

Pain Resources for Patients and Clinicians

Books suitable for clinicians and patients:

Australian Pain Society (2013) Take Control of Pain, Readers Digest

<http://www.brotherhoodbooks.org.au/books/take-control-of-pain-9781922083272/>

Butler DS and Moseley, GL (2013) Explain Pain 2nd Ed (paperback, e-book and audiobook, also available in Dutch, Spanish and Portuguese, Noigroup Publications, Adelaide

<http://www.noigroup.com/en/Home>

Nicholas, M, Molloy, A, Tonkin, L and Beeston, L (2011) Manage your Pain 3rd edition, ABC Books, Melbourne (paperback and e book)

<https://shop.abc.net.au/products/manage-your-pain-3rd-edition>

Siddall, P, McCabe and Murray R (2014) The Pain Book. Hammond Care (paperback and e-book also the spinal cord injury pain book)

<http://www.hammond.com.au/shop/pain-managment/the-pain-book>

Web based resources, great for patients but also clinicians and students:

TedX : Explanation of neuropathic pain

www.ted.com/talks/elliott_krane_the_mystery_of_chronic_pain.html

Understanding pain: What to do about it in less than 5 minutes:

<https://www.youtube.com/watch?v=cLWntMDgFcs>

Understanding pain: Brainman Chooses

<https://www.youtube.com/watch?v=jlwn9rC3rOI&feature=youtu.be>

Understanding pain: Brainman Stops his opioids

<https://www.youtube.com/watch?v=MI1myFQPdCE>

Health Networks, Department of Health, Government of Western Australia

<http://painhealth.csse.uwa.edu.au/index.html>

Austin Health top 12 pain tips for consumers: www.aca.ninemsn.com.au/img/2013/chronictips.jpg

Victorian Department of Health patient resources (currently under reconstruction)

<https://www.betterhealth.vic.gov.au/>

Resources Specifically for Clinicians

International Association for the Study of Pain, Clinician fact sheets on specialised pain issues:

2016 Global year against pain in the Joints:

<http://www.iasp-pain.org/GlobalYear>

Musculoskeletal Pain: <http://www.iasp-pain.org/Advocacy/Content.aspx?ItemNumber=1101>

Orofacial Pain:

<http://www.iasp-pain.org/Advocacy/Content.aspx?ItemNumber=1078&navItemNumber=580>

Low Back pain:

http://iasp.files.cmsplus.com/Content/ContentFolders/Publications2/PainClinicalUpdates/Archives/PCU_August_2010_FINAL_1390261095802_4.pdf

Older People's pain:

http://iasp.files.cmsplus.com/Content/ContentFolders/Publications2/PainClinicalUpdates/Archives/PCU06-3_1390263667309_19.pdf

Australian Pain Society: Directory of services in Australia

<http://www.apsoc.org.au/>

Pain Australia

<http://www.painaustralia.org.au/>

Worksafe Victoria: Persistent Pain Resources (relevant even if you are not in Victoria)

http://www.worksafe.vic.gov.au/search-results?query=persistent+pain&collection=worksafe-vic-gov-au&meta_7_orsand_not=true

National Pain Strategy: www.painaustralia.org.au/the-national-pain-strategy/national-pain-strategy

Pelvic pain: The \$6 Billion Woman and the \$600 Million Girl

http://www.fpm.anzca.edu.au/resources/books-and-publications/publications-1/Pelvic_Pain_Report_RFS.pdf

Macquarie University e-Centre Clinic: Chronic Pain and Spinal Cord Injury Pain online courses:

<https://ecentreclinic.org/?q=ChronicPain>