

Brisbane Centre for **PAIN MANAGEMENT**

A new era in pain management



**ST VINCENT'S
PRIVATE HOSPITAL**
BRISBANE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

Our journey so far

The *Brisbane Centre for Pain Management* opened at St Vincent's Private Hospital Brisbane in 2013. It forms a significant part of our vision to change the lives of people who live with chronic pain so they can lead full and satisfying life.

A dedicated operating theatre equipped with state-of-the-art technologies to support complex pain procedures, comfortable patient waiting areas, consult rooms and spacious recovery suites make our Hospital one of Australia's premier centres for pain management.

Our priority is pain management where you can experience short or no wait times to receive assessment, advice, access to programs and treatment and most of all, relief. Our multiple specialty areas mean that whatever the source of your pain, our specialists can recommend a modern approach that best suits you.

Making our vision a reality has been, and continues to be, a journey. It's one we embarked upon years ago with the launch of our adult pain management program *ReCHARGE for Life* in 2009 and *LEAP into Life* in 2012, the only adolescent pain management program in Australia designed to help young people from 14 years who suffer chronic pain.

The *Brisbane Centre for Pain Management* is a redevelopment of level eight of our Hospital – adding another dimension to our pain management service and the entire array of our hospital services. We offer the latest treatment options and procedures proven to reduce or eliminate pain.

For those who actively participate in our programs or benefit from advice or treatment, their experience is often life-changing. Today many of these individuals are not only enjoying a fulfilling life, but a sustainable one, hopeful with a positive outlook for the future.

If you live with chronic pain, I encourage you to learn about how St Vincent's Brisbane can help you on your journey to a better quality of life.

Cheryle A Royle
General Manager
St Vincent's Private Hospital Brisbane

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our specialists can recommend
a modern approach that best suits you.



The most comprehensive range of

What we do... how we can help

Our goal is to help you manage, reduce and/or eliminate your pain.

We focus on finding the right approach for you.

After an initial consultation and detailed assessment, your specialist may recommend participation in a pain management or rehabilitation program; reviewing or introducing a medication plan; or undergoing an interventional treatment plan.

Only when you are completely comfortable and have made a decision about a specific approach will we embark on that path. As you progress adjustments may be needed. If this is the case, your specialist will be with you to advise and guide you along the way.

Modern treatments

We offer safe and innovative interventional treatments proven to minimise or eliminate pain. Our patients experience the benefits of modern day methods and technologies such as nerve blocks, nerve stimulators and a range of advanced medical options now available to reduce or eliminate pain.

Pain management programs

Our pain management programs *LEAP into Life* (for 14 to 21 years) and *ReCHARGE for Life* (for over 21 years) will teach you strategies to better manage your pain.

They include physiotherapy, occupational therapy, exercise, education sessions, psychological support and development of a personalised pain management plan to implement on completion. We'll follow up afterwards and if you need ongoing help, it is available.

Telehealth

If you live in a regional area our telehealth services may be available to you. We use video conferencing technologies to connect with you, and your doctor, to conduct assessments, reviews and arrange admission for treatment if needed.

pain management services and specialties in one location

Are you suffering with chronic pain*?

Pain can be debilitating and leave you feeling alone and disempowered. If chronic pain affects your daily function, relationships, ability to work or study, emotional wellbeing or activity levels, St Vincent's Private Hospital Brisbane can help.

We offer Australia's most comprehensive range of pain management services and specialties in one location.

We can help if you suffer from:

- musculoskeletal pain (eg back pain, neck pain)
- dysfunctional pain (eg fibromyalgia)
- neuropathic pain (eg post-herpetic neuralgia, sciatica)
- abdominal and visceral pain
- cancer pain
- headache.

* Chronic pain is pain that lasts beyond the time expected for healing following surgery or trauma or other condition. It can also exist without a clear reason at all. Source: www.painaustralia.org.au/consumers/what-is-pain.html, 2014

Our team

Our specialists are among the best in Australia.

They are an experienced and highly qualified team of pain physicians, rehabilitation specialists, physiotherapists, occupational therapists, psychologists, paediatricians, specialised nurses and social workers.

They partner with researchers and innovators to design and review pain management techniques and technologies, educate and mentor other pain physicians and allied health practitioners and contribute to national pain strategy review and policy making.

You can access a detailed list of our pain specialists, including their specialty areas, online at www.svphb.org.au

The first step

Making an appointment with one of our pain specialists could be the first step on your journey to better manage your pain, minimise it or live pain free.

A referral from your doctor or health professional is required. All referrals are accepted and we cater for urgent appointments so you will experience short or no wait time.

Your pain specialist will undertake a comprehensive assessment at your first visit, talking with you to gain an understanding of your situation. They will discuss the options which best suit you and recommend an approach to take.

We can provide advice on costs and eligibility requirements relevant to your situation, including telehealth if you live in a regional area. We admit public, privately-insured, self-funded and Department of Veteran Affairs and WorkCover patients. Bulk billing is available for some services.



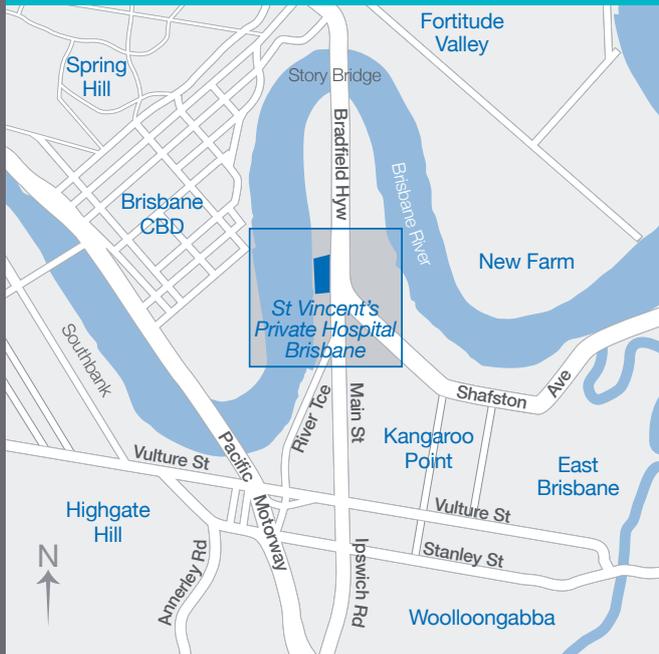
For most, the journey to living pain free or reducing pain, is just that – a journey.

However, it's one you don't need to make alone.

Further information

For information on the **Brisbane Centre for Pain Management** or any of our pain management programs contact us on 07 **3456 1770**.

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Phone: 07 3240 1111 (*main hospital reception*)
Email: painservices@stvincentsbrisbane.org.au
www.svphb.org.au



Convenient parking is available onsite (*minimal parking fees apply*) and if needed there are several hotel accommodation options a short distance away.



**ST VINCENT'S
HEALTH AUSTRALIA**

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES