

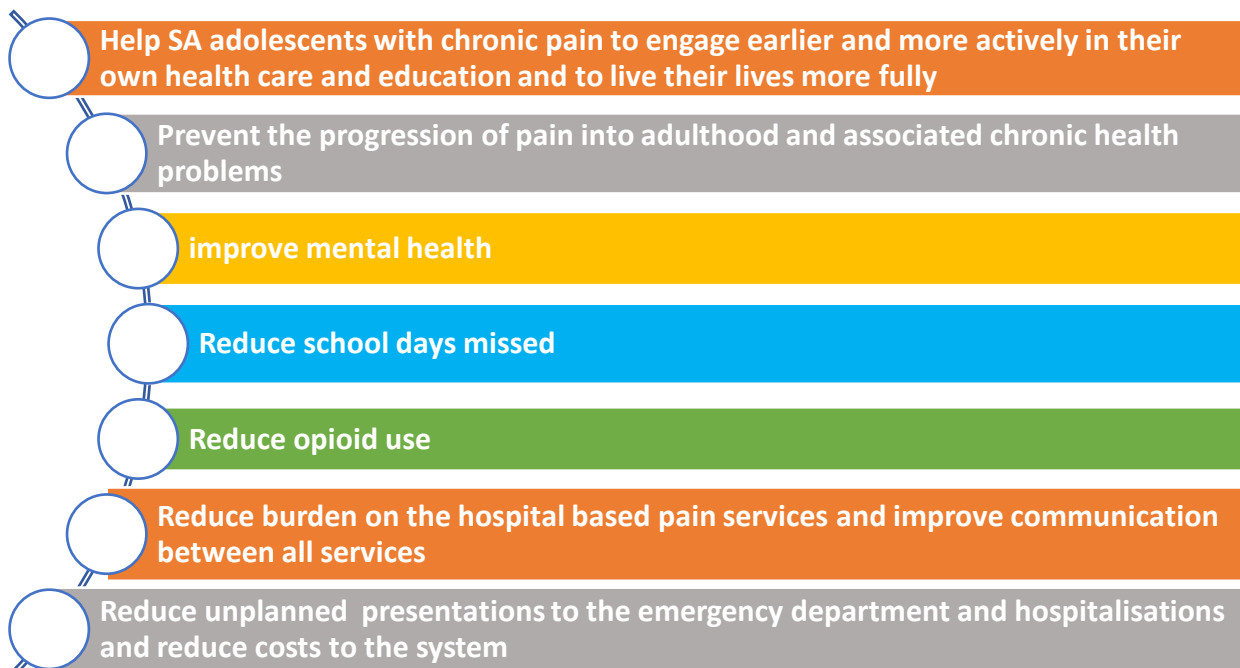
Overall vision of the project

Early intervention for chronic pain in teenagers is critical to prevent ongoing pain, life burden and health system impact. However, care for teenagers with chronic pain is spread across many health services from the local doctor to the emergency department, and the only dedicated service in SA, the Paediatric Chronic Pain Service, has limited capacity. To provide better care early, we must change the way teenagers with chronic pain are currently managed.

This project will co-design a process of care to help teenagers with chronic pain in SA in a community-based setting with a range of healthcare providers. The process of care will include your local doctor who will ensure connected and coordinated care with safe transitions from one location to another including referrals to hospital if further tests are needed. The new process of care will facilitate a self-management approach to improve the capacity for teenagers to actively cope with the pain and improve their health.

The process of care will be co-designed with teenagers with chronic pain and their parents/carers, and people from organisations involved in helping teenagers with pain in South Australia. Representation from a diverse range of teenagers with chronic pain and parents/carers will be sought for this project (e.g., teenagers with different pain conditions; and ages, gender, sexual orientation, disability, mental health, culture – nonindigenous, linguistically diverse and First Peoples, and geography – metropolitan and regional representation).

The process of care aims to:



This is a stepping stone towards a healthier South Australia. The exact shape and function of the new Model of Care for adolescents with chronic pain will be determined during the project. Nevertheless, some components can be anticipated including:



Deliverables

The deliverables will include:

- A report of the findings from the consultation with SA teenagers with chronic pain and their parents/carers related to the impact and challenges of living with chronic pain, perceived local gaps and needs; and
- A final co-designed community-based process of care for teenagers with chronic pain ready to put into practice.

Putting it into practice will be the next step along with evaluation of the new process of care. This will be conducted with the support of people from organisations involved in helping teenagers with pain, and more funding will be sought.

The new process of care will have the potential to be scaled-up nationally, fulfilling a current gap in providing coordinated care early for teenagers with chronic pain.

Guidance

The *Adolescent Pain Project Guidance (Governance) Committee* will provide project oversight, facilitate engagement with consumers and people from organisations involved in helping teenagers with pain, provide content expertise and co-design the process of care.

The *Adolescent Pain Project Youth Advisory group* and the *Adolescent Pain Project Parent/Carer Advisory group* will be recruited via the networks of the *Adolescent Pain Project Guidance Committee* members and will ensure appropriate engagement with consumers and co-design the process of care.

Research team

- Dr Carolyn Berryman (Chief Investigator), Research Fellow, University of South Australia; Research Associate, SAHMRI; Adjunct Research Fellow, University of Adelaide
- Dr Simone De Morgan, Senior Research Fellow, Menzies Centre for Health Policy and Economics, School of Public Health, Faculty of Medicine and Health, University of Sydney
- Dr Nicki Ferencz, Service Lead, Paediatric Chronic Pain Service, Senior Clinical Psychologist; Clinical Senior Lecturer, University of Adelaide
- Dr Susie Lord, Specialist Pain Medicine Physician & Conjoint Senior Lecturer, Children's Complex Pain Service & School of Medicine and Public Health, John Hunter Children's Hospital & University of Newcastle
- Professor Fiona Blyth, Professor of Public Health and Pain Medicine, School of Public Health, University of Sydney
- Associate Professor Anne Burke, Lead, Statewide Chronic Pain Clinical Network (CEIH); Director, Psychology, Central Adelaide Local Health Network; Clinical Associate Professor, School of Psychology, University of Adelaide
- Dr Dianne Wilson, Research Fellow, University of South Australia

Partners

- Wellbeing SA
- SA Primary Health Networks
- Statewide Chronic Pain Clinical Network and Adolescent Transition Care
- Local Doctor representative
- Clinical Network, Commission on Excellence and Innovation in Health (CEIH)

For more information

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