

JUMP provides information and advice about the most effective strategies to help manage chronic pain.

The knowledge and skills you will learn are evidence based. They have been shown to decrease pain and distress and improve function. The self management approach helps you and your family/support people to take an active part in managing your chronic pain.

Patients engaged in active self-management programs experience less pain-related disability and psychological distress compared to those receiving passive treatments alone (such as medications in isolation).

Pain Management Unit

Building 8
Level 1 The Canberra Hospital
Via Palmer Street GARRAN ACT
Phone: 6244 3055
Fax: 6244 3657



JUMP

A multidisciplinary approach to pain management

Accessibility

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JUMP

Journey into Understanding and Managing Pain

JUMP (Journey into Understanding and Managing Pain) is a one day stand-alone group-based education session provided by the Multidisciplinary Team at the Pain Management Unit. The full day session runs from 8.45am–3.30pm, with lunch break from 12.45–1.15pm.

The team consists of specialist health professionals including a Physiotherapist, Psychologist, Registered Nurse/s and an Occupational Therapist.

JUMP provides an opportunity for patients to access information and education to make informed decisions about their own self-management of pain.

Sessions offer practical and evidence based advice on active self-management techniques and existing traditional medical options. The aim is to enable patients to more successfully manage chronic pain.

The JUMP education sessions are presented in a series of modules that build upon one another over the course of one full day.

Modules must be attended in order; however if necessary, you may spread out your attendance over two separate days, attending a morning session (8:45am–12:45pm) on the first day, followed by an afternoon session (1:15pm–3:30pm) on a later day.

Partners, family members or other support people are also welcome to attend with you.

The knowledge and skills you will learn are evidence based. They have been shown to decrease pain and distress and improve function. The current evidence suggests that provision of knowledge and skills in an adult learning environment, targeting reductions in anxiety and fear of movement, behavioural modification, and activity pacing decreases pain and psychological distress, and improves function in adults with chronic musculoskeletal pain.

Topics covered at JUMP are:

- Bio-medical versus Bio-psycho-social approach to pain management
- How pain works in the body
- Information on helpful versus unhelpful pain management strategies
- Strategies to plan and improve daily function through activity management and pacing
- Approaches to improving physical capacity to engage in meaningful activity and exercise
- Stress management, relaxation and coping skills
- Responding more helpfully to pain
- The role, benefits and limitations of medical management including medications.

After completing JUMP you then have the option to participate in our “elective” education sessions such as:

- Sleep
- Chronic pain, constipation and the pelvic floor
- Medications
- How to get back into work
- Managing at work
- Meaningful activities and balancing your day
- Mindfulness.

More information on elective sessions will be available on attendance at JUMP.

Referral process

Pain Management Unit Doctor or an assigned ACT Heath Allied Health professional can determine suitability for referral to JUMP

Chronic Pain

Chronic pain impacts on all aspects of life. People with chronic pain are at substantially increased risk of depression, anxiety, physical de-conditioning, poor self-esteem, social isolation and relationship breakdown.

The Pain Management Unit aims to reduce the impact of chronic pain on patients’ lives via a multidisciplinary approach in an out-patient setting.