

Pain management services

Brisbane

Multidisciplinary Pain Centre (Royal Brisbane & Women's Hospital)

Ph (switch) 07 3636 8111

Herston Road, Herston

- Offers 24 hour on call service to assist GPs. Due to long waiting lists, Consultants will provide advice by phone. Phone to speak to the Pain Centre consultant on call.
- No cost.

Brisbane Private Hospital

Ph 07 3832 1920, www.bph.com.au

259 Wickham Terrace, Brisbane

- Dr Graham Rice - anaesthetist, psychiatrist, pain management specialist. Offers tailored multi-disciplinary programs for individuals including physiotherapy and CBT. Holistic approach.
- Initial consultation \$60 gap. Subsequent consultations \$40 gap (2 weekly).

The Wesley Hospital Pain Management Program

Ph 07 3232 6190, rehab.centre@wesley.com.au

Wesley Hospital Rehabilitation Centre
461 Coronation Drive, Auchenflower

- Dr Ivan Yakish, Director - Rehabilitation consultations Thursdays for assessment.

- Dr Leigh Atkinson, Medical Director Pain Management Program - Consultations Fridays for assessment.
- A 3 week (3-5 days/week) structured group program offering rehabilitation to patients with unresolved chronic pain restricting their lifestyle. Tailored to individuals (CBT and physical program). Programs available for back rehabilitation.
- Covered by private health – no gap charged, only an excess if applicable.

Axxon Pain Clinic (Mater Hospital)

Ph 07 3214 8505, Fax 07 3846 1486

www.axxon.com.au

Mater Private Clinic, Stanley Street,
South Brisbane

- Anaesthetists - Dr James O'Callaghan, Dr Brendan Moore, Dr Jason Ray.
- May involve procedures such as nerve blocks performed mainly as day surgery at either Mater Private Hospital endoscopy unit or Greenslopes Private Hospital Day Surgery Unit.
- Initial consultation \$220 (half back on private health). Subsequent consultations \$110.

Greenslopes Private Hospital

Ph 07 3394 7742

Newdegate Street, Greenslopes

- Anaesthetists - Dr Marc Walden, Dr James O'Callaghan, Dr Heinz Rodins, Dr Jason Ray. Available to give advice by phone.
- Specialist consultations. No group program available.
- Average initial consultation \$220 (half back on private health). Subsequent consultations \$110.

Canossa Pain Rehabilitation Program

Ph 07 3717 5525, painmx@canossa.org.au

Canossa Private Hospital, 169 Seventeen Mile
Rocks Road, Oxley

- Mr Miles Browning.
- 13 day multidisciplinary program for in and outpatients, specialising in sleep management, arthritis and neuropathy for 50 – 70 year age group.
- Covered by private health – no gap charged, only an excess if applicable.

Opioid Conversion Table - Dr Lisa Nissen

The following was prepared using recommendations of the **Multidisciplinary Pain Centre, Royal Brisbane Hospital** and is based on a number of published conversion tables.

It is designed as a rough guide only for conversion of opioids to an oral morphine equivalent. It takes into account chronic use of opioids and converting between them, whereas most published conversion tables are based on stat dosing only.

Due to differences in response to various opioids and routes of administration, calculated opioid equivalent doses should be reduced by 20-30% and titrated to effect.

Example: 50mg Oxycodone x 1.5 = 75mg morphine equivalent.

Note: Tramadol 100mg ~ Codeine 60mg ~ Morphine 10mg

| Drug | Dose x Conversion Factor |
|--------------------|--------------------------|
| Pethidine (oral) | x 0.125 |
| Pethidine (IV) | x 0.4 |
| Methadone | x 1.5 |
| Oxycodone | x 1.5 |
| Buprenorphine | x 50 |
| Codeine | x 0.16 |
| Dextropropoxyphene | x 0.1 |
| Morphine (IV) | x 3 |
| Morphine (oral) | x 1 |

Dosing information

| Norspan | Morphine (oral / day) | Oxycodone (oral / day) |
|---------|-----------------------|------------------------|
| 5 | 20 | 15 |
| 10 | 40 | 30 |
| 20 | 80 | 60 |

- Work out current requirements, then convert to Norspan patch.
- No more than 2 patches (max 2 x 20) to be used at once.
- Rotate patch size (not same site) for 3-4 weeks.
- May require other SA drugs for 72 hours on initiation.
- No other analgesics for 24 hours when discontinued.