



**Presented by: Edmond Wong**  
**Date: 25 August 2011**

# **Chronic Pain Support Group: An Innovative Partnership Between Knox Community Health Service<sup>1</sup> and Eastern Health<sup>2</sup> - Melbourne Australia**

Edmond Wong<sup>1</sup>, Ann Yeomanson<sup>2</sup>

Acknowledgement also to **Chronic Pain Australia** and **Sally Swan** who assisted in development of this project



# Chronic Pain Support Group



(Angliss and Yarra Ranges Pain Management Clinic)

- Commencement of Chronic Pain Management Clinic in 2007 at Angliss Hospital, Ferntree Gully
- Expanded to second site in 2009 in Lilydale
- Consists of 8 weeks, 16 session interdisciplinary group based program

## What next ???



# Chronic Pain Support Group

- Post program review of clients in 2008
- Reported missing momentum gained in the 8 week program
- The best method is

## Peer Support Group



# Chronic Pain Support Group

## Why a Peer Support Group?

The peer support group model is well documented in the literature as a socially powerful tool for increasing chronic disease patient's self-efficacy. (Lorig et al 1999).



# Knox Community Health Service

Knox Community Health Service:  
Located at Outer Eastern  
Suburb of Melbourne



Mission:  
Working with and in  
communities to improve  
health and wellbeing





# Chronic Pain Support Group

Community Partnership developed in 2008

Knox Community Health Service



Eastern Health Sub acute Ambulatory Care Services



Greater Eastern Primary Health



Consumers from Pain Management Clinic

## Aim:

Supporting clients with chronic pain in a sustainable peer led community based environment





# Chronic Pain Support Group

## Objectives:

- Maintaining outcomes gained from 8 week program
- Accessing community based health service if required
- Advocating self management & motivation
- Providing social networking opportunities
- Reducing reliance on healthcare system





# Chronic Pain Support Group

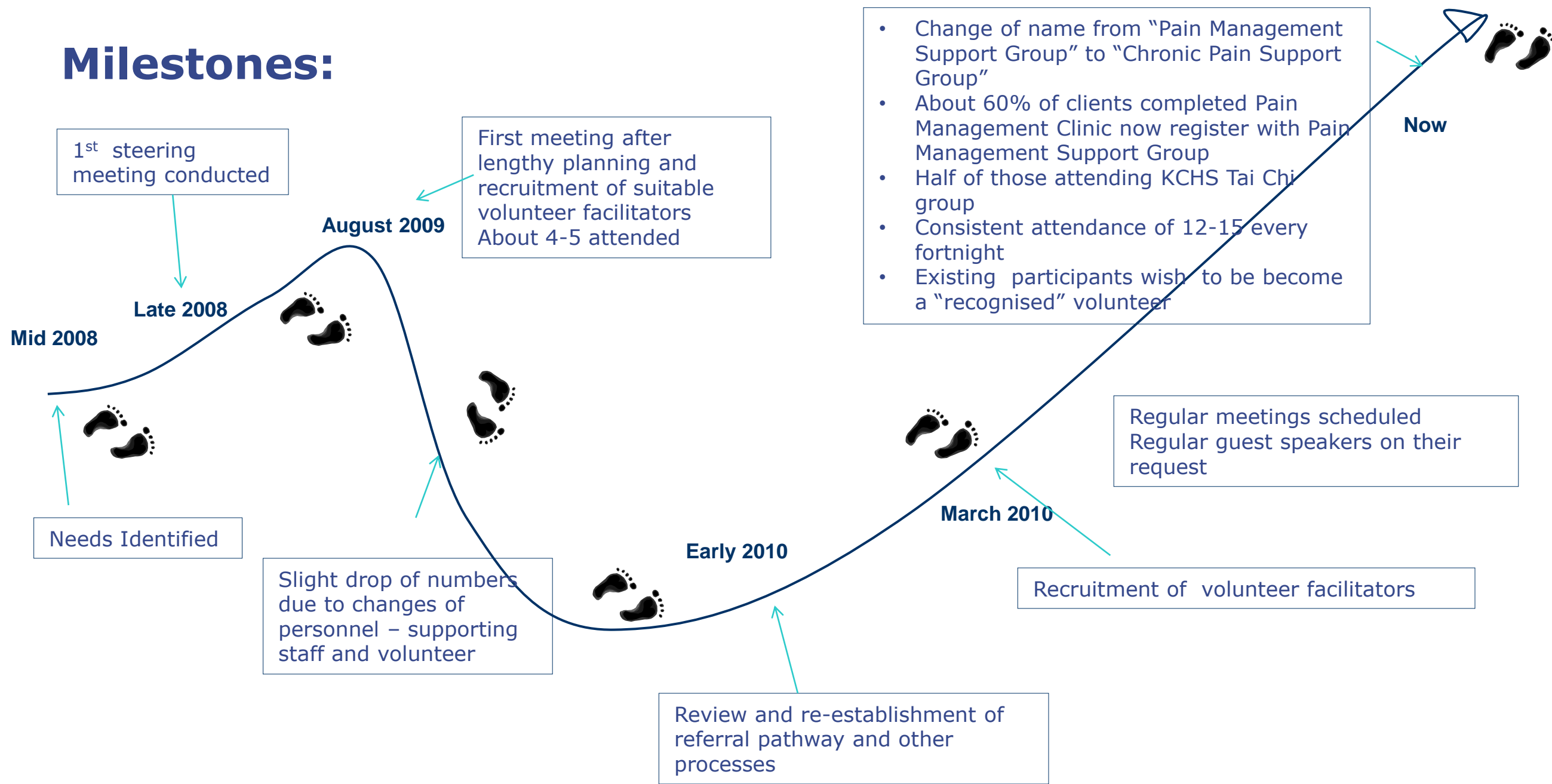
## Pain Management Support Group Design :

- Group structure
- Group charter
- Supporting document
- Entry pathway and processes
- Meetings outline
- Volunteer peer facilitator recruitment and support
- Administration support for the group



# Chronic Pain Support Group

## Milestones:





# Chronic Pain Support Group



## Partnership Model Highlights:

- Self management and self advocacy
- Supporting partner organisations
- Processes in place
- Committed volunteer facilitators
- Sustainable
- No additional budget



# Chronic Pain Support Group

## “Mindfulness” talk by Health Psychologist





# Chronic Pain Support Group

## Quotes from Participants

- Place of sharing experience / idea / feeling / knowledge
- Support and keep motivation to stay positive
- 9 out of 10 times I feel loads better after been to the group
- Venue of going forward and having a great in-sight of positive thinking.
- It helps me to pick up the spirit with some laughs and tears
- Pain clinic at Yarra Health is very structured, but after leaving the clinic felt a bit lost, glad to mix up with people with similar condition, it is a great outlet.
- Been to CPMG for 1-2 months, really enjoy being here, feels welcoming and supported



# Chronic Pain Support Group

## Quotes from Facilitators

I believed that I may have something to offer & give back something to the community, especially as I also was & am a “Chronic Pain” sufferer .- Brigitte

Love to see smile on others face – feels very satisfied and motivated to keep me going. - Mike



# Thank you

**Further information: Edmond Wong, Team Coordinator**

 [Edmond.wong@kchs.org.au](mailto:Edmond.wong@kchs.org.au)

 03 9757 6200