

Media Release

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4th August 2009

Managing chronic pain better

Bay of Plenty patients with chronic pain conditions, like 25 year old Tammie McLaren, are benefiting from a new approach to managing their treatment. The pain management programme has a strong focus on self-management of persisting pain and is helping to get Tammie back on her feet.

“Tammie has chronic regional pain syndrome (CRPS) in her foot following back surgery in March,” says BOPDHB physiotherapist, Heather Griffin.

With the support of a team of specialists, Tammie is already seeing increased activity and fitness and is returning to work soon.

As well as individual patient assessments, a Pain Management Group Program runs at regular intervals throughout the year.

“This is an intensive three week course with a focus on exercise, relaxation training and pacing techniques in pain management, as well as effective stress management and goal setting,” says Heather.

“We are proud to be the first DHB to offer such a service outside of New Zealand’s main centres” says team leader, Scott Jones.

Anyone open to learning new ways to manage persisting pain is advised to talk to their GP about a referral.

Bay of Plenty Area Chronic Pain Pathway (BACPP), dubbed 'Backup', is based at Tauranga Hospital and will extend to Whakatane Hospital with a group program before the end of the year. The team comprises a specialist pain consultant, a clinical nurse specialist, a physiotherapist, a psychologist and an occupational therapist.

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Tammie McLaren (front left) with her team of specialists; physiotherapist Heather Griffin (standing left), psychologist Tanaya Bretherton (back right) and clinical nurse specialist Mariet Kerjses-Laverty (front right).

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