

Rubix Health's multidisciplinary pain management courses provide evidence-based, small group education and activation to improve a client's self-management of their persistent pain condition.



Persistent Pain

One in five Australians experience persistent pain. It is a complex condition that impacts the full biopsychosocial spectrum of an individual's life. There are widespread economic impacts via lost productivity and increased healthcare burden.

Evidence suggests that a multidisciplinary team approach is essential to improving an individual's self-management of their condition. However, the current referral framework is fragmented and difficult for patients to navigate, impacting negatively on compliance and efficacy.

Persistent pain is an emerging national priority with a focus on improving access to quality, co-ordinated healthcare services, particularly for socially vulnerable and rurally isolated individuals.

A multidisciplinary program addressing barriers to effective pain management across the full biopsychosocial spectrum. This approach ensures a consistent, client-centric program that improves self management and reduces medication and healthcare burden.



Applying validated measures

Comprehensive pre and post program assessments obtained via secure online questionnaires offers several benefits to the program, including:

- the recruitment of clients best suited to program format,
- rigorous evaluation of program efficacy and
- clinical feedback to referring General Practitioners to inform future management.

All assessment tools are individually validated and include the national benchmarking dataset (ePPOC). All clinical content is delivered from best practice references including leading pain specialists, university postgraduate pain courses and peer reviewed publications/journals.

Program Format

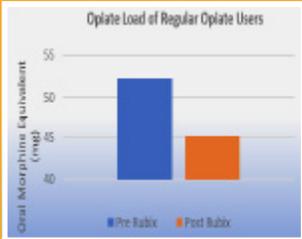
The pilot program was delivered across 2018/19 with the assistance of Federal funding via the Western Australian Primary Health Alliance. Rubix Health's six-week, small group courses delivered a total of twenty-two hours of contact time. Best-practice content was delivered by a team of multidisciplinary allied health practitioners with close collaboration between both the referring General Practitioner and Rubix Health's Medical Director. This program is the only group education pain management program that exists outside of metropolitan WA. It presents additional elements of enhanced reporting, nutritional education, domiciliary pharmacy assessment and practical assistance with physical activation beyond that offered by existing metro courses.

THE TEAM

- General Practitioner
- Physiotherapist
- Psychologist
- Dietitian
- Consultant Pharmacist
- Physical Fitness Trainer

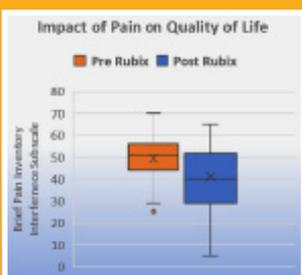
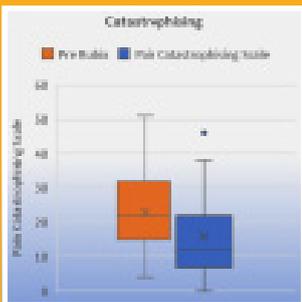
Improving Quality of Life

Reduced opiate use an important benefit of participation



Re-framing clients perspective of pain and their ensuing response

Shifting mindset reflected in improvements in catastrophising, self efficacy and kinesiphobia



THIS COURSE ASSISTS CLIENTS TO:

- Understand the nature of persistent pain
- Explore their individual triggers and amplifiers
- Move more and with increased confidence
- Manage and adapt to the challenges pain creates
- Improve their mindset and quality of life
- Take an active role in their healthcare

Widespread Positive Outcomes

Analysis of pilot data proved the vast majority of clients achieved the following outcomes:

- **Establish a regular movement program**
- **Improved self-efficacy and emotional resilience**
- **Increased awareness of importance of nutrition**
- **Reduced medication usage with marked reduction in opiate use**
- **Reduced healthcare utilization**
- **Improved quality of life**



"I believe I can, despite my pain."

Rubix Health Pain Management Program efficiently and effectively enables clients to self-manage their persistent pain. Overall, clients develop a greater tolerance for pain through increased perceived self-control and physical capability, expanding their capacity to live an active and meaningful life, despite their pain.

Digital Tools Improving Accessibility with a customised Digital Framework



Rubix Health's customised digital infrastructure facilitates a seamless client journey from referral to graduation. Secure, online data collection adds value to the client's journey by permitting selection of appropriate clients, assists the integration of validated metrics and generation of reports to the referring GP. The framework greatly improves staff and client co-ordination via a customised communication workflow involving a variety of measures including auto-generated email and SMS reminders, website features and social media alumni groups. Content delivery is augmented by streaming digital exercise programs and web-based videos to reinforce group learning. In the future, Rubix Health will integrate telehealth to further augment service delivery in rural and remote locations.

RUBIX Transformative HEALTH