

Grantees Through HM1

Pain Management Research Institute

Digital education platform for chronic pain — OPEN Education
(Professor Michael Nicholas)

OVERVIEW:

Chronic pain affects one in five Australians and will cost an estimated \$215.6 billion by 2050. Many health professionals lack the skills and knowledge to manage these patients effectively, relying excessively on medication.

PMRI in collaboration with researchers from the University of Sydney and Curtin University are leading the development of the OPEN Clinical Pain Management Training Program, a self-directed eLearning program aiming to upskill health practitioners around Australia in the most effective strategies for chronic pain management.

Healthcare professionals including GPs, nurses, physiotherapists, psychologists, occupational therapists, and other allied health professionals will benefit from the training. The training focuses on practical upskilling to reflect real world practices (people's lived pain stories) and enabling people in pain to be active participants in their pain care and health, in partnership with their healthcare providers.

IMPACT GOAL:

To upskill healthcare professionals in best practice patient-centred pain care. The aim is to empower people living with chronic pain with strategies to improve their quality of life, reduce disability and improve their mental health.





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“The importance and impact of this project cannot be overstated. It represents the first meaningful attempt at a national level to provide empirically tested and accessible training for all health professionals to work collaboratively in enabling people experiencing pain to minimise its impact and avoid the risks of over-reliance on pain medication. The benefits of its successful implementation will be felt across the whole country and it is already generating international attention, even before its launch.”

Professor Michael Nicholas

KEY MILESTONES / HIGHLIGHTS:

- A consumer pain care priorities framework, “Listen to me, learn from me” was developed from extensive consultation with consumers and healthcare professionals to inform the training.
- The educational content is largely complete including the pedagogical approach.
- The way the educational materials are presented is being updated. This includes the use of contemporary videos, stories of pain sufferers, more interactivity and a more visual approach.
- A Learning Management System (LMS) is being built to house the content and ensure a great user experience.
- A new marketing and communications resource has been recruited to assist raise awareness about the program and seek the endorsement of the professional associations to help disseminate the training.
- The OPEN Clinical Pain Management Training Program aims to be launched in February 2025.

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