

Community Pain Champion Program

Your Commitments & Program Structure

Gain Expert Training, Mentorship & Tools to Lead Change in Pain Care in your Community.



BECOME A COMMUNITY PAIN CHAMPION TODAY!

Your Commitment to Pain Revolution

Your acceptance into the program is contingent upon your agreement to meet all program requirements, as outlined below:

Participants in the program need to be able to devote at least 2 hours per week for 6 months of the education program. All content will be delivered online with monthly learning objectives.

As part of your commitment when entering the program, you will be required to deliver a Return of Service event. You will develop the required skills and receive excellent support and mentoring to enable you to deliver the Essential Pain Facts to your local community in your own way. This may be in the form of a yarning circle, a coffee morning, an in-service session etc.

Monthly schedules will take the following format

The schedule is subject to change and is provided as a guide only – to help you determine whether the time commitments required are reasonable for you. Each online session will last about 90 minutes. You may need to do up to 30 minutes extra work in between sessions.

Week	Format
Week 1	Whole group – online delivery of education component followed by discussion, break-out rooms, and practical applications
Week 2	Small group (approximately 5 per group) discussion and problem-solving sessions facilitated by your own highly trained Local Pain Educator from Pain Revolution.
Week 3	As per Week 1
Week 4	As per Week 2

Requirements

You consent to be a participant in a research project conducted by Dr Dianne Wilson through the University of South Australia. This exciting, inaugural CPC program will be conducted as a research project in order to evaluate the education component and its delivery. This will involve a minimal amount of extra time on your part, including the completion of questionnaires at the beginning and end of the education component, as well as gaining your feedback about the program through questionnaires and focus groups. This will allow us to evaluate and further develop the program to meet the needs of community health workers in the future.



Find out more by joining our mailing list!



Re-think.
Re-engage.
Recover!

To learn more about our initiatives visit:
painrevolution.org

Learning Objectives & Requirements

Gain Expert Training, Mentorship & Tools to Lead Change for Pain Care in Your Community.



BECOME A COMMUNITY PAIN CHAMPION TODAY!

Learning Objectives

Month 1:

- Understand and explain the basics of Essential Pain Fact (EPF) 1.
- Accurately describe your role and limits as a Community Pain Champion.
- Connect with others in the CPC group to establish a community of practice.

Month 2:

- Understand and explain the basics of EPF 2 & 3.
- Demonstrate the ability to adapt the EPFs to be most relevant to your community.
- Demonstrate the ability to critically self-reflect on your learning.

Month 3:

- Understand and explain the basics of EPF 4.
- Recognise the barriers and beliefs that influence individuals' and communities' understanding of pain.
- Demonstrate the ability to offer alternative models to explain persistent pain to members of your community.
- Demonstrate the ability to convey information in a way that is culturally safe enough, and within the appropriate scope of practice.

Month 4:

- Demonstrate understanding of the scope and limitations of the role of CPC, including the use of own lived experience where appropriate.
- Demonstrate ability to refer or redirect people to appropriate information and services when required.
- Demonstrate an understanding of a return of service.

Month 5:

- Develop and demonstrate the skills required to run a successful return of service.
- Engage with relevant stakeholders to develop and promote return of service.
- Demonstrate ability to adapt material to be relevant and effective for your community.

Month 6:

- Troubleshoot key facilitation challenges.
- Critically self-reflect on learning and develop next steps in your own learning journey.
- Deliver a return of service that is responsive to the needs of your community.

Requirements

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Note

There may also be a requirement from funding organisations that you remain employed in a specific region or organisation for a designated period after completing the program.



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