

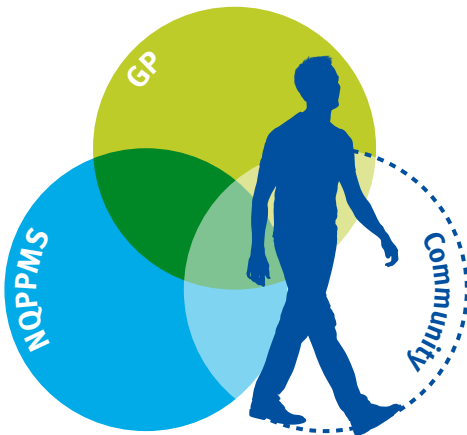
# North Queensland Persistent Pain Management Service (NQPPMS)

Do you have a patient suffering  
from ongoing pain?

**Has it gone on for 3 months or more?**

If so, you may have a chronic pain condition.

NQPPMS offer a broad evidence-based rehabilitation approach to assist you in managing your pain.



Partnering with you, your GP and the community,  
NQPPMS will help you develop skills to better  
understand and self-manage your pain.



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

## What is persistent pain self-management?

Self-management is actively participating in learning about your pain and practicing skills daily to improve your quality of life.

## How do I get seen?

NQPPMS require a named referral from your GP or medical specialist. Ask your GP to use the referral form found on our website.

## What we offer

By choosing to engage with the NQPPMS programs you can make an informed choice about your care and health journey.

Our group sessions provide information and strategies for managing your pain while keeping healthy and active.

We also offer group education programs and group movement programs.

## Where can I find more information?

**[www.health.qld.gov.au/townsville/services/pain\\_clinic](http://www.health.qld.gov.au/townsville/services/pain_clinic)**

Medilink Retail Building 2nd Floor, The Townsville Hospital, 100 Angus Smith Drive, Douglas QLD 4814

**Phone:** (07) 4433 2218

**Facsimile:** (07) 4433 5301