


Persistent Pain Management Service

Single session workshops & self-paced online program 2023

| 1h duration sessions | Face to-face * | Telehealth |
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| Sleep An introduction or refresher for healthy sleep strategies. | <ul style="list-style-type: none"> Tues 13/06 – 10.30am | <ul style="list-style-type: none"> Tues 21/03 – 10.30am Tues 05/09 – 10.30am Tues 28/11 – 10.30am |
| Pace Tips to do more activity with reduced risk of flare ups. Helping you take back control of your activity. | <ul style="list-style-type: none"> Thurs 03/08 – 10.30am Thurs 26/10 – 10.30am | <ul style="list-style-type: none"> Thurs 16/02 – 10.30am Thurs 11/05 – 10.30am |
| Soothe Use your senses to change how you feel and learn another tool for your pain management. | <ul style="list-style-type: none"> Tues 08/08 – 10.30am Tues 31/10 – 10.30am | <ul style="list-style-type: none"> Tues 21/02 – 10.30 am Tues 16/05 – 10:30 am |
| Calm Practical session to manage anxiety and stress. | <ul style="list-style-type: none"> Tues 18/04 – 10.30am Tues 03/10 – 10.30am | <ul style="list-style-type: none"> Tues 11/07 – 10.30am |
| Mind An introduction to mindfulness strategies for pain. | <ul style="list-style-type: none"> Thurs 08/06 – 10.30am Thurs 31/08 – 10.30am | <ul style="list-style-type: none"> Thurs 16/03 – 10.30am Thurs 23/11 – 10.30am |
| Flare Helps people to manage flare-ups to achieve a better quality of life. | <ul style="list-style-type: none"> Tues 04/04 – 10.30am Tues 27/06 – 10.30am | <ul style="list-style-type: none"> Tues 19/09 – 10.30am Tues 14/11 – 10.30am |
| Work If you need/want to return to any form of work despite your pain, this workshop will help you to identify opportunities, set small goals moving towards work and give you an action plan for your next steps. | <ul style="list-style-type: none"> Thurs 13/04 – 10.30am | <ul style="list-style-type: none"> Thurs 06/07 – 10.30am Thurs 28/09 – 10.30am |



| Session | Face to-face * | Telehealth |
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| Flex A movement / education class for low back pain – busting myths with evidence based research and practical advice. | <ul style="list-style-type: none"> Tues 17/10 – 10.30am | <ul style="list-style-type: none"> Tues 07/02 – 10.30am Tues 02/05 – 10.30am Tues 25/07 – 10.30am |
| Move A movement / education session to help you learn the basic principles of movement for pain control in a practical and supervised setting. | <ul style="list-style-type: none"> Tues 22/08 – 10.30am Tues 12/12 – 10.30am | <ul style="list-style-type: none"> Tues 07/03 – 10.30am Tues 30/05 – 10.30am |
| Wellness Wednesdays 2023 A block of three sessions to get back to basics for good health and wellbeing. <ul style="list-style-type: none"> Tai Chi Basics Relaxation Hydrotherapy | Tai Chi and Relaxation (11am – 12.30pm) <ul style="list-style-type: none"> Tai Chi: 10/05 Relaxation: 17/05 Hydrotherapy at local pool (11am – 12.30pm) <ul style="list-style-type: none"> 24/05 30/08 08/11 | Tai Chi and Relaxation (11am – 12.30pm) <ul style="list-style-type: none"> Tai Chi: 16/08, 25/10 Relaxation: 23/08, 01/11 |
| Chronic Pain Online Program  This program has been designed to give you the practical skills to better manage your chronic pain in order to improve your quality of life. The program contains 8 lessons to be completed in your own time at your own pace, aiming to complete a lesson every 1-2 weeks. Most people take up to 16 weeks to complete the program. https://thiswayup.org.au/ | <p style="text-align: center;">Anytime! Online training at your own pace. Reach your GP or Persistent Pain Management Service clinician to prescribe the program for free.</p> | |

*Face-to-face workshops are at Nambour General Hospital unless stated.

Registration to Persistent Pain Management Service Workshops

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

You are welcome to book in to speak to our Group Coordinator if you would like to discuss workshop options.

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.

Dates as per March/2023 - version 1



Sunshine Coast
Hospital and Health Service



Queensland
Government