

Lismore Base Hospital
MULTIDISCIPLINARY PAIN MANAGEMENT
CLINIC

50 Hunter Street Lismore 2480

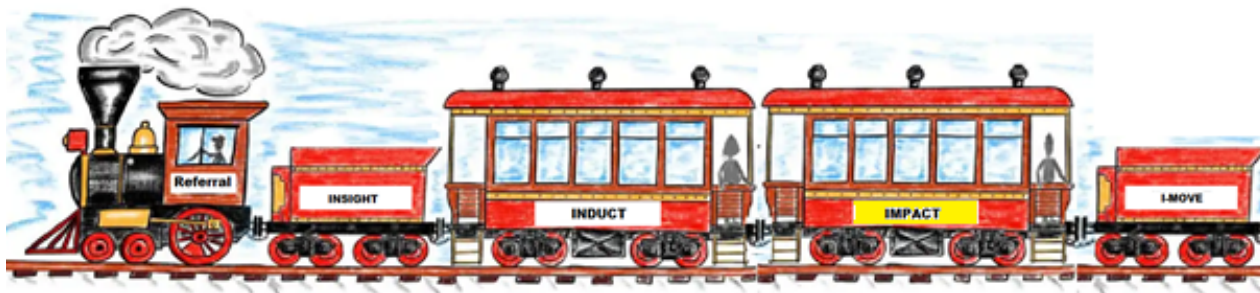
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Health
Northern NSW
Local Health District



After the Pain Management Clinic receives a referral from their doctor, one of our specialist doctors will call patients for a brief consultation and to explain what treatments the clinic can offer. Should they wish to proceed, patients move through the treatment processes below.

INSIGHT (EDUCATION)

2 hour education group.

Provides information about the difference between acute and chronic pain, what treatment works for chronic pain, and the Pain Clinic programs. If patient wishes to progress, they will have an assessment and if the treatment is appropriate, they will progress to INDUCT.

INDUCT (TREATMENT – PART 1)

2 week treatment group. 1 day per week. Week 1 (8.30am–1pm) Week 2 (9am-1pm).

Wholistic treatment approach to improve function and quality of life. Includes paced activities, relaxation and desensitisation techniques, and mood management.

Must successfully complete INDUCT to progress to IMPACT.

IMPACT (TREATMENT – PART 2)

4 week treatment group. 1 day per week (9am-1pm).

Same group from INDUCT progresses to IMPACT.

Wholistic treatment approach to improve function and quality of life. Further advance of activities, relaxation and desensitisation techniques, and mood management. Introduction of sleep techniques, goal setting, lifestyle and nutrition, pain medication, and communication strategies.

I-MOVE (3 MTH FOLLOW-UP)

2 hour follow-up.

Meet up with group and review progress.