

## PAIN MANAGEMENT PROGRAM: FACT SHEET

*“People with persistent pain can live an active, full and meaningful life”*

**WHAT:** The RUBIX HEALTH Pain Management Program is a comprehensive group participation course of learning, exercise and activities. The program is designed to assist people with long standing, or persistent pain, to identify, address and overcome barriers to allow them to be active, confident, fit and able to lead a productive, meaningful life, in spite of their pain

**WHEN:** RUBIX HEALTH are currently undertaking three pilot courses over 2018/19. Participants will be expected to attend an initial and follow up assessment as well as attend 2 hour sessions from 12.30pm on Mondays and Thursdays over 6 weeks.

**WHERE:** The courses will take place in Busselton and are the only such courses outside the metropolitan area of Western Australia.

**WHY:** Many people with persistent pain find that their pain is hard to treat and can take over large aspect of their lives. Single discipline treatments can often leave people frustrated when they don't fully address their pain and suffering. Research evidence indicates that for many people with persistent pain, the best long-term results are achieved by a multidisciplinary mind body approach to pain management. A system that empowers people to understand their pain and regain control and confidence over their ability to function and manage their pain with a series of well-developed strategies. Often programs of this calibre are only available in capital cities and are difficult for South West residents to access. The RUBIX HEALTH Pain Management Program has been developed to fill this area of need.

**WHO:** The course involves a group who are selected on the nature of their pain, eligibility with Medicare, GP referral, commitment to fully participate and transform their health, and the results of the online and clinical assessments. Other services are available for patients who have persistent pain but are not deemed suitable for the course at this point in time. RUBIX HEALTH are a local SW business created to provide optimal evidence-based care across a multidisciplinary team for chronic disorders such as persistent pain and obesity.

**HOW:** The RUBIX HEALTH pain management program involves a comprehensive online and clinical assessment and post course re-evaluation of your pain, history, health, lifestyle, mindset and capacity to move. 20 one-hour group sessions are provided over the course. Presenters include a: Physiotherapist, Psychologist, Consultant Pharmacist, Dietitian and Physical fitness trainer. The program has input from a medical advisor and works closely with participants' GPs to ensure the best outcomes and sustained benefits are achieved.

The group sessions involve a range of learning activities and interaction. Participants are required to take the central role in learning by using online learning activities and tools to embed new health and lifestyle habits. A session with our pharmacist is included as part of the course to answer specific questions and help you work with your doctor to optimise your medications for persistent pain.

**HOW MUCH:** The co-payment for participants is \$5 per one-hour session (\$100 for the full course). The full cost of the course is covered by a combination of Medicare funding and a grant from the Western Australian Primary Health Alliance. In situations of genuine hardship, the co-payment may be waived.

**REGISTER YOUR INTEREST:** Interested in participating or wanting more information, contact us on 9752 4174 or via email at [admin@rubixhealth.com.au](mailto:admin@rubixhealth.com.au) Alternatively, speak to your GP about your suitability for referral to the program.