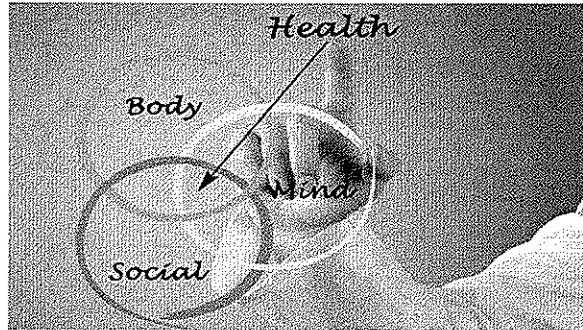


INVITATION

TO

Chronic Pain Management Education Session

“Biopsychosocial Model of Care: Multidisciplinary Approach”



Presented by:

Orange Health Service Chronic Pain Team

Gizelle Kircher - Clinical Nurse Consultant

Sally Wride- Chronic Pain Physiotherapist

Matthew Dowton - Clinical Psychologist

Topics presented include: Pain Mechanisms, Activity Pacing, Stress Management,
Thought Control and Medications

Date: 17th September 2018

Time: 10:00am - 1:30pm

Venue :Heritage Building

Bathurst Hospital

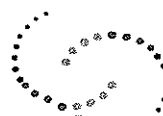
RSVP

Donna O'Donnell or Gizelle Kircher

Ph: 6369 3988



Health
Western NSW
Local Health District



Living Well Together



Pain Education Session

Timetable

10:00 am – 1:30pm

Time	Topic	Presenter
10:00-10:30	Welcome Overview of how the Chronic Pain Clinic works	Gizelle Kircher <i>Clinical Nurse Consultant</i>
10:30-11:00	Pain Mechanisms	Sally Wride <i>Senior Physiotherapist</i>
11:00-11:45	Stress management and relaxation with chronic pain	Matthew Dowton <i>Chronic Pain Clinical Psychologist</i>
11:45-12:00	BREAK	
12:00-12:20	Pacing activity for chronic pain	Sally Wride <i>Senior Physiotherapist</i>
12:20-12:45	Medications	Gizelle Kircher <i>Clinical Nurse Consultant</i>
12:45-1:15	Thoughts and chronic pain	Matthew Dowton <i>Chronic Pain Clinical Psychologist</i>
1.15-1.30pm	Questions Evaluation Forms	Team