

Chronic Pain - The Challenge in Primary Care

Managing persistent pain within general practice can be difficult due to:

- Limited consultation time for education and behaviour change
- Fragmented care across multiple providers
- Administrative burden of coordinating referrals and assessments
- Long wait times for specialist pain services

How Our Program Helps

Pain Education and Management supports primary care through:

- Structured patient education
- Coordinated multidisciplinary input
- Minimal administration for practices

The GP remains at the centre of care while the program coordinates MDT support and reporting.

Referral Process

Referral is simple with minimal admin

- Use our Best Practice template or any standard GP referral
- Send the referral to our team, and we coordinate the rest

✉ support@managepain.au

Program Pathway



Structured program: allied health consultations supported by learning modules

- 7 allied health consultations, plus
- 11 supporting learning modules

This phase builds understanding of persistent pain and introduces practical self-management strategies.

Multidisciplinary assessment and planning. The program will coordinate:

- musculoskeletal assessment
- medication review
- psychosocial assessment

Findings may be discussed in a GP case conference to develop a personalised pain management plan.

Patients receive support to implement their plan through:

- structured health coaching
- accountability and goal tracking
- coordination of allied health and services

Helping patients establish long-term lifestyle and behavioural change.

WorkCover Queensland Pathway

The program may be funded through a WorkCover Queensland claim. Often considered when recovery from a workplace injury is not progressing as expected.

When to consider referral:

- Patient has persistent pain following injury (3+ months)
- Is not progressing as expected
- Requires coordinated multidisciplinary input

WorkCover
QUEENSLAND