

October 2024

### **Invitation to Participate in Chronic Pain Research**

**Study name:** Building Partnerships for Regional Pain Care

**Ethics approval:** H24155

A team of local researchers, led by Charles Sturt University, are engaging with the local Port Macquarie community to codesign new opportunities to support the care for people living with chronic pain in the Port Macquarie Hastings area.

We are committed to building relationships to explore the perspectives of local healthcare providers and those living with chronic pain in the local community. The ideas and concerns raised by people living and working in the local community are pivotal in ensuring services meet the needs of people living in Port Macquarie while being feasible, sustainable and accessible.

The main objectives of the project are to:

1. Understand the lived experience of those living with chronic pain in the Port Macquarie Hastings local government area.
2. Explore the perspectives of local health care clinicians, to better understand how chronic pain is currently being managed in the community.
3. Develop, using a collaborative co-design process, alternative service delivery options for people living with chronic pain in Port Macquarie.

**We would like to hear from you if you provide health or wellbeing services for people living with chronic pain that reside within the Port Macquarie Hastings area or you are involved in the administration of health or wellbeing services for people living with chronic pain.**

This is not restricted or limited to certain clinicians or particular services, as we want to capture a broad scope of people.

The research will involve you taking part in a short interview or focus group. You will also have the opportunity to take part in a workshop to refine the way in which services for pain management can be delivered in the Port Macquarie Hastings area. You will be reimbursed for your time.

We are excited to engage collaboratively with local healthcare providers and wellbeing services. If this is something you are interested in, feel free to reach out to myself ([opottinger@csu.edu.au](mailto:opottinger@csu.edu.au)), Ian Skinner ([iskinner@csu.edu.au](mailto:iskinner@csu.edu.au) or 02 6582 9374), scan the QR code for more information and to leave your contact details, or follow the link ([LinkTree](#)).

Thank you for your time and we look forward to working with you on this important project.

**Olivia Pottinger (Project Officer)**

*Bachelor of Physiotherapy (Honours)*

*Olivia Pottinger*

**Ian Skinner (Chief Investigator)**

*PhD, BPhy, BM*



## Eligibility

You might be eligible if you are a General Practitioner, Specialist pain clinician, nurse practitioner, nurse, physiotherapist, psychologist, pharmacist, psychiatrist, exercise physiologist, occupational therapist, social worker, emergency department worker, massage worker, counsellor, chiropractor, osteopath, acupuncturist, traditional Chinese medicine practitioner, disability worker, health and well-being support worker, any other health and wellness clinician or person who provides services for people living with chronic pain.

## Research Team

<b>Name</b>	<b>Role</b>	<b>Affiliation</b>
Dr Ian Skinner	Chief Investigator	Charles Sturt University, Port Macquarie
Olivia Pottinger	Project Officer	Charles Sturt University, Port Macquarie
A/Prof Nicolette Hodyl	Co-Investigator	Hunter Medical Research Institute
A/Prof Clara Murray	Co-Investigator	University of New England
Dr Vagner Dos Santos	Co-Investigator	Charles Sturt University, Port Macquarie
Dr Kate Freire	Co-Investigator	Three Rivers Department of Rural Health
Dr Gena Lieschke	Co-Investigator	Clinical Nurse Consultant & Research Fellow, Hunter New England LHD
Dr Amitabh Gupta	Co-Investigator	Western Sydney University & Western Sydney Local Health District
Dr Rocco Cavaleri	Co-Investigator	Western Sydney University
Dr Daniel Thomson	Co-Investigator	Western Sydney University

## Methods

The overall approach is one of qualitative enquiry that will be informed by an experience-based co-design process framework. We also approach this work with a focus on place-based research which is specific to Port Macquarie Hastings local government area (LGA) on the Mid North Coast in NSW.

There are four key phases to the project:

<b>Phase</b>	<b>Activities</b>
<b>Phase One</b>	Map the available, in person and online, health and wellbeing services that are available to support the management of people living with chronic pain in the Port Macquarie Hastings community.
<b>Phase Two</b>	Qualitative study which will explore, from the perspectives of <b>healthcare providers and local community stakeholders</b> , the barriers, enablers and opportunities that relate to the delivery of evidenced based health care services for people living with chronic pain in the Port Macquarie Hastings community. This includes issues related to access of services. Data will be collected from November to March 2025.
<b>Phase Three</b>	Qualitative study which will explore, from the perspectives of <b>people living with chronic pain and their carers</b> , in the Port Macquarie Hastings community, their experiences of healthcare interactions, including the barriers, enablers and opportunities for receiving care for chronic pain. Data will be collected from November to March 2025.
<b>Phase Four</b>	<b>Part 1:</b> Develop, in conjunction with an expert advisory group, a prototype integrated model of care to support people living with chronic pain in the Port Macquarie Hastings region, informed by the outcomes of phases one, two and three. <b>Part 2:</b> We will conduct workshops, with health care providers, stakeholders and people living with chronic pain, to obtain feedback and further develop the prototype integrated model of care. Participants will take part in two half day workshops (2 to 3 hours)- Workshop A and Workshop B to refine the new model of care. These will take place over March to April 2025.