

# GPADD 2018

## DEALING WITH ADDICTION

GENERAL  
PRACTICE IN  
ADDICTION  
CONFERENCE

4-5 AUGUST 2018  
YARRA VALLEY LODGE  
CHIRNSIDE PARK  
VICTORIA

PRESENTED BY THE RACGP VICTORIA  
DRUG AND ALCOHOL COMMITTEE



Join the conversation  @RACGP #GPADD18

## SOULA MANTALVANOS

0438 866 068  
1300 CHOO CHOO

### Chronic pain

[www.pudendalnerve.com.au](http://www.pudendalnerve.com.au)

Twitter: @mypelvicpain

Facebook: /SoulasChronicPelvicPainStory

LinkedIn: /soulamantalvanos

Instagram: @mypelvicpain

[soula@pudendalnerve.com.au](mailto:soula@pudendalnerve.com.au)

[soula@pain-train.com.au](mailto:soula@pain-train.com.au)

### PainTrain – My Health Summary

[www.pain-train.com.au](http://www.pain-train.com.au)

@Pain\_Train\_

/MyHealthSummary

/company/17875268

## PERSONAL RESOURCES

### PERSONAL

- [www.pudendalnerve.com.au](http://www.pudendalnerve.com.au)
- [www.pain-train.com.au](http://www.pain-train.com.au)
- The Hurting Strings - An Artist's Story of Pain documentary
- Alcohol & Drug Foundation campaign
- Art & Chronic Pain - A Self Portrait book

## REFERENCED IN THE TALK

### PROF LORIMER MOSELEY, UNISA

- [www.protectometer.com](http://www.protectometer.com)
- [www.bodyinmind.org.au](http://www.bodyinmind.org.au)
- [www.tamethebeast.org](http://www.tamethebeast.org)
- [www.noijam.com](http://www.noijam.com)
- [www.noigroup.com](http://www.noigroup.com)

### Pain Revolution

- [www.painrevolution.org](http://www.painrevolution.org)
- [www.painrevolution.org/brain-bus](http://www.painrevolution.org/brain-bus)

### JOHN QUINTNER

[www.pudendalnerve.com.au/2013/09/03/john-quintner](http://www.pudendalnerve.com.au/2013/09/03/john-quintner)

John's interest in pain was aroused in the mid-1980s when he had to try to make sense of what was then known as *RSI*. In collaboration with the late Robert Elvey, physiotherapist, he published an hypothesis, which has stood the test of time. He also published his work on *whiplash*. Since then, together with fellow rheumatologist Professor Milton Cohen, he has published extensively in the field of Pain Medicine. They have tackled such controversial topics as Fibromyalgia, Myofascial Pain Syndrome, as well as exploring the concepts of stigma, stereotyping and empathy in the context of chronic pain patients. Together with Dr Pamela Lyon, they have published a comprehensive hypothesis for Chronic Widespread Pain (Fibromyalgia). Their most recent paper addresses the question *Is Chronic Pain a Disease?*.

### PAIN SPECIALISTS AUSTRALIA

[www.painspecialistsaustralia.com.au](http://www.painspecialistsaustralia.com.au)

Follow them (and Nick @VicPain1) on insta, YouTube, FB, LinkedIN, Twitter (#OURPAINWORLD)

  
pudendalnerve.com.au

## OTHER RESOURCES

### MY MEDICATION

MyCompounder: [www.mycompounder.com.au](http://www.mycompounder.com.au)  
Topical creams and Palmitoylethanolamide (PEA)  
China Med high strength herbal medicine  
Gabapentin (2 nights only, when sleep goes out of whack)

### Joletta Belton

[www.mycuppajo.com](http://www.mycuppajo.com)  
Chronic pain, living well, mindfulness, movement, knowledge, nature, creativity, and connection. Bridging the gap between patients and providers.

### Dr Norman Doidge

[www.normandoidge.com](http://www.normandoidge.com)

- The Brain that Changes Itself
- The Brain's Way of Healing

### Endless Possibilities Initiative (EPIc)

[www.epicolorado.org](http://www.epicolorado.org)  
We provide experiential learning retreats and workshops that offer a place to make sense of pain in a supportive, encouraging community set amongst extraordinary surroundings. Through pain science education, mindfulness, movement, creativity and adventure we learn more about ourselves and what's possible and practice strategies for living well.

### Facebook groups

There are many!

### Dr Susie Gronski (male pelvic pain)

[www.drsusiegronski.com](http://www.drsusiegronski.com)  
Get expert pelvic health advice without the jargon.  
Excellent podcasts.

### The Lightning Process

[www.iancleary.com/the-lightning-process](http://www.iancleary.com/the-lightning-process)  
The Lightning Process is designed to teach people skills to improve their health and wellbeing by looking at how the brain and body influence each other, and how we can use this information and skills to make radical changes in our lives. Book available, read more about the technique online.

### Dustienne Miller

[www.yourpaceyoga.com](http://www.yourpaceyoga.com)  
Yoga videos for incontinence and pelvic pain.

### Pete Moore's

[www.paintoolkit.org](http://www.paintoolkit.org)  
Helping people all over the world self manage persistent pain. The Pain Toolkit concept originated back in 2002 when Author Pete Moore was writing a self-management article for Pain Health Care Professionals in Europe.

### Retrain Pain

[www.retrainpain.org](http://www.retrainpain.org)  
Retrain Pain was founded by three New York based physical therapists (Elan Schneider, Rob DiLillo, and Greg Hullstrung), who teamed up to build an organization devoted to free online pain education.

Greg and Rob are the owners of H&D Physical Therapy. Elan is a clinician specializing in the treatment of chronic pain. He is the director of the chronic pain treatment program at H&D Physical Therapy, and is an adjunct lecturer at the State University of NY

### Lissanthea Taylor

- [www.lissanthea.com](http://www.lissanthea.com)
- [www.flareup.io](http://www.flareup.io)
- [www.painchats.com](http://www.painchats.com)

### Bronwyn Thompson

[www.healthskills.wordpress.com](http://www.healthskills.wordpress.com)  
Chronic pain, living well, mindfulness, movement, knowledge, nature, creativity, and connection. Bridging the gap between patients and providers.

# PainTrain

## My Health Summary

“I have just started to use Pain Train after 2½ years of telling my story to multiple healthcare providers. I like the format as it allows me to express my issues in an organised manner.”

– Frances Jolly

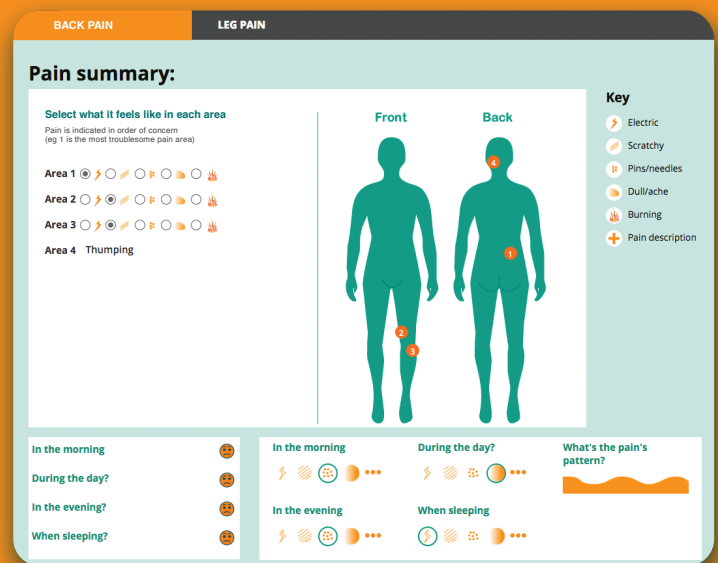
## What you can do on [pain-train.com.au](http://pain-train.com.au)

### Patients can:

- record information about the pain and their condition.
- make the most of their time with health care practitioners rather than having to answer an endless list of questions.
- share their information with anyone they choose & control who has access.
- make sure their information is recorded properly and transferred to new health care practitioners quickly.
- improve communication with their pain team.

### Practitioners can:

- minimise the amount of time it takes to gather a patient's health summary and their ongoing updates.
- gain an accurate understanding of the patient and their health condition.
- help patients take a positive approach to managing their pain and minimise catastrophising.
- empower patients to take responsibility for their health journey.
- ensure each patient's care is better coordinated.
- access patient health summaries 24/7 on any device with live updates.



[www.pain-train.com.au](http://www.pain-train.com.au)

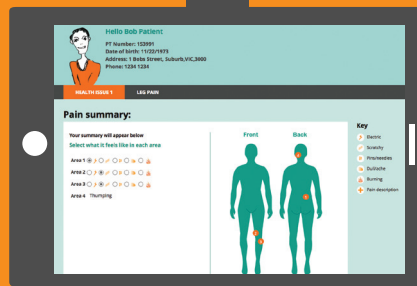
[support@pain-train.com.au](mailto:support@pain-train.com.au)

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# PainTrain

My Health Summary

[www.pain-train.com.au](http://www.pain-train.com.au)



# PainTrain

## My Health Summary

Sometimes it's easy to feel like you're on a runaway train when you have chronic pain.

There are so many practitioners involved, so many tests and so many appointments to remember.

Then other times it might feel like your train has come to a stop and no one is helping you.

**Pain Train puts you in the driver's seat.**



[www.pain-train.com.au](http://www.pain-train.com.au) [support@pain-train.com.au](mailto:support@pain-train.com.au)