes self-monitoring and provides summaries of progress over time (2) COACHchat, which allows participants to read about others experiences and to submit descriptions of their own experiences, like observational learning that people would receive in face-to-face PCST groups (3) MyCOACH, which provides information about the program, the study, and actions to take in a medical or mental health emergency. A companion workbook provides instructions for using PainCOACH, an overview of its modules and features, and worksheets and practice logs.</p>	<p>Will soon be freely available online. Targets patients with chronic musculoskeletal pain, usually related to osteoarthritis.</p> <p>https://pursuit.unimelb.edu.au/articles/online-approach-works-in-treating-knee-osteoarthritis</p>	<p>Robust evidence of effect, acceptability of users and feasibility of implementation. Recent trials have tested the use of this program in addition to face-to-face or Skype physiotherapist sessions and home exercise programs.</p> <p>Bennell KL, Nelligan RK, Rini C et al. Effects of internet-based pain coping skills training before home exercise for individuals with hip osteoarthritis (HOPE trial): a randomised controlled trial. Pain. 2018.</p> <p>Bennell K, Nelligan R, Dobson F et al. Effectiveness of an Internet-Delivered Exercise and Pain-Coping Skills Training Intervention for Persons With Chronic Knee Pain: a Randomized Trial.</p>

			Annals of Internal Medicine. 2017;166(7):453–462.
Chronic pain – reboot program	<p>This Way Up, Australia’s online multidisciplinary pain management program, offers participants pain education and strategies including physiotherapy, psychology and other forms of treatment, and is produced and supported by St Vincent’s Hospital in Sydney.</p> <p>In this course, participants learn cognitive behavioural therapy (CBT) skills to help better manage chronic pain and improve quality of life. It involves eight online lessons to be completed in a 120-day access period. Upon completion participants receive an additional 12 months access to review the material.</p>	<p>The target group is adults with chronic pain. It costs \$59 for four months access.</p> <p>The course is only available for enrolment under clinician guidance. It requires a referral from a clinician (GP, pain physician, doctor, nurse or allied health professional).</p> <p>https://thiswayup.org.au/how-we-can-help/courses/chronic-pain/</p>	<p>Observational evidence of effect, feasibility and acceptability.</p> <p>Schultz R, Smith J, Newby JM, Gardner T, Shiner CT, Andrews G, Faux SG. Pilot trial of the reboot online program: An internet-delivered, multidisciplinary pain management program for chronic pain. Pain Research & Management. 2018;9634727.</p>
Control My Pain Project	<p>A six-week intensive online training program to help people with chronic pain manage and reduce their pain naturally. Participants learn proven strategies for body, mind and social wellbeing, supported by education on the science of pain. This online program can be taken at the user’s own pace and offers a moderated support group.</p>	<p>For people with chronic pain. There is a minimal cost of \$47.</p> <p>https://www.survivestrivethrive.com/programs/</p>	<p>No evaluation details identified.</p>
SteppingUp	<p>SteppingUp is an online program where participants work independently through a personalised set of modules over 4–10 weeks, with length and intensity determined by their needs/lifestyle. Consumers receive weekly email contact from their clinician (allied health professional) and can access online resources throughout the program.</p> <p>SteppingUp has 39 patient-centred modules, which allows for extensive tailoring of the program for individuals through user-friendly patient and clinician interfaces.</p> <p>The beyondblue Victorian Centre of Excellence funded the implementation optimisation trial. Arthritis Victoria provided funding for the development of video content to enhance user experience of the program.</p>	<p>Designed to support people with arthritis, back pain or other musculoskeletal conditions to better manage their health (including mood, pain or lifestyle changes).</p> <p>Currently available for participants wishing to express interest in participating in research on the program.</p> <p>http://www.steppingup.org.au/</p>	<p>Observational evidence of effect, user acceptability and feasibility of implementation.</p> <p>Osborne R, McCabe M, Buchbinder R et al. The SteppingUp implementation optimisation trial final report. 2013. Retrieved from Burwood: https://www.beyondblue.org.au/docs/default-source/research-project-</p>

			files/bw0151.pdf?sfvrsn=633eb0e9_2
Challenging Arthritis online learning program	<p>This self-directed online learning program was developed and is maintained by Arthritis NSW. The program is fully integrated online; however, participants can complete the program online or in hard copy, or a combination of both. The program reflects current best practice and uses a health coaching model to instigate and support behaviour change. Modules include: (1) Managing pain (2) Physical activity and exercise (3) Coping with arthritis (4) Stress management and relaxation (5) Arthritis medicines and their safe use (6) Joining forces: you and your healthcare team (7) Healthy eating (8) Caring for your joints.</p> <p>As well as the online self-management program, Challenging Arthritis includes a spiral bound diary and CDs, information sheets and a telephone advice line.</p>	<p>Available free online to members of the Arthritis Foundation, for people with arthritis.</p> <p>https://at-aust.org/items/7752</p>	<p>No evaluation details identified.</p> <p>Spragg D, and Buggy E. Challenging arthritis: Self-directed learning for consumers. Internal Medicine Journal 2011;1:40.</p>
MoodGYM	<p>MoodGYM is a psychological intervention developed by the National Institute for Mental Health Research at The Australian National University.</p> <p>The goals of MoodGYM are to help people to identify and overcome general psychological distress by developing good psychological coping skills. It consists of five interactive modules.</p>	<p>Freely available online to Australians and designed for people who would like to prevent mental health problems or manage problems which are troubling but not incapacitating.</p> <p>https://moodgym.com.au/</p>	<p>Results have not yet been published on a study evaluating the use of MoodGYM in patients with chronic low back pain also receiving multimodal manual therapy.</p> <p>Petrozzi M, Leaver A, Jones M et al. Does an online psychological intervention improve self-efficacy and disability in people also receiving Multimodal Manual Therapy for chronic low back pain compared to Multimodal Manual Therapy alone? Design of a randomized controlled trial. Chiropractic & manual therapies. 2015;23(1).</p>

<p>Sleepio (web-based cognitive behavioural therapy)</p>	<p>An interactive web-based sleep intervention based on cognitive behavioural therapy (CBT) principles consisting of six sessions over six weeks. Sleepio is highly interactive, the content is delivered by an animated personal therapist (avatar), with automated web and email support developed by Sleepio Ltd. Underlying algorithms deliver information, support and advice tailored to the individual. Each session has a minimum duration of 20 minutes. Participants are required to complete an electronic sleep diary. Each participant has an online case file, comprised of four sections: a progress review, a reminder of strategies to try out between sessions, an agreed sleep schedule, and a list of additional reading.</p>	<p>Freely available online for people with insomnia, depression or anxiety. https://www.sleepio.com/</p>	<p>Results have not yet been published for a trial testing Sleepio in people with low back pain. Trial is still recruiting.</p> <p>Pinheiro M, Ho K, Ferreira M et al. Efficacy of a sleep quality intervention in people with low back pain: protocol for a feasibility randomized co-twin controlled trial. <i>Twin Research and Human Genetics</i>. 2016;19(5):492–501.</p>
<p>My back on track, my future (MBOT)</p>	<p>Low back pain information was developed as five short audio-visual scenarios, filmed using Aboriginal community actors. The development of the resource included partnerships between Aboriginal and non-Aboriginal investigators, a synthesis of research evidence, and participation of a project steering group consisting of local Aboriginal people.</p>	<p>Resources are freely available online and aimed at Aboriginal Australians with low back pain. http://www.wacrh.uwa.edu.au/my-back-on-track-my-future</p>	<p>Robust evidence of user acceptability.</p> <p>Lin IB, Ryder K, Coffin J et al. Addressing disparities in low back pain care by developing culturally appropriate information for Aboriginal Australians: "My back on track, my future". <i>Pain Medicine (United States)</i>. 2017;18(11):2070–80.</p>
<p>Chronic Pain Australia forum</p>	<p>This forum is a meeting place for people living with or supporting those with chronic pain. It is a place where knowledge and tips for pain management can be shared and allows people to connect in a supportive environment.</p>	<p>http://chronicpinaustralia.org.au/forum/index</p>	<p>No evaluation details identified.</p>
<p>My Joint Pain website</p>	<p>The aim of the website is to provide a credible, tailored information source with a variety of self-assessment tools to improve disease knowledge and self-management of osteoarthritis.</p> <p>Arthritis Australia and Bupa Health Foundation were guided by experts in osteoarthritis on the development of the website.</p>	<p>This resource is freely available online and targets people with osteoarthritis. www.myjointpain.org.au</p>	<p>Robust, though not statistically significant evidence of effect.</p>

			Umapathy H, Bennell K, Dickson C et al. The web-based osteoarthritis management resource: My Joint Pain Improves Quality of Care: A quasi-experimental study. J Med Internet Res. 2015;17(7):e167.
painHEALTH website	The painHEALTH online health platform was developed for consumers with musculoskeletal pain and their treating interdisciplinary health professionals, to deliver best practice pain management. Six main sections of the website: (1) painHEALTH background (2) Patient stories (3) Information about musculoskeletal pain conditions (4) Clinically supported pain 'self-checks' (5) Pain management modules (6) Links to other sites for further assistance. PainHEALTH was funded through a Department of Health, Western Australia grant and in-kind support from Curtin University, UWA, Fremantle Hospital and was implemented through Western Australia Health channels and partner agencies.	Freely available online targeting people with musculoskeletal pain. https://painhealth.csse.uwa.edu.au/about/	Observational evidence of effect and user acceptability. Slater H, Davies S, Milne G et al. The painhealth website: A Western Australian policy-into-practice initiative to deliver holistic, consumer-focused best-evidence pain management for people with musculoskeletal pain. Physiotherapy (United Kingdom). 2015;1:eS1410.
Persistent Pain Hub	On the Victorian Department of Health Better Health Channel, there are links to information and resources for people with pain. Information has been translated into multiple languages.	Freely available online for people experiencing pain: https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/Living-with-persistent-pain	No evaluation details identified.
NPS MedicineWise consumer information	NPS MedicineWise has a range of easy to read consumer education pages related to pain management online aimed at helping consumers get the message across with their GP. These include: <ul style="list-style-type: none"> • Chronic pain explained • 10 things you need to know about low back pain • Medicines for pain relief: what are the options? • Managing osteoarthritis. 	Freely available online: https://www.nps.org.au/medical-info/consumer-info https://www.nps.org.au/medical-info/consumer-info/chronic-pain-explained https://www.nps.org.au/medical-info/consumer-info/10-things-you-need-to-know-about-low-back-pain	No evaluation details identified.

		https://www.nps.org.au/medical-info/consumer-info/medicines-for-pain-relief-what-are-the-options https://www.nps.org.au/medical-info/consumer-info/managing-osteoarthritis	
NSW Agency for Clinical Innovation pain management network	<p>This website is designed to help consumers gain a better understanding of their pain. The site contains information to enable consumers to develop skills and knowledge in the self-management of pain in partnership with their healthcare providers. The website has several episodes that should be viewed over several days to weeks. For young people with chronic pain, there's a youth channel with episodes to work through. Episodes are (1) Introduction to pain (2) Pain and physical activity (3) Pain and feelings (4) Pain and mind body connection (5) Pain and school (6) Pain and family (7) Staying on track.</p>	<p>Information can be accessed online: https://www.aci.health.nsw.gov.au/chronic-pain/chronic-pain Pain management for everyone: https://www.aci.health.nsw.gov.au/chronic-pain/for-everyone PainBytes for youth: https://www.aci.health.nsw.gov.au/chronic-pain/painbytes Spinal Cord Injury Pain: https://www.aci.health.nsw.gov.au/chronic-pain/spinal-cord-injury-pain Aboriginal Resources: https://www.aci.health.nsw.gov.au/chronic-pain/our-mob</p>	No evaluation details identified.
ScriptWise Videos	<p>Online videos available for consumers on the following topics:</p> <p>Prescription benzodiazepines</p> <ul style="list-style-type: none"> Getting to know benzodiazepines: (1) Benzodiazepines explained (2) The role of benzodiazepines for anxiety, sleep and pain (3) Managing anxiety, sleep problems and chronic pain Risks of using benzodiazepines long-term: (1) Dependence (2) Withdrawal (3) Overdose Personal Stories <p>Prescription opioids</p>	<p>Available freely online.</p> <p>Prescription benzodiazepines: www.scriptwise.org.au/benzodiazepines</p> <p>Prescription opioids: www.scriptwise.org.au/prescription-opioids</p>	No evaluation details identified.

	<ul style="list-style-type: none"> Getting to know prescription opioids: (1) Opioids explained (2) The role of opioids in pain managements (3) Managing chronic pain Risks of using prescription opioids long-term: (1) Side effects (2) Dependence (3) Withdrawal (4) Overdose Getting effective treatment: (1) Treatment options (2) Reducing your prescription opioid use (3) Medication-assisted treatment 		
Pelvic Pain Foundation of Australia website	Information and resources for women, men and teens with pelvic pain.	https://www.pelvicpain.org.au/	No evaluation details identified.
Fibromyalgia Australia website	<p>The website was developed to assist Australian GPs and Fibromyalgia Syndrome (FMS) patients to collaboratively develop optimised evidence-based care. Multidisciplinary referrals under Medicare chronic disease management programs are supported with links to regional patient resources and networks, patient self-monitoring tools, and multimedia educational formats.</p> <p>Bridges & Pathways Institute Inc. (2000) (Fibromyalgia SA) is an Australian charity focusing on solutions to improve services for the one million Australians affected by ME/CFS and FMS, based in Adelaide.</p> <p>The Australian Collaboration Project for Fibromyalgia Best Practice and Education established in 2000 is a national collaborative of agencies working to provide Australians with current best practice information on FMS.</p>	<p>The website's content is currently under review and is targeted at patients and providers of patients with fibromyalgia.</p> <p>http://www.communitywebs.org/fibromyalgia/</p>	<p>No evaluation details identified.</p> <p>Kwiatek R, Powell C, Faulkner J and True B. The fibromyalgia Australia website: A new paradigm for productive community management. <i>Internal Medicine Journal</i>. 2013;2:31–32.</p>
Tame the Beast website	<p>This website provides information about pain to help people get closer to reducing and managing their pain and allows consumers to sign up to receive the latest news from Tame the Beast, Rethinking persistent pain. It is a freely available, non-commercial education space that hopes to inspire research-based action in the treatment of pain. Tame the Beast is currently an animation, a question and answer and will soon host a podcast series.</p> <p>Funded as part of a PhD program at the University of South Australia. It is a collaboration between a pain scientist (Lorimer Moseley), a pain physiotherapist (David Moen) and a professional communicator.</p>	<p>Freely available online targeting people with pain:</p> <p>https://www.tamethebeast.org/</p>	No evaluation details identified.

Community awareness			
Brainman video series	<p>Three key messaging videos outlining the foundations of chronic pain treatment to challenge unwarranted clinical variation. Each video uses an evidence-informed script appropriate for low literacy and a cartoonist to provide matching images. The whole-person approach emphasises the role of the nervous system and active self-management approaches over passively received medical treatments.</p> <p>Videos have been independently translated into multiple languages and have been embedded into multiple health-related websites. The first video is in 15 languages (Arabic, Cantonese, Danish, French, German, Greek, Hebrew, Italian, Japanese, Mandarin, Norwegian, Portuguese, Spanish, Swedish and Vietnamese) and subtitled in English for the hearing impaired. The second and third have been translated into German and subtitled in French and Japanese. This resource was funded by Hunter Medicare Local and the Hunter Integrated Pain Service.</p>	<p>Available freely online via the below links for healthcare providers and consumers:</p> <p>https://www.aci.health.nsw.gov.au/ie/projects/brainman</p> <p>http://www.hnehealth.nsw.gov.au/Pain/Pages/Brainman-Videos.aspx</p>	<p>Observational evidence of effect.</p> <p>White R, Hayes C, White S and Hodson FJ. Using social media to challenge unwarranted clinical variation in the treatment of chronic noncancer pain: The "Brainman" story. <i>Journal of Pain Research</i>. 2016;9:701–09.</p>
Painaustralia website	A central portal for information on pain, available health services, upcoming events and policy changes related to chronic pain.	https://www.painaustralia.org.au/	No evaluation details identified.
Painaustralia factsheets	Factsheets are available for download and printing for patients and healthcare providers.	https://www.painaustralia.org.au/healthprofessionals/resources/fact-sheet	No evaluation details identified.
Chronic Pain Australia website	Resources including articles, research papers, factsheets, videos and links to other websites and books are available to consumers and healthcare providers to improve knowledge and understanding about chronic pain across Australia.	http://chronicpainaustalia.org.au/index.php	No evaluation details identified.
Local Pain Educator (LPE) network outreach	<p>A University of South Australia Initiative, the aim of the Local Pain Educator (LPE) program is to embed the capacity to deliver best practice pain education and care within rural and regional communities while safeguarding the wellbeing and resilience of the GP and allied health workforce delivering it.</p> <p>This program is expanding from NSW and Victoria to Tasmania in 2019. The annual Pain Revolution Rural Outreach Ride takes a passionate and dedicated team out on the road to reach rural communities. They run community and health professional education</p>	<p>https://www.painrevolution.org/</p> <p>Professional and public seminar dates are published online:</p> <p>https://www.painrevolution.org/events</p>	No evaluation details identified.

	events and establish support and knowledge-growth networks that span the country.		
International Association for the Study of Pain (IASP) advocacy	This website contains factsheets, reports, guidelines, position statements (opioids) and details desirable characteristics of national pain strategies to guide those seeking to address the burden of pain and provides an overview of international progress against these recommendations.	https://www.iasp-pain.org/Advocacy/?navItemNumber=504	No evaluation details identified.
Therapeutic Goods Administration (TGA) Medicinal Cannabis Guidance Documents	The Commonwealth Department of Health, in conjunction with state and territory governments, has helped coordinate the development of clinical guidance documents for prescribers of medicinal cannabis products and a consumer brochures for treating various conditions including chronic non-cancer pain.	Documents are available online: https://www.tga.gov.au/medicinal-cannabis-guidance-documents	No evaluation details identified.

Table 2: Initiatives and resources to ensure health professionals are skilled and provide best-practice care

Name ⁶	Description	Access	Evaluation and Supporting Literature ⁷
Online education and training			
NPS MedicineWise National Prescribing Curriculum	The National Prescribing Curriculum (NPC) is a series of interactive case-based online modules that encourage confident and rational prescribing.	There is a module on analgesia for low back pain. Users need an NPS MedicineWise account to access the free modules. https://learn.nps.org.au/course/index.php?categoryid=78	Observational evidence of effect and acceptability of modules on chronic heart failure and prophylaxis of venous thromboembolism among students. No evaluation available for the module on analgesia for low back pain. Khanal S, Buckley T, Harnden C et al. Effectiveness of a national approach to prescribing education for multiple disciplines. <i>British Journal of Clinical Pharmacology</i> .2013;75(3):756–62.
Education modules for appropriate imaging referrals	Educational modules (EMs) have been developed to improve the appropriateness of referrals for medical imaging. Web-based education experts converted the EMs to interactive electronic modules connected to a learning management system allowing institutions to track student (undergraduate and post graduate medication education) progress. The modules include authentic clinical scenarios, feedback, and integration. This project was funded by the Australian Government Department of Health and piloted by the University of Sydney, University of NSW, Monash University, Health Education Australia, and Monash Health.	An EM was developed on acute low back pain, among other conditions. The modules are freely available online as PDFs. RANZCR members can login to the RANZCR Learning Management System via the learning portal to view the online, interactive modules. https://www.ranzcr.com/our-work/quality-standards/education-modules	The acute low back pain module has not been evaluated. An RCT on the pulmonary embolism and cervical spine trauma modules found interactive e-learning was significantly more effective for learning, compared with static clinical decision rules. Velan GM, Goergen SK, Grimm J, and Shulruf B. Impact of interactive e-learning modules on appropriateness of imaging referrals: A multicentre, randomized, crossover study. <i>J Am Coll Radiol</i> . 2015;12(11):1207–14.
RACGP webinar Managing	This webinar equips GPs with the knowledge to help patients re-establish their health through active self-management and	Freely available online:	No evaluation details identified.

6. This resource excludes programs that have been implemented by PHNs, universities or other agencies that are not widely available

7. Evaluation and supporting literature refers to Australian data only.

chronic pain in general practice	managing common complicating aspects of chronic pain such as mental health (e.g. depression, anxiety, family problems). It discussed the benefits and harms of prescribing opioids and provides strategies for de-prescribing opioids. It is presented by Dr Simon Holliday and Dr Chris Hayes and developed in partnership with NSW Health.	https://www.racgp.org.au/education/professional-development/online-learning/webinars/chronic-pain/managing-chronic-pain-in-general-practice	
Webinar on non-pharmacological management of chronic pain	Presented by the Black Dog Institute, this one-hour webinar examines the non-pharmacological strategies available to patients with chronic pain and introduced participants to some useful online programs for chronic pain management. Guest presenters are Dr Toby Newton-John and Dr Regina Schultz. This is accredited for 2 QI&CPD points and 2 Core ACRRM points.	Free for GPs and GP registrars, allied health workers, support workers and nurses who are interested in improving outcomes for patients with mental health conditions. https://medcast.com.au/courses/109	No evaluation details identified.
ThinkGP training	This online continuing professional development education platform offers a range of modules on chronic pain accredited for Royal Australian College of General Practitioners (RACGP) and Australian College of Rural and Remote Medicine (ACRRM) points.	For GPs and other healthcare professionals. Available for free via an online login. https://www.thinkgp.com.au/category/pain-management	No evaluation details identified.
The Rheumatoid Arthritis for Physiotherapists-eLearning (RAP-eL) resource	The RAP-eL web-based resource is a series of four learning modules and two clinical case studies. The modules include (1) RA: the disease and recognition in practice (2) RA: the early stage of the disease (3) RA: the chronic stage of the disease (4) Extraarticular features of RA and comorbid conditions. Content within each module is focused on delivering essential knowledge and translating that knowledge into practical clinical skills. Support for the development of RAP-eL and research was provided by grants from Arthritis and Osteoporosis WA, Curtin University and the Department of Health, Government of WA.	The resource is aimed at physiotherapists who see patients with rheumatoid arthritis, though has also been piloted in physiotherapy and medical students. Freely available online: http://www.rap-el.com.au/	Robust evidence of effect and acceptability. Fary RE, Slater H, Chua J et al. Policy-into-practice for rheumatoid arthritis: Randomised controlled trial and cohort study of e-learning targeting improved physiotherapy management. Arthritis care & research. 2015;67(7):913–22. Gardner P, Slater H, Jordan JE et al. Physiotherapy students' perspectives of online e-learning for interdisciplinary management of chronic health conditions: a qualitative study. BMC Med Educ. 2016;16: 62.

Online pharmacy assistant training	<p>Guild Learning and Development have partnered with Mundipharma to develop an online course titled 'The role of community pharmacists in managing chronic pain'. The course examines the key medication options available in the treatment of chronic pain and outlines methods for communicating with patients as well as other healthcare professionals within the multidisciplinary team.</p> <p>The activity has been accredited for 1.5 hours of Group 1 CPD, suitable for inclusion in an individual pharmacists CPD plan, which can be converted to 1.5 hours of Group 2 CPD (or 3 CPD credits) upon successful completion of relevant assessment activities.</p>	<p>Pharmacists, interns, students and pharmacy assistants can register for a GuildEd account to access online learning.</p> <p>https://www.guild.org.au/news-events/news/2018/role-of-community-pharmacists-in-managing-chronic-pain</p>	No evaluation details identified.
Codeine resource hub	<p>The Guild and PSA have developed a series of five modules to assist pharmacy assistants to understand the change to scheduling of these medicines and adapt to the new scheduling requirements.</p> <p>The activity has been approved for 45 minutes of QCPP Refresher Training and will contribute to the annual requirement of three hours of QCPP Refresher for pharmacy assistants.</p>	<p>Free online education and support resources for pharmacists.</p> <p>http://www.psa.org.au/codeine/support-resources</p> <p>https://www.guild.org.au/news-events/news/2017/training-for-pharmacy-assistants-to-support-pain-management</p>	No evaluation details identified.
Hunter Pain Clinic Education for Nurses	<p>The pain clinic provides education for nurses online and in-person. There are seven modules available to complete online, and they conduct practice visits for education of nurses in pain management.</p>	<p>Available online for nurses supporting patients with chronic pain.</p> <p>A login is required and provided upon request.</p> <p>http://cpd.hunterpainclinic.com.au/</p>	No evaluation details identified.
NPS MedicineWise chronic pain online resources	<p>NPS MedicineWise has a list of resources with links to case studies and clinical audits on chronic pain.</p>	<p>For GPs, pharmacists, nurses and students:</p> <p>https://www.nps.org.au/medical-info/clinical-topics/chronic-pain</p>	No evaluation details identified.
NSW Agency for Clinical Innovation (ACI)	<p>NSW ACI has an online chronic pain toolkit for clinicians with the best evidence for effective management and prevention of chronic pain using an interdisciplinary biopsychosocial approach, tools, and resources to help guide management.</p>	<p>Freely available online for clinicians supporting patients with pain:</p>	No evaluation details identified.

Toolkit for clinicians		https://www.aci.health.nsw.gov.au/chronic-pain/health-professionals For GPs: https://www.aci.health.nsw.gov.au/chronic-pain/health-professionals/quick-steps-to-manage-chronic-pain-in-primary-care	
Worksafe Vic and the Transport Accident Commission (TAC)	<p>WorkSafe Victoria are rebuilding their online resources to support claims staff, clinicians and clients, including a persistent pain page.</p> <p>TAC has launched a hotline which allows primary contact clinicians to email the clinical panel and ask for advice from any clinician on the panel about a TAC client.</p>	https://www.worksafe.vic.gov.au/persistent-pain-resources https://www.tac.vic.gov.au/providers/working-with-tac-clients/clinical-panel	No evaluation details identified.
Drug and Alcohol Clinical Advisory Service (DACAS)	A specialist 24-hour telephone consultancy service that assists health and welfare professionals throughout Victoria, Tasmania and the Northern Territory to respond effectively to individual with alcohol and drug use problems.	https://www.dacas.org.au/ VIC: 1800 812 804 TAS: 1800 630 093 NT: 1800 111 092	No evaluation details identified.
Pharmacist and prescriber codeine toolkits	ScriptWise has provided online toolkits with information on codeine for pharmacists and prescribers to assist with making decisions and discussing codeine use with patients. Links to training resources are also provided.	For pharmacists: http://www.scriptwise.org.au/codeine/pharmacist-toolkit/ For prescribers: http://www.scriptwise.org.au/codeine/prescriber-toolkit/	No evaluation details identified.
Better Pain Management program	A professional, high quality online education program developed by the Faculty of Pain Medicine (FPM) of the Australian and New Zealand College of Anaesthetists (ANZCA). It is a program of 12 online education modules each designed to be completed in one hour. Modules can be purchased individually, or as pre-set courses comprising of modules packaged together. Training managers can also purchase modules or courses on behalf of others, distribute and manage licenses to staff and create a comprehensive	The program has been designed for specialist and general medical practitioners, medical students, nurses and allied health practitioners engaged in the care of patients with persistent pain. The complete program is \$330. https://www.betterpainmanagement.com/	No evaluation details identified.

	training program around pain management. The program is delivered by RACGP's gplearning online learning platform.		
Postgraduate degree program in pain management	The program has been offered completely online since 2000, allowing Australian and overseas students to enrol and participate without needing to attend lectures on campus at the University. The program has been developed and is taught by Sydney Medical School's Pain Management Research Institute (PMRI), based at Royal North Shore Hospital and The University of Sydney's Kolling Institute. The program is endorsed by the International Association for the Study of Pain (IASP).	The degree program is multidisciplinary and open to medical practitioners, dentists, nurses, psychologists, pharmacists, physiotherapists, occupational therapists, exercise physiologists, chiropractors and other health professionals who have an interest and involvement in the field of pain management. Students are charged per unit of study and invoiced each semester. The Australian Government FEE-HELP is available for eligible students. http://sydney.edu.au/medicine/pmri/education/postgraduate/index.php	No evaluation details identified.
Putting Cognitive Behavioural Therapy Skills into Practice	This webinar training program gives participants an opportunity to learn how to help patients better manage chronic or persisting pain problems. Each program consists of seven webinar sessions of 90 minutes duration conducted over two to three months. This program is run by the University of Sydney's Pain Management Research Institute.	The program costs \$770, which includes a comprehensive content manual, a head set, advice on the technical aspects of the webinar sessions, relevant papers for background reading and a copy of the patient manual. http://sydney.edu.au/medicine/pmri/education/continuing/webinar.php	No evaluation details identified.
Pain Management online short course	La Trobe University offer a 12-week online short course in pain management for registered nurses. This allows nurses to refine their patient assessment skills and covers topics such as multi-modal analgesia, acute and chronic pain, neuropathic pain, and pain in special populations.	Nurses are certified for eight hours of professional development. The 12-week course costs \$199. www.latrobe.edu.au/short-courses/nursing	No evaluation details identified.
Australian Pain Society Pain in Residential Aged Care Facilities: Management	This publication is designed as a "one stop shop" with easy to use information and resources for the residential aged care facility workforce. This document aims to provide contemporary research and expanded clinical practice insights and knowledge that should be utilised to inform clinical	This is relevant for personal care assistants, registered nurses, general practitioners, physiotherapists, psychologists, dietitians, occupational therapists, pharmacists and other	No evaluation details identified.

Strategies 2nd Edition Publication	practice for the management of pain in residential aged care facilities.	allied health professionals to identify, assess and manage pain. 1 copy costs \$99 and can be ordered online: https://www.apsoc.org.au/Home/wcontent2/10	
Face-to-face education and training			
Pain Management Multidisciplinary Workshop	This two-week workshop is a comprehensive overview of all major aspects of pain management, integrating basic science with its clinical application. The content is based on the International Association for the Study of Pain (IASP) core curriculum and facilitated by nationally and internationally recognised specialists in the field of pain management. The workshop sessions have been developed to increase participant knowledge and skills in assessing and managing patients with acute and/or chronic pain conditions. This workshop is run by the University of Sydney's Pain Management Research Institute.	The workshop is designed for nurses, doctors, dentists, psychologists, physiotherapists, occupational therapists, osteopaths, pharmacists and other health professionals with an interest in learning about current views and approaches to the assessment of pain management. Standard registration for the full two-week workshop is \$1760. http://sydney.edu.au/medicine/pmri/education/continuing/workshop.php	No evaluation details identified.
EmpowerRehab Pain Management in Practice	EmpowerRehab run workshops twice yearly in Melbourne, Sydney and Brisbane to help close the evidence to practice gap of the management of people with musculoskeletal pain. The aim is to prevent the onset of persistent disability or to manage persistent pain and disability to maximise work and personal function.	Provided for a range of health professionals, including physiotherapists, psychologists, occupational rehab providers, nurses, occupational therapists, osteopaths, injury management advisors, and return to work coordinators among many other professions. https://www.empowerrehab.com/workshops/	No evaluation details identified.
Yoga for Pain Practitioner Training (Finding Yoga)	Yoga for Pain Care Australia partner with community organisations and industry experts to train yoga teachers, health professionals and social service providers as Yoga for Pain Practitioners. The course begins with a 2.5-day practitioner preliminary standalone course (25 hours), continues with a four-day yoga for pain experiential (25 hours), and finishes with 30 hours of mentoring in application. They also provide short in-house training for clinics, hospitals and NFPs.	This training is endorsed for GPs, nurses and allied health professionals by Painaustralia. http://yogaforpaincare.com/	No evaluation details identified.

<p>Explain Pain (NOI Courses)</p>	<p>The Explain Pain course is based on David Butler and Lorimer Moseley's book Explain Pain. The course aims to (1) Expand the clinical framework of rehabilitation via the paradigms of neuromatrix and pain mechanisms (2) Teach biologically-based pain management skills (3) Reconceptualise pain in terms of modern neuroscience and philosophy (4) Stimulate reappraisal of current thinking in rehabilitation (5) Teach core pain management skills of neuroscience education.</p>	<p>The course is open to all professionals working with patients or clients in acute and chronic pain and stress states, e.g. physiotherapists, occupational therapists, doctors, psychologists, rehabilitation counsellors.</p> <p>http://www.noigroup.com/en/Courses</p>	<p>No evaluation details identified.</p>
<p>Education and training AND Health professional networks related to pain</p>			
<p>Local Pain Educator (LPE) program</p>	<p>LPEs represent a range of disciplines and sectors. The LPEs and mentors will form a network to provide peer-to-peer learning and knowledge sharing between regional practitioners and industry leaders. With this support, LPEs will go on to deliver pain education in their communities.</p> <p>The LPE program involves: (1) Professional certificate in pain science, material delivered online to regional health providers (2) One-on-one mentoring from industry leaders (3) Access to LPE network (4) Access to pain education resources package (5) A commitment to delivering high quality pain education in the community. The training involves an intensive weekend of face-to-face workshops.</p>	<p>Some sponsorship is available through fundraising and support from organisations including PHNs for health professionals to access this two-year program.</p> <p>https://www.painrevolution.org/</p>	<p>No evaluation details identified.</p>
<p>Telehealth and other online services connecting primary care providers with pain specialists and other health providers</p>			
<p>Project ECHO for opioid dependence</p>	<p>ECHO means Extension for Community Healthcare Outcomes. The Western Victoria PHN are using ECHO to bring specialist knowledge and support in opioid management to primary care practitioners throughout Victoria.</p> <p>teleECHO sessions are a blend of didactic and case-based learning, delivered during live video sessions via teleconferencing software. The sessions are facilitated by an expert hub team and attended by participants from spoke sites all over Victoria.</p>	<p>Sessions run weekly on a Wednesday morning from 7:30–8:30am and can be joined for free online via Zoom.</p> <p>https://westvicphn.com.au/health-professionals/alcohol-and-other-drugs/project-echo</p> <p>https://echo.pabn.org.au/</p>	<p>No evaluation details identified.</p>

Table 3: Initiatives and resources to support quality improvement and provide health system support

Name ⁸	Description	Access	Evaluation and Supporting Literature ⁹
Improving pathways and referrals systems related to pain			
HealthPathways	A password-protected web-based portal designed to provide localised evidence-informed clinical and referral information to support general practice at the point of care. HealthPathways is an online manual used by clinicians to help make assessment, management, and specialist request decisions for more than 550 conditions. Each pathway is an agreement between primary and specialist services on how patients with certain conditions will be managed in the local context. Each health jurisdiction tailors the content of HealthPathways to reflect local arrangements. HealthPathways are provided and managed by PHNs and local hospital networks.	The target audience is primary care clinicians. Access is free online with a valid login for primary care providers who have HealthPathways set up in their local area. See local HealthPathways websites at this link: https://www.healthpathwayscommunity.org	Observational evidence of effect, sustainability, user acceptability and feasibility of implementation. Gray JS, Swan JR, Lynch MA et al. Hunter and New England HealthPathways: a 4-year journey of integrated care. Australian Health Review, 2018;42(1):66–71.
Drug monitoring			
SafeScript	A computer software system providing prescription information to enable safer supply of high-risk medicines. This is being rolled out across Victoria, with online information to support prescribers and pharmacists to use SafeScript, including the opportunity to register for training.	https://www2.health.vic.gov.au/public-health/drugs-and-poisons/safescript	No evaluation details identified.
Drugs and Poisons Information System Online Remote Access (DORA)	A webpage-based information system allowing clinicians timely secure access to a Department of Health database to view clinical information and dispensing data relating to Schedule 4 and 8 opioids and all other Schedule 8 drugs. Since 2012 DORA has been progressively rolled out across general practices and pharmacies in Tasmania.	To sign up see contact information online: https://www.dhhs.tas.gov.au/psbtas/publications/general/dora	No evaluation details identified.
Other data collection and monitoring systems			
electronic Persistent Pain Outcomes	A collection of a standard set of data items and assessment tools to measure treatment outcomes for patients. This information has been used to develop a national benchmarking system for the pain sector.	Participating centres, relevant documents and forms are available at:	No publicly available evaluation details.

8. This resource excludes programs that have been implemented by PHNs, universities or other agencies that are not widely available.

9. Evaluation and supporting literature refers to Australian data only.

Collaboration (ePPOC)	ePPOC is an initiative of the Faculty of Pain Medicine, the Australian and New Zealand College of Anaesthetists. Adult and paediatric pain services throughout Australia and New Zealand and more recently primary health networks providing consumer based pain programs are able to participate in ePPOC.	https://ahsri.uow.edu.au/eppoc/index.html	Tardif H, Arnold C, Hayes C, Eagar K. Establishment of the Australasian Electronic Persistent Pain Outcomes Collaboration. Pain Medicine, 2017;18(6):1007-1018.
UNSW National Drug and Alcohol Research Centre online interactive data visualisation tool for opioid, amphetamine, and cocaine-induced deaths in Australia.	Using Australian Bureau of Statistics (ABS) cause of death data from 1997-2016, this online interactive data visualisation tool allows users to view, disaggregate and download trends overtime by drug, intent (e.g. accidental vs. intentional), age group, sex and jurisdiction.	Overview of the project and summary documents are available here: https://ndarc.med.unsw.edu.au/resources/opioid-amphetamine-and-cocaine-induced-deaths-australia-august-2018 Online interactive data visualisation tool: https://drugtrends.shinyapps.io/Deaths	No evaluation details identified.
Other			
The Essential Pain Management (EPM) App	A mobile application developed by the Faculty of Pain Medicine of the Australian and New Zealand College of Anaesthetists. RAT stands for Recognise, Assess, Treat and provides the framework for managing a variety of real-life pain scenarios. The app takes the user through the RAT formula while assessing a patient, arrives at a pain diagnosis and then suggests non-drug and drug treatments based on the course and manual. The app's logbook feature allows the user to record patient information to share with colleagues.	Available for free download by health workers in the Apps store or Google Play. http://fpm.anzca.edu.au/fellows/essential-pain-management/epm-application	No evaluation details identified.
PainTrain	PainTrain is a patient-developed, patient-owned system that lets people summarise information about them and their condition and share it with anyone they choose online. It is helpful for people who want to be able to explain their pain journey accurately without having to repeat themselves, keep their information private and improve communication between healthcare practitioners. PainTrain helps summarise pain symptoms, what supports are in place, diagnoses, healthcare practitioners, health insurance details, medications and any other relevant information.	The PainTrain My Health Summary costs \$29 per year for patients. https://pain-train.com.au/	No evaluation details identified.



www.preventioncentre.org.au

