

EMPOWER

Pain Management Program

What does EMPOWER offer?

- A team of experienced health care professionals with a special interest in helping people manage their pain
- A team approach to your pain management
- The opportunity to learn pain management strategies to trial in a safe, monitored environment
- The company of others who know what it's like to live with persistent pain.

Benefits of EMPOWER

Attendees of the program have reported some of the following benefits:

- An increase in strength, flexibility and endurance
- Learning strategies to live well despite persistent pain
- Improved mood, decreased depression, less worry
- Change in the pain experience
- Increased self-confidence
- Increased energy
- Reduced reliance on medication
- Better support
- Making new friends.

What EMPOWER involves

- Eight modules over four weeks with a follow-up module at three months
- Comfortable facilities and experienced healthcare professionals
- A commitment to attend and complete the program
- A focus on self management of pain through learning skills such as:
 - The ability to take part in day-to-day activities
 - A tailored movement, and if appropriate, exercise program
 - Relaxation, stress and mood management
 - Medication use
 - Healthy living
 - Sleep strategies.

Sessions are by appointment only so please contact North Queensland Persistent Pain Management Service (NQPPMS) for more information.

Contact us

North Queensland Persistent Pain Management Service

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