

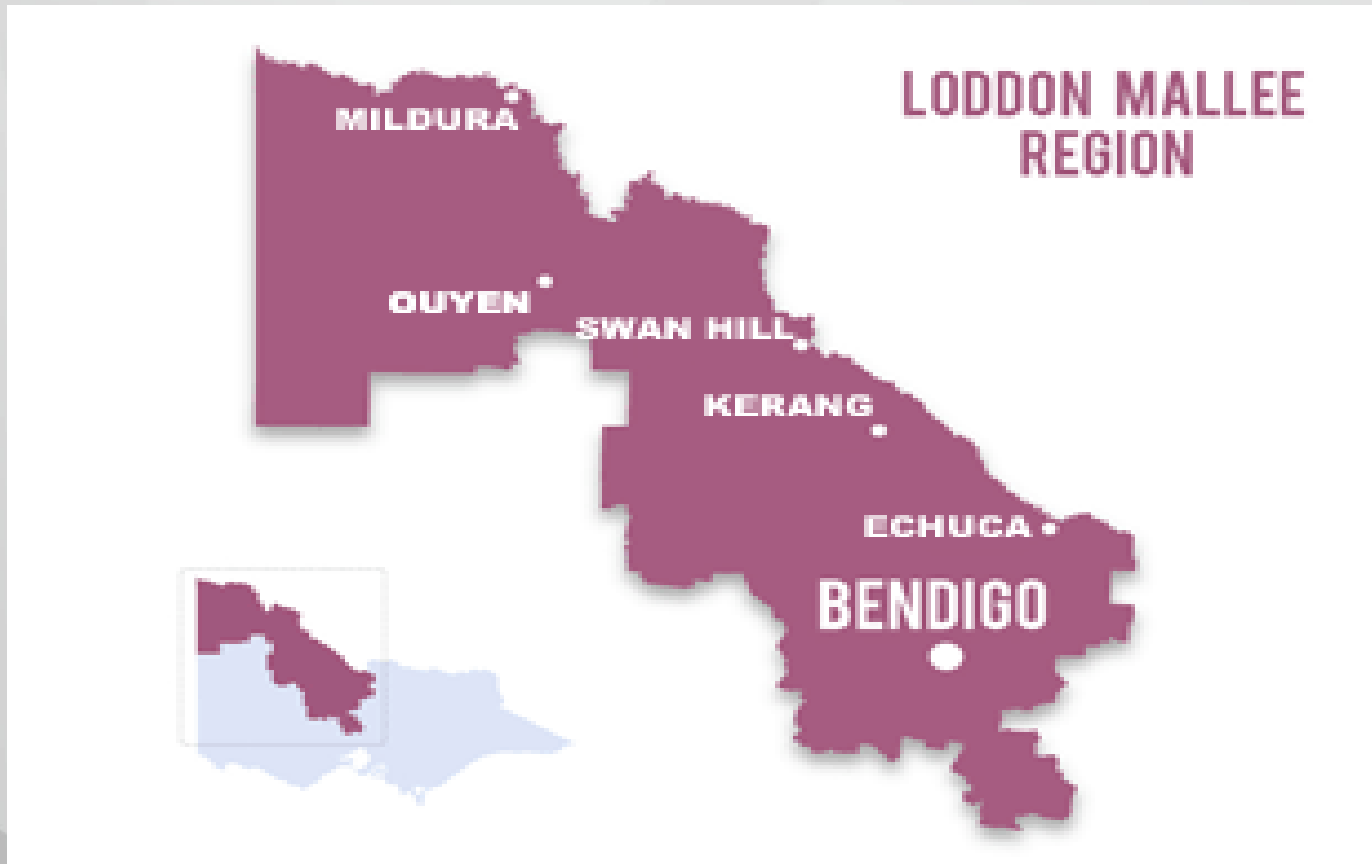
**Preparatory Education Program-Understanding Pain (PEP- UP): a new way to meet the demands of complex pain referrals to our service.**

**Author Information**

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# WHERE WE ARE



# Pressure on service and staff



# Frustrated with lack of skill



'Care & Support' can often be complex

Size Medium  
for everyone?

No - that just  
won't fit me



# What we did?

- Aligned musculoskeletal clinics
- Up skilled staff
- Developed Screening Tool
- Developed PEP-UP Intake Education Program
- Improve relationships across BH

# UP SKILLED STAFF



- Pain Forums
- Ran Explain Pain (Butler and Mosely) Course for region
- Relationships across Team

# Screening Tool

- PATIENT INFORMATION QUESTIONNAIRE**

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

What is your main reason for this referral?

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# Not always something you can take



# PREPARATORY EDUCATION PROGRAM – UNDERSTANDING PAIN (PEP-UP)

- Clients are offered a place in PEP-UP to commence prior to 1:1 Ax
- 6x 45-50 min sessions, run in blocks of 3 sessions on consecutive weeks
- Multidisciplinary group education program.
- Early introduction to staff and the biopsychosocial approach

# PREPARATORY EDUCATION PROGRAM – UNDERSTANDING PAIN (PEP-UP)



Figure 1: The “biopsychosocial” model of pain



Adapted from Scott E et al. SPHERE: a national mental health project EHS, Vic, 2006.

# PEP UP aims

Preparatory Education program Understanding Pain

- Assist clients to gain some understanding of pain and their condition.
- To help them understand the emotional aspect of pain.
- To introduce some simple strategies to self manage their pain.
- To be introduced to the benefits of activity and pacing with respect to managing their pain.

WEEK 1

What is Pain?

Emotional and  
Cognitive aspects  
of Pain

Pain Management  
Strategies

WEEK 2

Activity  
Management-Pacing

Movement and  
Exercise

Evaluation and Feedback  
Where to now?

# PEP UP week 1

- 1. What is Pain?** –gives an introduction to rehabilitation, the neurophysiology of pain, and the biopsychosocial approach
- 2. Emotional and Cognitive Effects of Pain** - which helps to build the links between thoughts, emotions, behaviour, and context, and their influences on the pain experience. This session then introduces cognitive-behavioural management strategies
- 3. Pain Management Strategies** –which presents the concept of time-contingent pain relief, and basic non-drug management techniques

# PEP-UP (cont.)

**4. Activity Management – Pacing** -which highlights lifestyle factors which impinge on pain management, and presents management strategies for a more functional and enjoyable life

**5. Movement and Exercise** –which explores barriers to exercise and activity, the benefits of exercise, and how to overcome the barriers

**6. Discussion, Feedback and Client Satisfaction Survey**

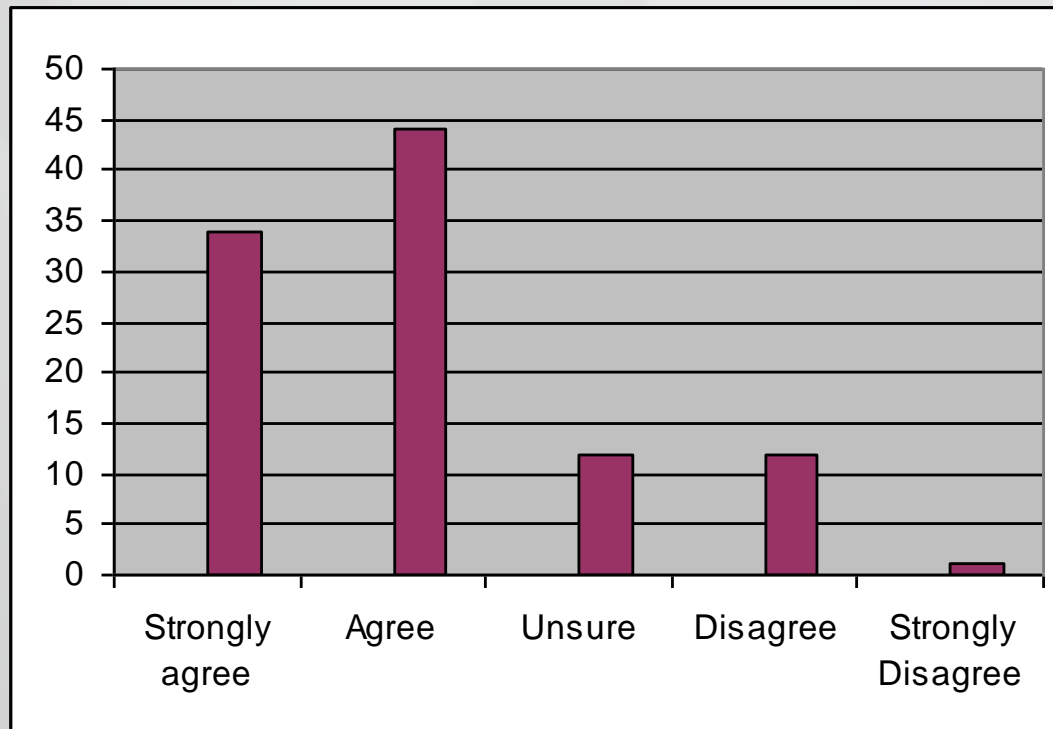
# PEP UP features

- Carers or key person can attend
- patients already active in rehabilitation can be referred
- New staff shadow experienced staff prior to running group.
- All musc stream staff rostered to present
- Communication book for presenters to assist other leaders and the triage process
- Clients receive booklet with session notes
- Clients offered appropriate 1:1 sessions after PEP-UP

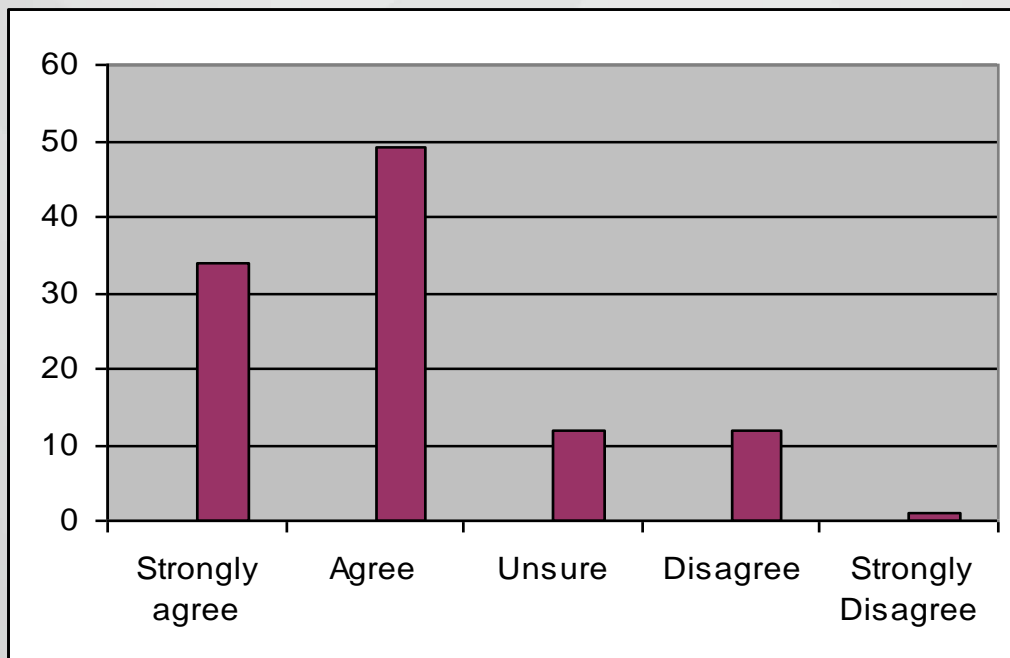
# Benefits of This Process and Program

- Service development with the management of complex pain clients.
- Up-skilling and broadening of skill base
- Improved client journey (less wait for input)
- Triage process better informed
- Increased collaboration amongst staff
- Improved staff satisfaction
- Senior staff able to increase their capacity to network and mentor in the region
- Early Data showing decrease length of stay in complex orthopaedic clinic

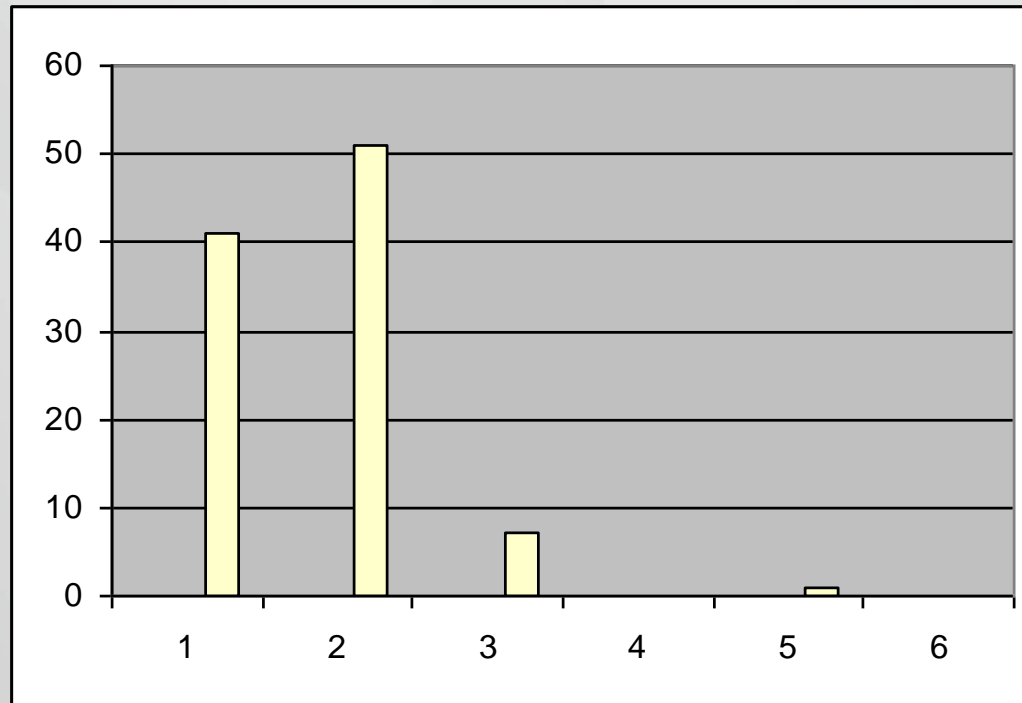
# Overall the PEP –UP Program was a positive experience



# I feel I have more strategies I can use for managing my pain?



# I feel I have more understanding about pain and its effects on my life?



# Client Comments

“Plenty of ideas to take home”

“Would recommend program for people who have limited access to involvement with therapy programs”

“Positive”

“Opportunity to re focus my thoughts refreshing and energising.”

# CLIENT COMMENTS

“Comfortable chairs and freedom to get up and move around.”

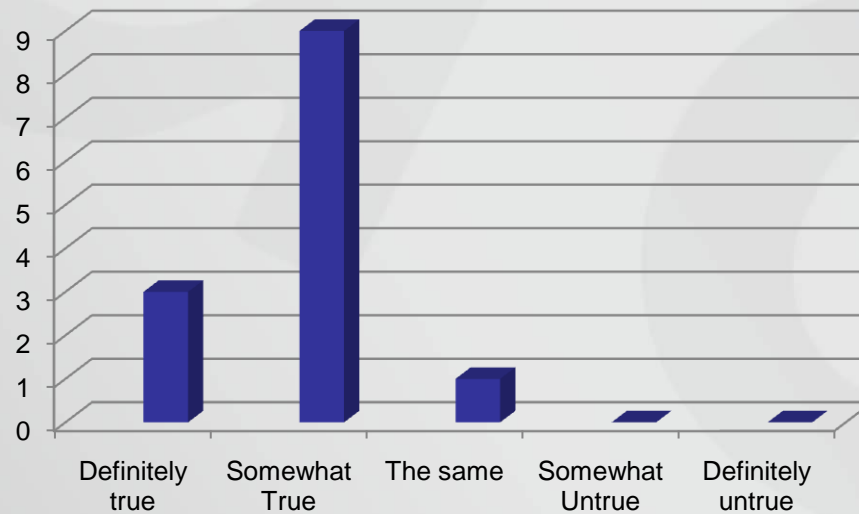
“Sincerity of staff.”

“Exercise information.”

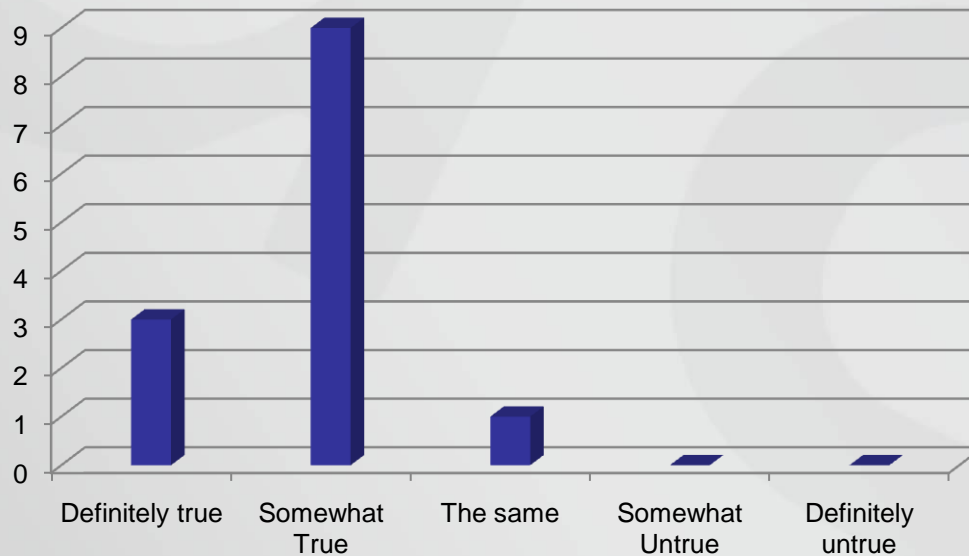
“Building blocks of information.”

“It gave me lots of tips on how to help with pain, I now think about how I relax and exercise with pain.”

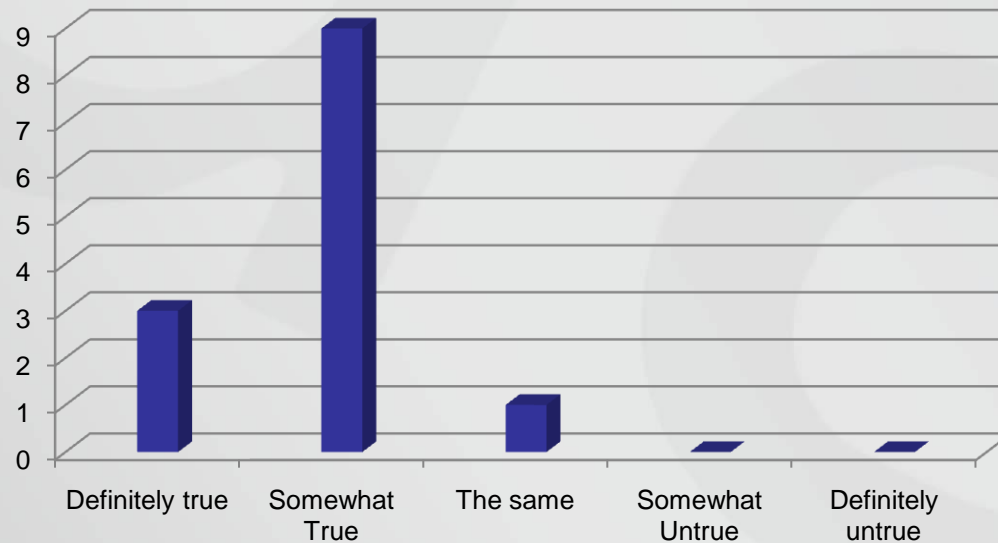
# Clients who attend PEP UP seem more ready to engage with their therapy?



Clients who attend PEP UP seem to have more understanding of their pain at initial assessment than those who don't



**Clients who attend PEP-UP seem to have some understanding of self management strategies for their pain compared to those who have not attended.**



# STAFF COMMENTS

“clients attend assessments with some ideas about what they want to get out of rehab, what they can/are already doing for themselves to help their situation, some understanding about why they might see a particular therapist”

# STAFF COMMENTS

“Patients come to an assessment with some basic pain management information that can be further discussed to enhance learning and integration.”

“It is great to mix up 1:1 work with group presentations. Presenting the information helps consolidate my own learning.”

“There are a larger number of staff building their skills in this area -> increased trust/confidence in staff to deliver basic concepts.”

# THE FUTURE...

**Growing staff numbers with the skills to deliver pain services in the following ways:**

- Program-based (PEP-UP, Pain Management Program) and 1:1 therapy
- Consulting and teaching within Bendigo Health and our region
- Advising regional areas in the set-up of their own programs
- Consulting and visiting patients across Bendigo Health and our region
- With confidence that they can manage complex pain presentations wherever they work!

A low-angle, blue-tinted photograph of a suspension bridge over water. The bridge's cables and deck are visible, extending from the left towards the right, where they disappear into a misty or foggy atmosphere. The water below is calm and reflects the bridge's structure. The overall mood is serene and contemplative.

SUCCESS IS A JOURNEY,  
NOT A DESTINATION

# ACKNOWLEDGEMENTS

Great multi d team at  
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