



## STRATEGIC INTENT

# TRIPLE AAA CARE

## AWARENESS • ACCESSIBILITY • AFFORDABILITY

Our 3 year strategy - Triple AAA care 2022 - sets to action a minimum standard of care, for all Australia's who live with chronic pain.

Triple AAA care is founded upon our strategic pillars - Awareness • Accessibility • Affordability

These pillars emerged from the complex issues identified year on year by our National Pain Survey.

### THE PAINFUL TRUTH

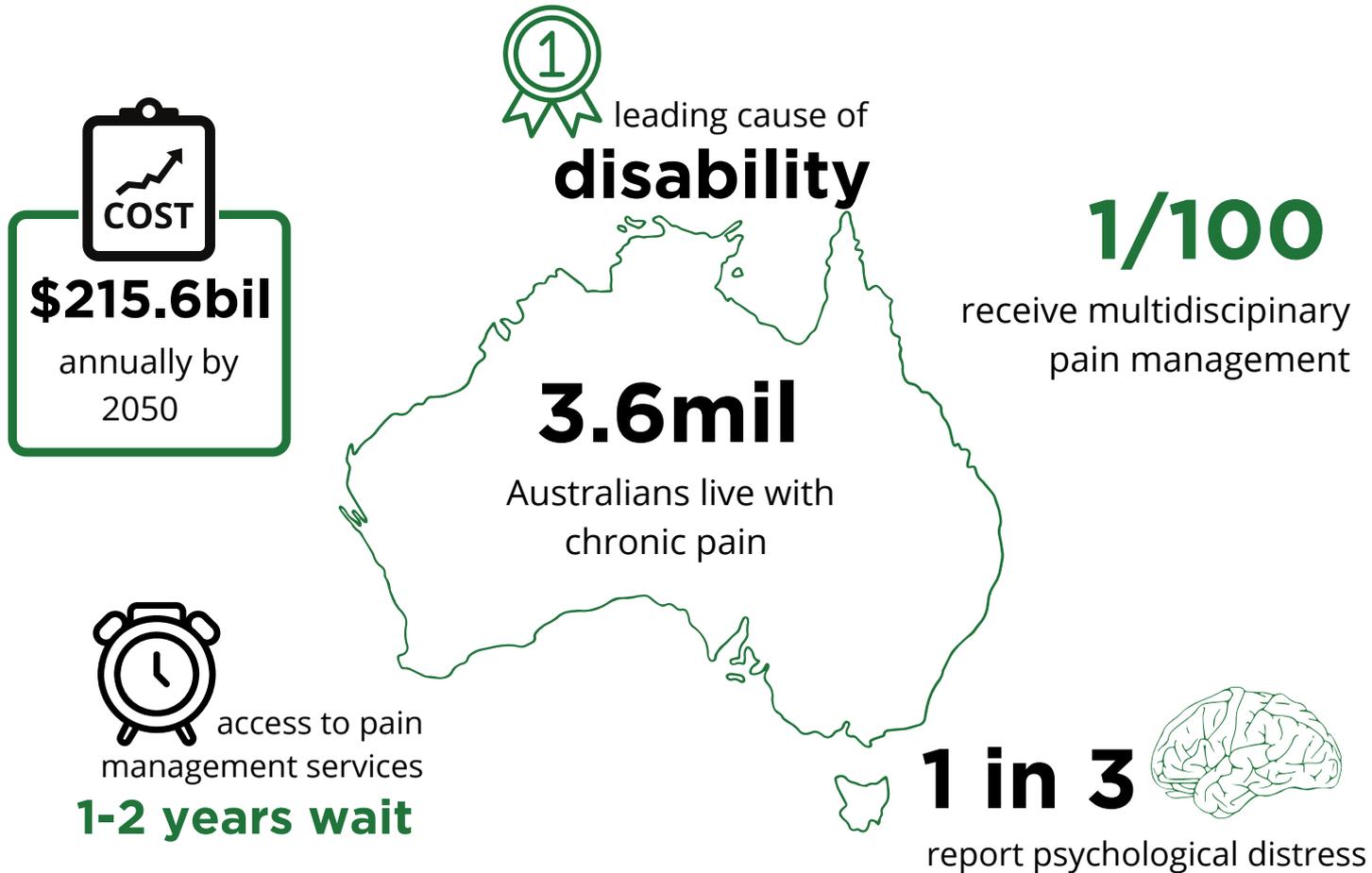
The experiences and stories of people living in chronic pain are virtually invisible and untold

### ROADMAP

When you allow people to fully participate in society the whole society benefits, including our economy

# The Painful Truth

The most common medical problem in Australia today, chronic pain is more prevalent than cancer, heart disease, and diabetes combined. Yet tens of millions of people struggle with pain because they can't find someone who understands how much pain affects their lives and because they live in a culture where pain is dismissed.



The demand for chronic pain care continues to exceed existing service provisions. General practice is critically under-resourced for the burden of chronic pain, and has very limited access to specialist interdisciplinary pain management services. The majority of interdisciplinary pain management programs in Australia are conducted in large tertiary care settings, where location and wait times act as primary barriers to Australian's accessing timely chronic pain services.

# TRIPLE AAA CARE

Our 3 year strategy - Triple AAA care 2022 - sets to action a minimum standard of care, for all Australia's who live with chronic pain.

## AWARENESS

Education regarding 'best practice' assessment, treatment, and guide to self-management of chronic pain.

## ACCESSIBILITY

Specialised multidisciplinary care regardless of location, age, gender, cultural or ethnic background.

## AFFORDABILITY

Equitable and affordable access to chronic pain treatment and management no matter your socio-economic status.

## Roadmap

Despite the incurability of chronic pain, primary care based interdisciplinary pain programs produce clinically significant improvements in an individual's pain, mental and emotional well-being, physical functioning, and ability to return to work and participate in society.

Nationally, Australia has 31 Primary Health Networks which are independent federally funded organisations that assess the needs of their community and commission health services for Australians, particularly those who at risk of poor health outcomes. Currently, less than 10% of PHNs provide interdisciplinary pain management programs in Australia which does not align with the objectives of the National Pain Strategy.

### GOAL 1:

Establish a primary care based interdisciplinary pain management program in each of the 31 Primary Health Network regions.

### GOAL 2:

Establish a dedicated telehealth interdisciplinary pain management team for those Australian's who cannot access high-quality pain management in their local region.

