

I care for someone in pain

The Australian National Pain Strategy was launched in 2010 after collaboration between consumers and health professionals concerned about the impact of chronic pain on people in our communities. The mission of the Strategy is "To improve quality of life for people with pain and their families, and to minimise the burden of pain on individuals and the community."

This survey is about your experiences as either a person who experiences pain, or as someone who looks after or cares for someone living with pain. We aim to make the survey a yearly event so, over time, we will build up information about whether the experience of living with pain is changing as the National Pain Strategy progresses.

This survey has been split into 2 sections; I live with pain & I care for someone in pain. Please answer each question as well as you can, and feel free to tell us more in the spaces provided. If you have any questions, please email us (admin@chronicpinaustralia.org.au).

If you feel you belong to both categories, please go back and complete both surveys.

About you

This section is about you.

What is your relationship to the person living with pain?

Total responses: **168**

Mother (22.02% / 37 votes)

22.02%

Father (1.79% / 3 votes)

1.79%

Son (2.98% / 5 votes)

2.98%

Daughter (8.33% / 14 votes)

8.33%

Friend (3.57% / 6 votes)

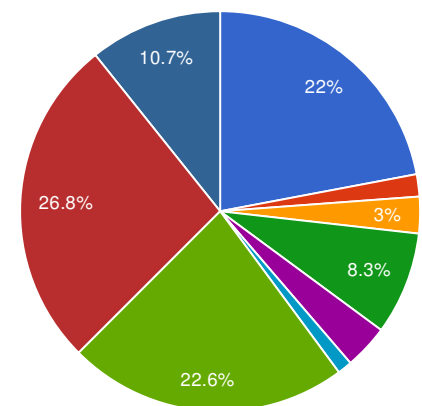
3.57%

Sibling (1.19% / 2 votes)

1.19%

Husband (22.62% / 38 votes)

22.62%



Wife (26.79% / 45 votes)

26.79%

Other, please tell us (10.71% / 18 votes)

10.71%

How old are you?

Total responses: **168**

0-10 (0% / 0 votes)

0%

11-20 (2.38% / 4 votes)

2.38%

21-30 (11.9% / 20 votes)

11.9%

31-50 (44.64% / 75 votes)

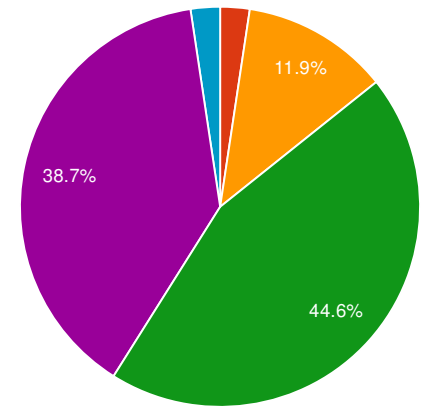
44.64%

51-70 (38.69% / 65 votes)

38.69%

71+ (2.38% / 4 votes)

2.38%



What is your gender?

Total responses: **168**

Female (70.83% / 119 votes)

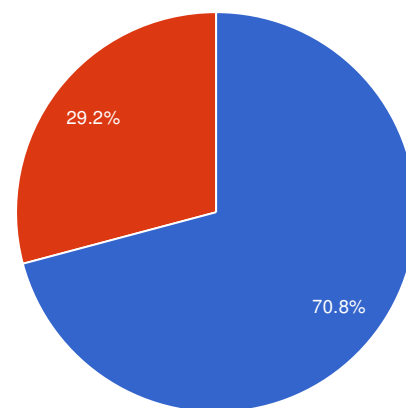
Male (29.17% / 49 votes)

Transgender (0% / 0 votes)

70.83%

29.17%

0%



Were you born in Australia?

If your answer is No, which country were you born in?

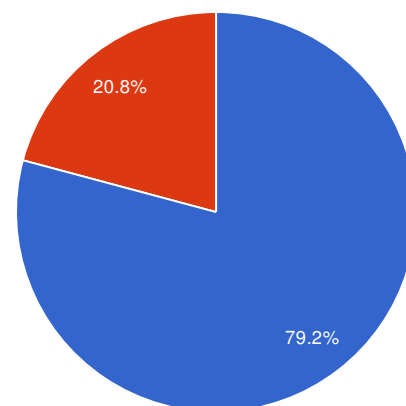
Total responses: **168**

Yes (79.17% / 133 votes)

No (20.83% / 35 votes)

79.17%

20.83%



Are you of Aboriginal or Torres Strait Islander origin?

If you are of both Aboriginal and Torres Strait Islander, mark both responses: Yes Aboriginal, and Yes Torres Strait Islander.

Total responses: **168**

Yes Aboriginal (1.19% / 2 votes)

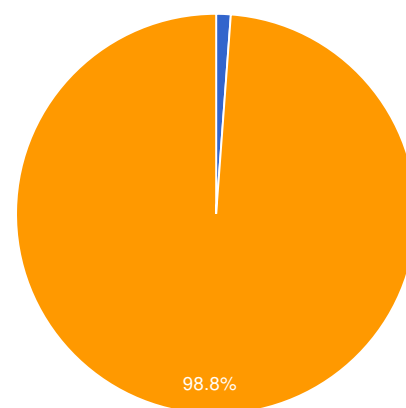
Yes Torres Strait Islander (0% / 0 votes)

No (98.81% / 166 votes)

1.19%

0%

98.81%



Do you speak a language other than English at home?

If more than one language other than English is applicable, select the one that is spoken most often.

Total responses: **168**

No, English only (92.86% / 156 votes)

92.86%

Italian (1.79% / 3 votes)

1.79%

Greek (1.19% / 2 votes)

1.19%

Cantonese (1.19% / 2 votes)

1.19%

Arabic (0% / 0 votes)

0%

Mandarin (0% / 0 votes)

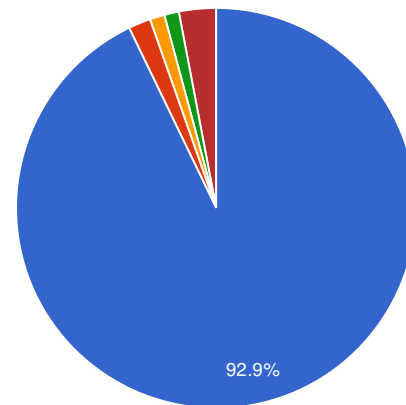
0%

Vietnamese (0% / 0 votes)

0%

Other, please specify (2.98% / 5 votes)

2.98%



About their pain experience

This section asks you to reflect on your loved ones type of pain, and how they manage it.

Tell us about their type of pain

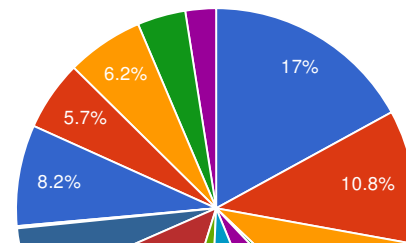
Please select as many that apply.

Total responses: **564**

Back pain (17.02% / 96 votes)

17.02%

Neck pain (10.82% / 61 votes)



	10.82%
Headache including migraine (9.22% / 52 votes)	
	9.22%
Cancer pain (0.89% / 5 votes)	
	0.89%
Pain related to a chronic disease (like diabetes, cardiovascular disease etc)	
	5.85%
Osteo-arthritis (6.91% / 39 votes)	
	6.91%
Other arthritis (e.g. rheumatoid, psoriatic etc) (4.08% / 23 votes)	
	4.08%
Neuropathic pain (nerve pain) (13.65% / 77 votes)	
	13.65%
Complex Regional Pain Syndrome (4.96% / 28 votes)	
	4.96%
Postherpetic Neuralgia (post shingles pain) (0.18% / 1 votes)	
	0.18%
Long term pain after injury (8.16% / 46 votes)	
	8.16%
Long term pain after surgery (5.67% / 32 votes)	
	5.67%
Chronic widespread pain - Fibromyalgia (6.21% / 35 votes)	
	6.21%
Medically unexplained pain (3.9% / 22 votes)	
	3.9%
Other, please specify (2.48% / 14 votes)	
	2.48%

How do they manage their pain?

Total responses: **442**

With medicines (29.19% / 129 votes)

29.19%

With lifestyle strategies (17.42% / 77 votes)

17.42%

With thinking strategies (14.48% / 64 votes)

14.48%

With physiotherapy or other physical therapy (10.86% / 48 votes)

10.86%

With medical acupuncture (1.81% / 8 votes)

1.81%

With nutritional supplements / dietary strategies (8.14% / 36 votes)

8.14%

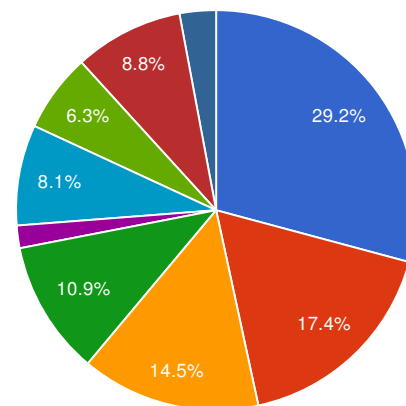
With complementary therapies or treatments (6.33% / 28 votes)

6.33%

A combination of all the above (8.82% / 39 votes)

8.82%

Other, please specify (2.94% / 13 votes)

2.94%

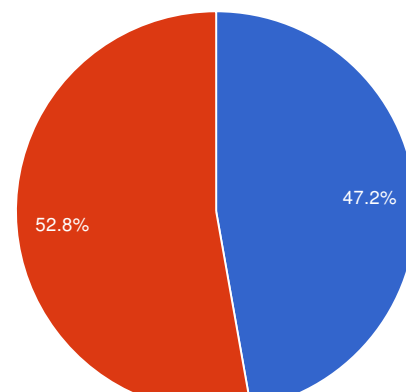
Did their pain start after trauma?

*Trauma means a shocking event like a car accident, criminal assault, surgery, etc.*Total responses: **161**

Yes (47.2% / 76 votes)

47.2%

No (52.8% / 85 votes)

52.8%

How old is the person you care for?

Total responses: **162**

0-10 (4.32% / 7 votes)

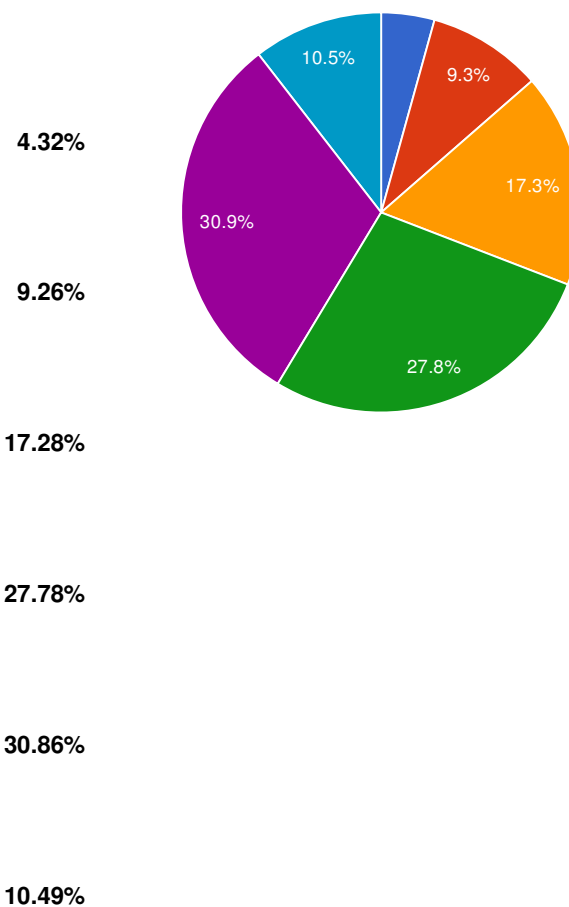
11-20 (9.26% / 15 votes)

21-30 (17.28% / 28 votes)

31-50 (27.78% / 45 votes)

51-70 (30.86% / 50 votes)

71+ (10.49% / 17 votes)



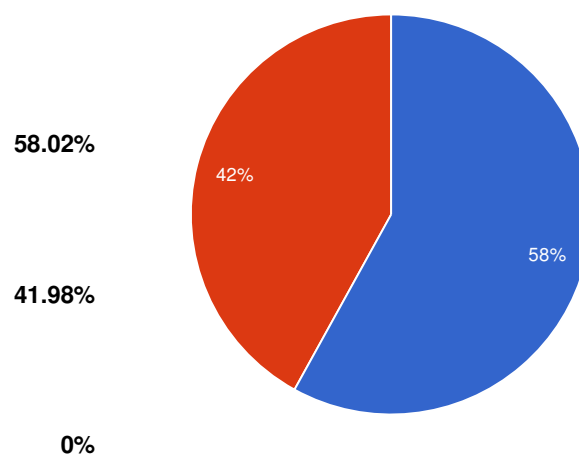
What gender is the person you are caring for?

Total responses: **162**

Female (58.02% / 94 votes)

Male (41.98% / 68 votes)

Transgender (0% / 0 votes)



Is the person you are caring for of Aboriginal or Torres Strait Islander origin?

If you are of both Aboriginal and Torres Strait Islander, mark both responses: Yes Aboriginal, and Yes Torres Strait Islander.

Total responses: **162**

Yes Aboriginal (2.47% / 4 votes)

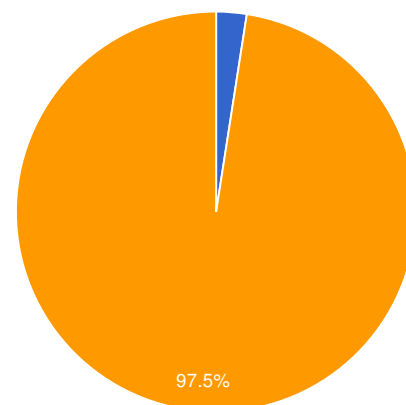
Yes Torres Strait Islander (0% / 0 votes)

No (97.53% / 158 votes)

2.47%

0%

97.53%



Is the person you are caring for born in Australia?

If your answer is No, which country were you born in?

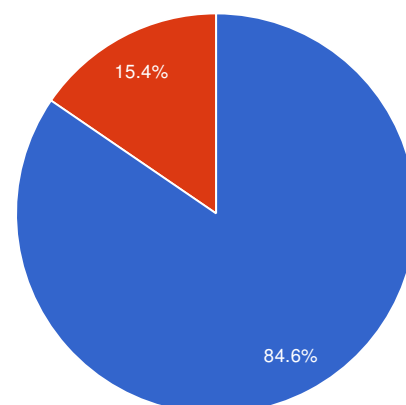
Total responses: **162**

Yes (84.57% / 137 votes)

No (15.43% / 25 votes)

84.57%

15.43%



Do you live with this person?

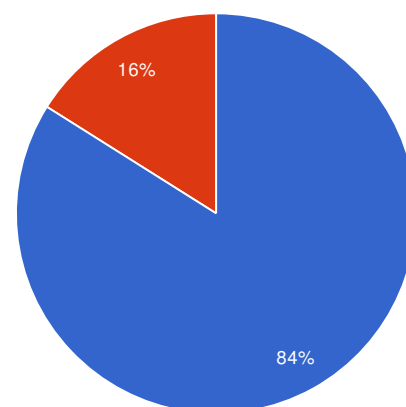
Total responses: **162**

Yes (83.95% / 136 votes)

No (16.05% / 26 votes)

83.95%

16.05%



How long has the person you care for lived with pain?

Total responses: **162**

0-1 years (4.32% / 7 votes)



4.32%

1-2 years (10.49% / 17 votes)

10.49%

2-4 years (17.9% / 29 votes)

17.9%

4-6 years (9.88% / 16 votes)

9.88%

6-10 years (15.43% / 25 votes)

15.43%

10+ years (41.98% / 68 votes)

41.98%

How long have you been caring for them?

Total responses: **162**

0-1 years (4.94% / 8 votes)

4.94%

1-2 years (12.96% / 21 votes)

12.96%

2-4 years (15.43% / 25 votes)

15.43%

4-6 years (15.43% / 25 votes)

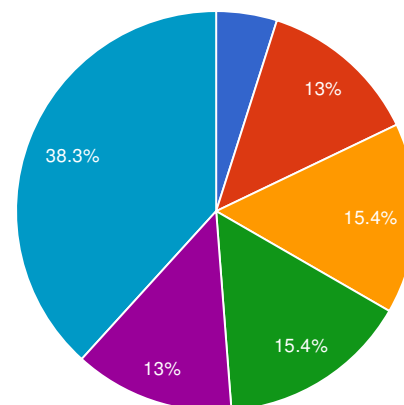
15.43%

6-10 years (12.96% / 21 votes)

12.96%

10+ years (38.27% / 62 votes)

38.27%



In what way do you care for this person?

Total responses: **375**

I do a little extra domestic activity (12.27% / 46 votes)

12.27%

I do a lot of extra domestic activity (24.27% / 91 votes)

24.27%

I do not have to do any extra domestic activity (1.07% / 4 votes)

1.07%

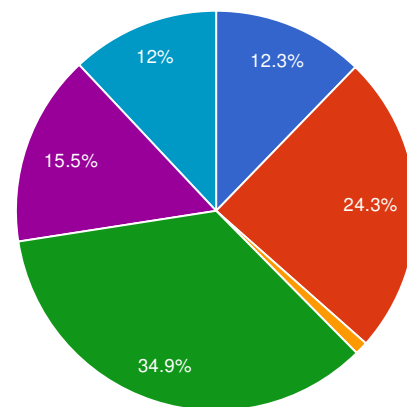
I support by attending doctor and other health appointments (34.93% / 131 votes)

34.93%

I provide personal bodily care (15.47% / 58 votes)

15.47%

Other, please specify (12% / 45 votes)

12%

The next few questions will ask you to comment on a scale of 0 to 10

*Where 0 is "not at all" and 10 is "completely".*Total responses: **1580**

	0	1	2	3	4	5	6	7	8	9	10
How much do you think the pain affect your loved one's life overall? (10% / 158 votes)	0	0	0	2	2	3	6	20	20	30	75
How much does their pain affect your life overall? (10% / 158 votes)	0	1	2	7	10	21	12	18	32	14	41
How much has your loved one's problem with pain affected your health? (10% / 158 votes)	10	12	12	11	13	16	19	19	21	15	10
To what extent do you understand why your loved one has pain? (10% / 158 votes)	3	2	1	1	1	12	7	22	26	28	55
To what extent are you able to access information about your loved one's pain? (10% / 158 votes)	6	2	8	1	10	18	13	24	26	18	32
To what extent do you understand any information you have been given about your loved one's pain? (10% / 158 votes)	4	3	3	1	7	14	8	20	30	30	38
To what extent do you feel you are supported to help your loved one with their pain? (10% / 158 votes)	25	16	16	13	13	28	12	12	13	6	4

	0	1	2	3	4	5	6	7	8	9	10
To what extent have pain management doctors and health professionals involved you in your loved one's pain management? (10% / 158 votes)	31	21	12	14	7	14	8	15	12	14	10
To what extent do you believe the community around you understands the nature of your loved one's pain? (10% / 158 votes)	54	37	21	10	12	8	6	4	4	1	1
To what extent do you believe that their pain is believed by other people? (10% / 158 votes)	20	13	40	17	18	12	5	9	14	8	2

Have you and/or your loved one ever been asked to contribute to developing educational or other materials that are used in pain management treatment?

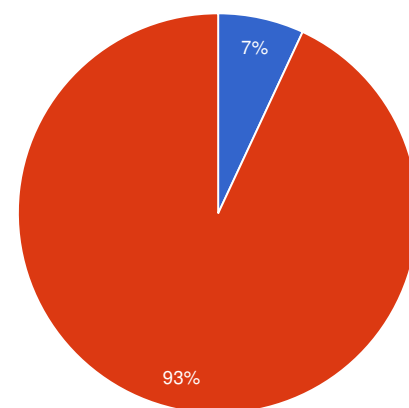
Total responses: **158**

Yes (6.96% / 11 votes)

No (93.04% / 147 votes)

6.96%

93.04%



Before reading this survey, were you aware of Australia's National Pain Strategy?

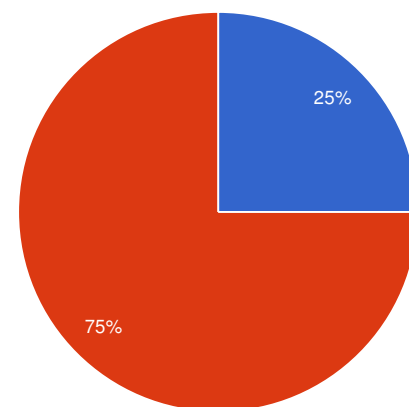
Total responses: **156**

Yes (25% / 39 votes)

No (75% / 117 votes)

25%

75%



Thank you for taking the time to complete this survey.

A summary of the survey results will be available on our website once they are available: www.chronicpinaustralia.org.au

(<http://www.chronicpinaustralia.org.au>)