

CODA 22

11-14 SEPTEMBER MELBOURNE

 #CODA22Pain

Workshop resources

Clinical Pain Toolkits

<https://aci.health.nsw.gov.au/chronic-pain/health-professionals/quick-steps-to-manage-chronic-pain-in-primary-care>

<http://paincommunitycentre.org/pain-toolkits>

<https://www.paintoolkit.org/pain-tools>

https://www.hnehealth.nsw.gov.au/our_services/pain/health20professionals

<https://www.painaustralia.org.au/health-professionals/resources>

<https://www.safetyandquality.gov.au/publications-and-resources/resource-library/low-back-pain-clinical-care-standard-2022>

Acute to chronic back pain risk assessment tool: <http://myback.neura.edu.au/>

Whole-of-person approach to chronic pain in the elderly -

<https://www.youtube.com/playlist?list=PLo1m5sUYazwQWOI7ddmwt4oYldX0JGOz>

Patient education and management resources

Patient controlled sharable pain summary resource: <https://myhealthstory.com.au/>

Brainman series: <https://www.youtube.com/channel/UCAfjSufXOnORMLMtSid6CQQ>

<https://vimeo.com/86952259>, from <https://aci.health.nsw.gov.au/chronic-pain/for-everyone/introduction-to-pain>

https://www.rtwsa.com/_data/assets/pdf_file/0013/112324/What-you-need-to-know-about-scans-activity-and-pain.pdf

<https://theconversation.com/explainer-what-is-pain-and-what-is-happening-when-we-feel-it-49040>

<https://www.knowpain.co.uk/>

Tips for self management in primary care -

<https://www.youtube.com/watch?v=XFhBRVACrMo>

Pain resources, including the “Explain Pain’ and ‘Protectometer’ books.

www.noigroup.com/en/Resources

www.tamethebeast.org

www.instituteforchronicpain.org/

www.abc.net.au/news/health/myths-about-chronic-pain/7704554

<https://painhealth.csse.uwa.edu.au/>

Why things hurt: <https://youtu.be/gwd-wLdIHjs>

www.painaustralia.org.au/living-with-pain/what-is-pain.html

www.aci.health.nsw.gov.au/chronic-pain/painbytes

www.painoptions.com.au/resources/patient-resources/

painhealth.csse.uwa.edu.au/pain-self-checks/

<https://www.painmanagement.org.au/blog>

Explanation of central sensitisations’ role on chronic pain:

www.painscience.com/articles/central-sensitization.php

Podcast episodes

www.tkex.org/podcast/2020/5/31/tom-bowen-chronic-pain-champion

<https://www.twoshrinkspod.com/podcasts/2018/11/13/36-psychological-treatment-of-chronic-pain-with-dr-kathleen-leech>

<https://www.painweek.org/media/listen>

<https://soundcloud.com/bmjpodcasts/when-it-comes-to-pain-everything-matters-with-prof-lorimer-moseley-episode-409>

<https://physioedge.libsyn.com/physio-edge-086-sore-but-not-stuffed-understanding-and-explaining-your-patients-pain-with-dr-tim-mitchell-and-dr-darren-beales>

eMentalHealth

<https://thiswayup.org.au/programs/chronic-pain-program/>

<https://mindspot.org.au/pain-course>

<https://cometlms.medcast.com.au/mod/videopage/view.php?id=9033> (needs registration)

Social prescribing:

<https://www.northernpaincentre.com.au/for-health-practitioners/social-prescribing-a-new-way-of-prescribing/>

Pain flare management:

<https://www.northernpaincentre.com.au/wellness/chronic-pain-tools/flare-management/>

https://aci.health.nsw.gov.au/_data/assets/pdf_file/0008/388142/FLare-up-plan-APMA.pdf

<https://www.knowpain.co.uk/wp-content/uploads/2018/11/TAKING-BACK-CONTROL.pdf>

<https://www.painmanagement.org.au/flare>

Prescribing resources

<https://pain-calculator.com/calculators/low-back-pain/>

<https://www.nps.org.au/professionals/opioids-chronic-pain>

<https://www.nps.org.au/australian-prescriber/articles/prescribing-wellness-comprehensive-pain-management-outside-specialist-services>

Nonopioid Pharmacologic Treatments for Chronic Pain

<https://tripdatabase.com/r/11892143>

<https://www.nps.org.au/australian-prescriber/articles/prescribing-wellness-comprehensive-pain-management-outside-specialist-services>

www.racgp.org.au/afp/2016/december/the-inherited-chronic-pain-patient/

Universal precautions revisited:

https://academic.oup.com/painmedicine/article/10/suppl_2/S115/1836861

Co-morbid pain and mental health

<https://www.mhpn.org.au/WebinarRecording/26/Chronic-pain-and-mental-health-issues>

<https://www.mhpn.org.au/WebinarRecording/170/Working-collaboratively-to-address-the-mental-health-of-people-experiencing-chronic-pain>

Language and communication

Words matter podcast

www.wordsmatter-education.com/blog/podcast-02-dominant-discourses-in-low-back-pain-with-dr-ben-darlow

Enduring explanations and building beliefs in people with back pain -

<https://share.transistor.fm/s/304d42a4>

The effect of language on pain experiences: <https://theconversation.com/the-right-words-matter-when-talking-about-pain-50450>

Pain psychology

www.psychologytoday.com/au/blog/pain-explained/201911/tale-two-nails

One hour podcast episode providing an excellent overview on pain psychology:

<https://hwcdn.libsyn.com/p/7/4/4/74440a08bb7031d4/BethDarnallFinal.mp3>

Article on how our thoughts influence our pain: <https://theconversation.com/got-chronic-pain-just-un-learn-to-live-with-it-39060>

<https://lowbackpaincommunication.com/>