



Advance Healthcare Pain Problem Solver

About the Pain Problem Solver

Welcome to the Advance Online Pain Problem Solver. We know everyone is different and this page is so we can guide you where to start, and what to focus on, so you can achieve the outcomes you're looking for. You just need to score each statement below out of 5 (5 = strongly agree, 4 = agree, 3 = don't know, 2 = disagree, 1 = strongly disagree).

There are over 60 information sheets in this Problem Solver. You can use this Pain Problem Solver throughout your journey – not just at the start. It will provide you with the information you need at the right time. If you're struggling with your pain, not sure what do to next, or just wanting more information, come to this page. Enjoy!

Physical and/or mental capacity

"I don't feel like I have the strength (mental and/or physical) to return to my normal life and I want to learn about how to change this"

If you scored 4 or more out of 5 [click here](#)





Your direction

"I feel lost in life and don't know where I'm heading. I'd like to learn strategies to help get me on track"

If you scored 4 or more out of 5 [click here](#)

Sleep

"My sleep is very disrupted and I want to learn how I can improve this"

If you scored 4 or more out of 5, look at the information below describing different features of your pain. Click on the button below the column that best describes your pain.



Features of your pain - type A

I have many different pain areas that can change for no reason

My pain responds to drugs used to treat depression/anxiety or things like Lyrica/Gabapentin

I can't find a position/activity to ease my pain

My pain is constantly there

When I have a "flare up" it seems to be for no reason

I have VERY tender spots in many locations of my body

Features of your pain - type B

My pain is consistently in one area that is fairly localised

My pain responds to paracetamol (eg Panadol) and/or anti-inflammatory drugs

I can find a position/activity to ease my pain

My pain comes and goes

When I have a "flare up" it is usually due to overdoing things

I have some tender spots over the area of injury

**IF YOUR PAIN IS DESCRIBED ABOVE (TYPE A)
CLICK HERE**

**IF YOUR PAIN IS DESCRIBED ABOVE (TYPE B)
CLICK HERE**



Control

"My pain feels like it is out of control and I don't know where to start. I want to learn how to get it under control"

If you scored 4 or more out of 5 [click here](#)

Improving your sleep

People with chronic pain often have difficulty sleeping due to pain. This is commonly a result of a sensitised nervous system where the bodies "pain amplifier" is turned up too high. A sensitised nervous system does not mean your pain "is all in your head". Your injury and pain is real, but the nervous system is a factor that needs understanding and treatment. A good night's sleep is also very important for restoring your physical and mental health which in turn leads to a better response to the Advance Healthcare Online Pain Management program.

The following resources are useful to read, listen to and engage with early on in your pain management program. Thinking about how this information might apply to your sleep situation and discussing this with your Advance practitioner will greatly assist in your recovery.

1. Understanding the different contributing factors to your pain problem is the first step as explained in this [info sheet](#) and also an [interactive online learning module](#). If you really want an in depth discussion on a sensitive nervous system check out this [fascinating article from The Guardian](#)
2. [Sleep diary](#) - one way of problem solving how to improve your sleep is to get a detailed night by night description of what you are doing before, during and after sleep time. Print this sheet, fill it out and discuss with your Advance practitioner
3. [Sleep hygiene](#) - the key to improving your sleep posture is experimenting with different "sleep hygiene" strategies to "reprogram" the sensitised nervous system. This sheet explains how
4. [Mindfulness and sleep](#) - mindfulness is a simple method of becoming more "present" and in the process letting go of thoughts, feelings and emotions that may be a part of your sleep problem. This sheet outlines some simple mindfulness exercises plus explores Smiling Minds as an app that has a range of exercises specifically designed to help with sleep
5. Depending on the reasons for your sleep issues, some of the info sheets on mood and thoughts may be helpful

If you require this information in a different language, please contact your Advance practitioner.