

Allied Health improves pain management in regional areas

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Government
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Health
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Background

- High burden of chronic pain in regional areas
- Poor access to tertiary level pain services in regional areas
- Implementation of visiting Psychology and Physiotherapy to monthly outreach pain programs across regional South Australia
- Interventions delivered through individual consultations, group programs and telehealth between site visits
- Focus on psychoeducation and self-management of chronic pain

Outcomes

- Audit over 18 months (2018-2019)
- Total sample n=125, completed treatment n=62 as of 2021
- Pre-post outcomes measured using electronic Persistent Pain Outcomes Collaboration (ePPOC)
 - Reduction in **pain severity** by 1.0 points (p=0.01)
 - Reduction in **pain catastrophizing** by 2.4 points (p=0.25)
 - Improvement in **pain self-efficacy** by 2.3 points (p=0.14)
- Larger sample size required to evaluate statistical and clinical significance
- Occasions of service 325 with savings of \$54,000 in avoided patient travel reimbursements to Adelaide (770km return trip from Whyalla site)

Addressing Health Inequalities

- Improved access to multidisciplinary pain services in regional areas
- Reduced consumer costs and travel to the metro centre in Adelaide
- Interventions and resources targeted to consumers from low socioeconomic backgrounds and with low health literacy

Implementation and Translation to Practice

- Allied Health is essential in delivery of pain management services
- Model of care is recognised as best practice for regional Australia in the *National Strategic Action Plan for Chronic Pain (2021)*
- Blueprint for other pain services in Australia and New Zealand