

Persistent Pain Management Service

Pain Rehabilitation Education Program (PREP) 2023

PREP is an eight-week program which focuses on helping you to be more active and manage your pain through lifestyle. You will receive help with goal setting and activity planning before the program. Group sessions will include both education and suitable physical activity. You will learn strategies for achieving your goals, staying motivated and managing stress. At the end of the program we will evaluate your progress.

Method	Location	Times/Dates	
Face-to-face	Nambour General Hospital	April 2023 Orientation (10:30am-11:30am): <ul style="list-style-type: none"> 19/04 Individual Assessment: <ul style="list-style-type: none"> 26/04 times TBA Program (9:30am-1:00pm): <ul style="list-style-type: none"> Wk 1 – 03/05 Wk 2 – 10/05 Wk 3 – 17/05 Wk 4 – 24/05 Wk 5 – 31/05 Wk 6 – 07/06 Individual Assessment: <ul style="list-style-type: none"> 14/06 times TBA 	October 2023 Orientation (10:30am-11:30am): <ul style="list-style-type: none"> 04/10 Individual Assessment: <ul style="list-style-type: none"> 11/10 times TBA Program (9:30am-1:00pm): <ul style="list-style-type: none"> Wk 1 – 18/10 Wk 2 – 25/10 Wk 3 – 01/11 Wk 4 – 08/11 Wk 5 – 15/11 Wk 6 – 22/11 Individual Assessment: <ul style="list-style-type: none"> 29/11 times TBA
Telehealth	Home or local telehealth facility	July 2023 Orientation (10:30am-11:30am): <ul style="list-style-type: none"> 19/07 Individual Assessment: <ul style="list-style-type: none"> 02/08 times TBA Program (9:30am-1:00pm): <ul style="list-style-type: none"> Wk 1 – 09/08 Wk 2 – 16/08 Wk 3 – 23/08 Wk 4 – 30/08 Wk 5 – 06/09 Wk 6 – 13/09 Individual Assessment: <ul style="list-style-type: none"> 20/09 times TBA 	

Registration

To register for this program you must have a valid referral from your GP or Specialist and have attended either an initial assessment appointment or a Pain 101 session.

To register please phone: (07) 5470 6785 or email sc-persistentpain@health.qld.gov.au

Please note: Delivery method, dates and times are subject to change. Please confirm dates and times when booking.

