

EQUIP Group Education Session

Educating Queenslanders in Understanding and Improving Pain (EQUIP)

EQUIP is a group education session run by the North Queensland Persistent Pain Management Service (NQPPMS). The session explains the roles of the different health professionals on the team and the wide-variety of treatment and management options available.

By attending the EQUIP education session you can make an informed choice about your care and the particular health professionals you would like involved on your healthcare journey.

Benefits of EQUIP

Join us at EQUIP and learn more about:

- The complex science behind pain
- Self-management of pain and keeping healthy
- Different medications available
- The importance of your mental wellbeing while living with pain
- Keeping moving and active
- Other NQPPMS group programs offered.

Attending EQUIP

EQUIP is a two hour group session held at NQPPMS or via telehealth depending on your location. Sessions are by appointment only, please contact NQPPMS for bookings.

Family and friends are welcome to attend.

Parking

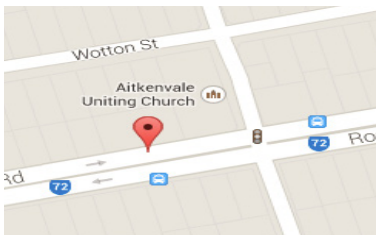
Free parking is available both off and on the street outside the building, with disability access ramp.

Contact us

North Queensland Persistent Pain Management Service

281 - 285 Ross River Road, Aitkenvale QLD 4814

The building has a blue roof and is on the left-hand side of Ross River Road as you drive toward the city, beside the Uniting Church.



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This patient information brochure supports
National Safety and Quality Health Service
Standard 2 - Partnering with Consumers