

YOUR RIGHTS AND RESPONSIBILITIES:

If you would like a copy of the Rights and Responsibilities brochure you may either request one from a member of the team or contact the hospital direct on (03) 5173 8000.

WHO DO I CONTACT?

Please contact Princes Street reception if you would like to make a referral or obtain further information about the program:

(03) 5173 8822 - telephone

(03) 5173 8799 – facsimile

LRHPrincesStAdmin@lrh.com.au

Hours of operation:

Monday to Friday: 8.00am – 4.30 pm

Closed Public Holidays

Location:

Latrobe Regional Health - Allied Health Department

Latrobe Regional Health - Specialist

Clinics - Building 2

160 Princes Street (Highway)

Traralgon, VIC

Pain Management Clinic

- A part of Sub-acute Ambulatory Care Services (SACS)
- A Health Independence Program

Endorsed by LRH consumers July 2015
Revised October 2023

Pain Management Clinic

DO YOU HAVE
PERSISTENT PAIN?



Latrobe Regional
Health

WHAT IS THE PAIN MANAGEMENT CLINIC?

The Pain Management Clinic provides specialist assessment and management for people experiencing persistent pain. Our team uses a multidisciplinary and self-management approach, to help clients understand their pain and improve their quality of life.

WHAT SERVICES ARE AVAILABLE?

- A pre-clinical education session
- Multidisciplinary assessment
- Small group Pain Management Program (PMP)
- Individual pain management pathway

WHAT DOES THE GROUP PAIN MANAGEMENT PROGRAM INVOLVE?

- Following completion of assessment, we offer a ten session small group program. Clients attend 2 hour sessions, twice a week, over 5 weeks.
- The program is presented by the team and provides education, graded physical activity and skills to live better with persistent pain.

WHO CAN ACCESS THE PAIN MANAGEMENT CLINIC?

Adults who have experienced pain for 3 months or more with symptoms that impact on daily activities. A person who is ready to:

- learn new ways to manage their pain
- would like to review and optimise their use of medications
- make some changes to develop a better quality of life

Permanent residents of an aged care facility, or those who are non-ambulant are not eligible for this service.

THE PAIN MANAGEMENT TEAM CONSISTS OF:

- Pain specialist
- Psychologist
- Physiotherapist
- Occupational Therapist

Referrals:

Referral from your GP or healthcare provider required.

WHERE DO I ACCESS THE PAIN MANAGEMENT CLINIC?

Assessments are conducted at:

LRH SACS Specialist Clinics
160 Princes Street (Highway),
Traralgon 3844

Information and Group sessions are held at:

LRH Allied Health Department
10 Village Avenue, Traralgon 3844
Interpreter Services:
Arranged if required at no cost to you.

TRANSPORT:

The use of private transport is encouraged. If you are unable to access private transport, information about alternative arrangements can be provided.

Notification of non-attendance:

Please notify the Pain Management Clinic if you are unable to keep an appointment.

OUR SHARED VISION:

We will be a leading regional health care provider delivering timely high quality accessible, integrated and responsive services to the Gippsland community.

OUR CORE VALUES:

- Person Centred Care
- Integrity
- Excellence
- Working Together

