

## GP Resources

### Referral Details

Adult Specialist Clinics (outpatients)

Fax: 03 8345 6856

Email: [outpatients@wh.org.au](mailto:outpatients@wh.org.au)

[www.westernhealth.org.au/HealthProfessionals/ForGPs](http://www.westernhealth.org.au/HealthProfessionals/ForGPs)

### GP/Allied Health Resources

Quick Steps to Manage Pain in Primary Care

[Quick Steps to Manage Chronic Pain in Primary Care | Pain Management Network \(nsw.gov.au\)](#)

How to Deprescribe and Wean Opioids in General Practice

[Quick steps through Opioid Management | Pain Management Network \(nsw.gov.au\)](#)

Opioids Communication Videos NPS Medicine Wise

[Opioids: Communication videos - NPS MedicineWise](#)

Electronic Persistent Pain Outcomes Registry (ePPOC) Publications

[Publications & research - University of Wollongong – UOW](#)

### Consumer Resources

Patients can self-refer to the mindspot online Pain Course for free. Go to [www.mindspot.org.au](http://www.mindspot.org.au)

Brainman

[Brainman - YouTube](#)

Consumer Website Pain Management Network

<http://www.aci.health.nsw.gov.au/chronic-pain>

Consumer Website PainHealth

[Home - painHEALTH \(uwa.edu.au\)](#)

Pain Management Resources for Indigenous Patients

[Our Mob | Pain Management Network \(nsw.gov.au\)](#)

Translated Pain Management Resources for CALD Communities

[Translated Resources | Pain Management Network \(nsw.gov.au\)](#)

### References

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**Additional Resources**

[THE TYRANNY OF DISTANCE: has COVID-19 jumpstarted a solution? \(painaustralia.org.au\)](https://painaustralia.org.au)

D Shebeshi, S F Allingham, H Tardif & J White, 'Profile of adult patients referred for specialist pain management in New Zealand, ePPOC Information Series No. 1, 2021. Scan QR to view paper



<https://www.nps.org.au/assets/NPS-MedicineWise-opioid-tapering-algorithm.pdf>

<https://www.health.vic.gov.au/sites/default/files/migrated/files/collections/policies-and-guidelines/safe-opioid-use/recommendations-for-deprescribing-or-tapering-opioids---for-health-professionals.pdf>