

## Fact Sheet

# Chronic Pain Management

Pain is a significant health issue in South Australia, with up to 25% of the population experiencing a persistent pain that has lasted longer than three months. Five% of people experience a chronic pain that severely affects their quality of life.

A recent SA Health survey shows that few people dealing with chronic pain, or their families and carers, are aware of the range of resources and organisations available to help them manage their condition.

This fact sheet provides information on the options and support mechanisms available in South Australia as part of the SA Health Model of Care for Chronic Pain Management that was recently developed to ensure improved access to quality care across the state.

## Self-Management

For people experiencing persistent pain, it is important to recognise and address it as early as possible in order to reduce the risk of developing chronic pain.

Self-management and primary care services can help improve the quality of life of most people experiencing chronic pain without having to attend specialist hospital services.

SA Health provides links to a range of services and resources on its website:

[www.sahealth.sa.gov.au/chronicpain](http://www.sahealth.sa.gov.au/chronicpain).

Alternatively, see your GP to discuss and establish a plan to manage your condition.

## Support Resources

A range of free or low cost and easily accessible pain management resources are available to help better manage your condition.

### Local support resources

- > Living Well with Persistent Pain programs (Northern Region and Central Western Region of Adelaide) – [www.adelaidephn.com.au](http://www.adelaidephn.com.au)
- > Adelaide Pain Support Network – E:[adelaidepsn@adelaidephn.com.au](mailto:adelaidepsn@adelaidephn.com.au) or F:[www.facebook.com/adelaide.painsupport](https://www.facebook.com/adelaide.painsupport)
- > Arthritis SA Pain Courses and Events - <http://www.arthritissa.org.au/events>

### Online support resources

- > Pain Australia – [www.painaustralia.org.au](http://www.painaustralia.org.au)
- > Pain Health – <http://painhealth.csse.uwa.edu.au:8080/pain-management.html>
- > Pain Management Network – [www.aci.health.nsw.gov.au/chronic-pain/for-everyone](http://www.aci.health.nsw.gov.au/chronic-pain/for-everyone)

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## Specialist Pain Services

If you experience severe or chronic pain, your GP may refer to or seek advice from a specialist service.

## Hospital-Based Pain Management Services

For those with more severe conditions, there is a range of hospital-based pain management services across both metropolitan and country South Australia.

Details about the SA Health pain management services are available at [www.sahealth.sa.gov.au/chronicpain](http://www.sahealth.sa.gov.au/chronicpain).

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## For more information

**SA Health**  
[www.sahealth.sa.gov.au/chronicpain](http://www.sahealth.sa.gov.au/chronicpain)