

# Chronic pain services in NSW

## Partners in pain management

This information is for people with pain, or healthcare professionals considering a referral to a pain management service.

### What is a chronic pain service?

Chronic pain services provide access to a multidisciplinary team of experts for assessment and diagnostic services at one location. They also provide treatment and advice regarding medications, self-management, lifestyle skills, and surgical options available. These recommendations are developed in partnership with you and your general practitioner.

A chronic pain service looks at the impact of pain on your activity level, and aims to improve quality of life by providing relevant information, treatment and advice. Learning self-management skills is a critical component to a successful outcome, and a pain program may be offered to learn these skills.

A team of healthcare professionals will be available, including doctors, physiotherapists, psychologists and nurses, depending on your needs.

### Who should attend chronic pain services?

Chronic pain is pain that persists for more than three months or beyond the usual time for tissue healing.

If you have been living with pain that refuses to go away and it is affecting your daily life, you could ask your doctor if a referral to a pain service would be worthwhile.

### What to expect?

After your doctor refers you to a pain service, you will be contacted and usually requested to complete a questionnaire. Returning the questionnaire is important, enabling appropriate services to be available for you at your appointment. If you need assistance to complete the questionnaire, support will be provided to you by the chronic pain service.

### Aims of a chronic pain service

You will learn and be encouraged to:

- find better ways to manage pain
- increase activity and improve health and wellbeing
- make the best use of pain medications.

### How long is the wait time for an appointment and what should I do in the meantime?

There is high demand, and waiting times for your initial appointment will range from weeks to months.

In the meantime, you should follow your doctor's advice, remain as active as possible and gather information. For information and resources on pain and self-management, the websites on page 2 may be useful.



### Further information

For resources and tools on how to manage your pain, go to:

[aci.health.nsw.gov.au/chronic-pain](http://aci.health.nsw.gov.au/chronic-pain)

## Location of NSW Health chronic pain services

### Regional centres

Coffs Harbour Chronic Pain Service (Tier 2)  
Coffs Harbour Health Campus  
Tel: 02 6656 5465  
Email: MNCLHD-COF-ChronicPain@health.nsw.gov.au

Gosford Hospital Pain Clinic  
Tel: (02) 4320 2609  
Email: CCLHD-IntegratedPainService@health.nsw.gov.au

Lismore Base Hospital Pain Clinic  
Tel: (02) 6620 7250

Illawarra Shoalhaven and Port Kembla Pain Clinics  
Port Kembla and Shoalhaven Hospitals  
Tel: (02) 4223 8201

Tamworth Integrated Pain Service, Tamworth Hospital  
Tel: (02) 6767 7189

Orange Base Hospital Chronic Pain Clinic, Orange  
Tel: (02) 6369 3988

### Metropolitan centres

Concord Hospital Pain Clinic  
Concord Repatriation General Hospital  
Tel: (02) 9767 7830

Hunter Integrated Pain Service  
John Hunter Hospital, Newcastle  
Tel: (02) 4922 3435 | [www.hnehealth.nsw.gov.au/pain](http://www.hnehealth.nsw.gov.au/pain)

Liverpool Hospital Pain Management Clinic  
Tel: (02) 8738 7200

Nepean Hospital Chronic Pain Service, Kingswood  
Tel: (02) 4734 3217

Prince Of Wales Hospital, Pain Management Unit, Randwick  
Tel: (02) 9382 2863

Royal North Shore Hospital Pain Management Clinic, St Leonards  
Tel: (02) 9463 1500

Royal Prince Alfred Hospital, Pain Management Clinic, Camperdown  
Tel: (02) 9515 9870

St George Hospital Pain Management Clinic, Kogarah  
Tel: (02) 9113 2381

St Vincents Hospital Pain Management Clinic, Darlinghurst  
Tel: (02) 8382 1111

Westmead Hospital Pain Management Centre, Westmead  
Tel: (02) 9845 7800

### Children's centres

Children's Complex Pain Clinic  
The Children's Hospital Westmead, Complex Pain Clinic  
Tel: (02) 9845 2573

Children's Complex and Chronic Pain Service  
John Hunter Children's Hospital, Newcastle  
Tel: (02) 4921 3670

Sydney Children's Hospital Pain Management Clinic, Randwick  
Tel: (02) 9382 1816

## Where can I find out more?

### Websites

ACI Pain Management Network  
[aci.health.nsw.gov.au/networks/pain-management](http://aci.health.nsw.gov.au/networks/pain-management)

Australian Pain Management Association (APMA)  
[painmanagement.org.au](http://painmanagement.org.au)

Chronic Pain Australia  
[chronicpainaustralia.org.au](http://chronicpainaustralia.org.au)

Painaustralia  
[painaustralia.org.au](http://painaustralia.org.au)