



know pain clinic

pain management

Tattersall's Club
Lvl 5, 215 Queen Street
GPO Box 124
Brisbane 4001
P. 07 3331 8876
F. 07 3221 8696

The Know Pain Clinic brings together a highly qualified and experienced interdisciplinary team to educate, manage and progress patients towards the self management of their chronic pain conditions

The Team



Dr. Peter Jackson – Musculoskeletal Medicine

Peter graduated from the University of Queensland in 1971 then went on to obtain the Fellowship of the Royal Australian College of General Practitioners in 1975. Over the years Peter developed an interest in musculoskeletal pain and began formal studies in 1985 resulting in attaining a Postgraduate Diploma of Musculoskeletal Medicine in 1992 along with the Fellowship of the Australasian Faculty of Musculoskeletal Medicine in 2000. Peter has been practicing full-time musculoskeletal medicine since 1994.



Mr. Colin O'Brien – Physiotherapist

Colin has had extensive experience over the years in Sports Medicine having been physiotherapist to the Australian Olympic Team (Los Angeles 1984), the Wallabies, the Queensland Reds, the Brisbane Bullets, the Queensland Bulls and the Queensland and Australian Baseball Teams.

Over the last ten years, he has been involved in pain management and has achieved a Masters Degree of Science in Medicine (Pain Management) from Sydney University.



Mr. Dale Martin – Clinical Psychologist

Dale is a qualified clinical psychologist with over 25 years of clinical experience. Over the past eight years, he has worked with chronic pain patients and has treated over 1500 patients to manage their pain using psychological strategies.

The Concept

The team offers a dynamic hands on approach to the management of patient's chronic pain symptoms as well as effective strategies to change patient's attitudes and beliefs about their pain. Both of which are necessary if effective and lasting outcomes are to be achieved and maintained.

We aim to facilitate patients towards the most effective strategies to self manage their pain experiences and progress towards returning to a normal life.

The Programme

- Will run part time over a 12 week period (including an initial assessment to assess patient suitability for the programme).
- This will allow patients to largely continue their normal lifestyle throughout the period of the programme.
- They will be free to continue to work to seek appropriate work or work training in the times when they are not required for the programme.
- Each programme is projected to have a maximum of four participating patients.
- Apart from the orientation session and the group psychology sessions, all patients will be afforded individual consultations with each of the therapists as required to assist them to develop an effective and meaningful self management programme.
- The 12 week part time programme, as compared with the 2 or 3 week full time programme, provides a better period of time for patients to progressively integrate their self management programme into their lifestyle and gain significant insights as to its potential long term effectiveness.
- As well, it allows for progressive patient assessment and feedback in the establishment of an individual and meaningful self managed programme.
- It is envisaged that there will be approximately 35 hours of contact sessions for each patient over the duration of each 12 week programme.
- Patient need will determine the extent that other human resources will be required. Allied health professional disciplines such as occupational therapy, massage therapy and nutritional health that may effectively contribute to assist patients to establish their self managed pain control programme will also be made available.

Cost

As programmes will be individually tailored to each patient, there will not be a standard cost for a generic programme. The cost per programme will vary within the following parameters:

- The group psychology sessions with Dale Martin will be uniform for each patient at \$1,200 per patient per course over twelve weeks with a frequency of one and half hours per week.

If, additional individual sessions are required for any patient, prior approval will be sought for a specific number of sessions at a cost of \$110 per session.

- Physiotherapy sessions with Colin O'Brien will be individual consultations to meet patient need. It is envisaged that most patients will require no more than eight consultations (many even less) over a twelve week period with potential costs as follows:
 - Initial visit \$80 (1 hour duration)
 - Subsequent visit \$60 (3/4 hour duration)
 - Pool or gym programme \$100 (1 hour duration)
 - Total Potential Cost \$660 (approximately)

If in the rare event additional sessions are required, prior approval for a specific number will be sought to be approved from the relevant case manager.

- Medical consultations with Dr Peter Jackson, Musculoskeletal Physician, will be by individual consultation and appointment and in response to patient need. It is envisaged that most patients will require no more than 8 consultations (some even less) over a twelve week period with potential costs as follows:
 - \$150 per visit (1/2 hour consultation). Currently the Medicare rebate is \$58.55 per visit. However, the safety net set by the government (85% rebate per visit) becomes operative after 5 visits.

If in the rare event additional sessions are required, prior approval for a specific number will be sought from the relevant case manager.

- Massage therapy at 5 visits per patient over the period of the course for an overall cost of \$250 per patient.

The above brings a total cost of about \$3000 per patient for approximately 35 contact hours including administration costs.



Facilities

