

CPA National Pain Survey 2021 Questions:

Demographics

1. What is your age?
 - a. 18-24
 - b. 25-34
 - c. 35-44
 - d. 45-54
 - e. 55-64
 - f. 65-74
 - g. 75+
2. What is your gender?
 - a. Female
 - b. Male
 - c. Transgender
 - d. Other
 - e. Prefer not to say
3. What State or Territory do you live in?
 - a. ACT
 - b. NSW
 - c. NT
 - d. QLD
 - e. SA
 - f. TAS
 - g. VIC
 - h. WA

General Practitioners

4. How often do you visit your GP about your chronic pain?
 - a. Weekly
 - b. Fortnightly
 - c. Monthly
 - d. 3-4 times per year
 - e. less often
5. On a scale of 1-10 how well do you think your GP manages your chronic pain?
 - a. SCALE (1-10)
6. What are the most important things for GPs to know, understand, and do when treating someone living with chronic pain?
 - a. FREE TEXT
7. If there was one thing your GP could do now to help manage and support you with your chronic pain, what would it be?
 - a. FREE TEXT
8. How often do you visit your GP about your chronic pain?
 - a. Weekly
 - b. Fortnightly

- c. Monthly
 - d. 3-4 times per year
 - e. less often
9. Have you experienced any problems or barriers in regards to your GP or specialist prescribing opioids for your chronic pain due to changes in government rules?
- a. Yes
 - b. No
- If yes, can you tell us what were the problems or barriers you experienced?
- c. FREE TEXT
10. Have you experienced an increase in waiting times to see a Private or Public Pain Specialist since government changes to opioid prescribing rules?
- a. Yes
 - b. No

Other health professionals

11. What other health professionals do you see to help you manage your chronic pain?
You can have multiple responses:
- a. Physiotherapist
 - b. Pain specialist
 - c. Psychologist
 - d. Remedial massage
 - e. Exercise physiologist
 - f. Chiropractor
 - g. Occupational therapist
 - h. Dietician
 - i. Psychiatrist
 - j. Osteopath
 - k. Natural health practitioner
 - l. Nurse
 - m. Myotherapy
 - n. Social worker
 - o. I don't see health practitioners
 - p. Other
 - q. FREE TEXT
12. Were you referred to them by your GP?
- a. Yes
 - b. No
13. How would you rate your overall ease of access to other health professionals?
- a. SCALE (1-10)
14. Have you experienced increased waiting times to access a Private or Public Pain specialist since
15. What are the barriers if any, to accessing other health professionals for your chronic pain management?
- a. FREE TEXT
16. Do you find utilising these professionals affordable?

- a. Yes
- b. No

Federal Government

- 17. Are you aware you can get up to 5 visits to some allied health professionals to help manage your chronic pain via a GP chronic condition management plan?
 - a. Yes
 - b. No
- 18. How often do you visit other health professional for your chronic pain aside from your GP?
 - a. Weekly
 - b. Fortnightly
 - c. Monthly
 - d. 3-4 times per year
 - e. Never
- 19. Do you think the government should provide a full or an increase to current medicare rebate for accessing other health professionals to manage your chronic pain?
 - a. Yes – full
 - b. Yes – increase medicare rebate
 - c. Unsure
 - d. No
- 20. What do you think is the most important thing that governments can do to support people living with chronic pain?
 - a. FREE TEXT

Stigma

- 21. How would you rate your feelings of stigma or negative attitudes because of your chronic pain?
 - a. SCALE (1-10)
- 22. If you do face stigma associated with your chronic pain, can you provide examples of situations when you felt stigmatised?
 - a. FREE TEXT.
- 23. What do you think the public should understand about your experience of living with chronic pain?
 - a. FREE TEXT
- 24. How important do you think it is that the public understands what it is like to live with chronic pain?
 - a. SCALE (1-10)

Medicinal Cannabis

- 25. Have you spoken to your GP about accessing medicinal cannabis for your chronic pain?
 - a. Yes

- b. No
- 26. If yes, what was their response?
 - a. FREE TEXT
- 27. If you have been discussing medicinal cannabis with your GP for more than 12 months, have you noticed a change in their willingness to prescribe medicinal cannabis for chronic pain management?
 - a. Yes
 - b. No

COVID-19 IMPACT

- 28. During COVID-19, has the way you manage your pain changed at all?
 - a. Yes
 - b. No
- If yes, how?
 - c. FREE TEXT
- 29. If you have chronic pain and was infected with COVID 19, did your pain or other symptoms become worse?
 - a. Yes
 - b. No
- If yes, How?
 - c. FREE TEXT
- 28. Do you now have chronic pain as a result of getting COVID 19?
 - a. Yes
 - b. No
- If yes, what have been your main symptoms?
 - c. FREE TEXT

TELEHEALTH

- 30. Have you utilised technology/telehealth to meet with a GP, specialist or other health practitioner during COVID-19?
 - a. Yes
 - b. No
- 31. Did you feel a benefit from using telehealth?
 - a. Yes
 - b. No
- If yes, why?
 - c. FREE TEXT
- 32. What health practitioners are you seeing using telehealth for chronic pain management? You can have multiple responses:
 - a. Physiotherapist
 - b. Pain specialist
 - c. Psychologist
 - d. Remedial massage
 - e. Exercise physiologist
 - f. Chiropractor

- g. Occupational therapist
 - h. Dietician
 - i. Psychiatrist
 - j. Osteopath
 - k. Natural health practitioner
 - l. Nurse
 - m. Myotherapy
 - n. Social worker
 - o. I don't see health practitioners
 - p. Other
 - q. FREE TEXT
33. If you faced barriers accessing telehealth, please describe what they were?
- a. FREE TEXT
34. Do you have a good internet connection in your area?
- a. Yes
 - b. No
35. Do you feel that you have all the technology you require to engage with your health practitioner through telehealth?
- a. Yes
 - b. No
36. Would you consider using telehealth options with your health practitioner in an ongoing capacity?
- a. Yes
 - b. No
 - c. Unsure

Analysis