



Queen Street Medical Centre

## **Better Health Chronic Pain Management Group**

Patients attending the QSMC Better Health - *Chronic Pain Management Group* starting 11 February 2019, will be engaged in a six-week programme which includes a research project comprising *shared medical appointments* - a research-based, alternative way to consult with your GP in a group setting. To participate, a referral from your usual GP for an initial private consultation with Dr Aidan Lawrence is required.

### **The benefits of a Shared Medical Appointment**

A consultation between you and your GP normally lasts about 10-15 minutes, however in a shared medical appointment, the GP consults with all individuals. Comprising 8 to 10 people with similar health problems, the group consultation lasts for 90 minutes and is often attended by other health professionals like nurses and therapists. Importantly, any physical examinations will be conducted by the GP in private as required.

If you are trying to manage chronic pain, research indicates consulting with your doctor in a group setting is beneficial as you receive more time with the doctor and receive support from the group via sharing experiences and challenges.

### **About the research, your confidentiality and privacy**

Dr Aidan Lawrence and researchers from Southern Cross University are trialling *Shared Medical Appointments* with people who are managing chronic pain.

The chronic pain self-management programme and research involves attending a series of six group sessions - conducted weekly on Mondays at 10am to 1pm. Patients will consult with Dr Lawrence for approximately 90 minutes followed by a session conducted by exercise physiologist Hamish Gorman.

There will be formalities such as a questionnaire to complete before and after the programme and a confidentiality agreement - all results and data collected will remain confidential and any shared information will be de-identified.

***This is a no-fee programme for patients and initial consultations with Dr Lawrence will be bulk-billed.***

If you have further questions about the research project please contact Associate Professor Dr John Stevens via email [john.stevens@scu.edu.au](mailto:john.stevens@scu.edu.au) or call 0428 288 526

If you have concerns about the **ethical conduct** of this research or the researchers, you may contact:

The Ethics Complaints Officer

Southern Cross University

PO Box 157

Lismore NSW 2480

Email: [ethics.lismore@scu.edu.au](mailto:ethics.lismore@scu.edu.au)