

Online resources for chronic pain

<https://libguides.anzca.edu.au/chronic/other>

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

<https://www.cci.health.wa.gov.au/resources/looking-after-yourself>

<https://www.retrainpain.org>

<https://www.paintrainer.org/>

This Way up online programmes

<https://healthify.nz/health-a-z/c/chronic-pain>

I self help (New Zealand specific online programme) – One to watch

Specific to pain in the older adult:

<https://geriatricpain.org/>

<https://www.seepainmoreclearly.org/>

Additional resources for older adult:

- The life curve app
- Nymbi app funded by ACC
- Clock yourself app
- SAYGo falls prevention exercise classes (Age concern)
- Vivifrail.com
- Live longer for Stronger (community strength and balance class)
- Taurite Tu is a Kaupapa Maori strength and balance program designed for kaumatua (aged 50+) to reduce falls, increase mobility, and improve overall wellbeing.

Cognitive screening tools to support assessment:

Cognitive-assessment (ALZ.org)

Pain AD tool (severe cognitive impairment)

https://aci.health.nsw.gov.au/_data/assets/pdf_file/0017/212921/Pain-assessmentadvanced-dementia-scale.pdf

Abbey Pain Scale (severe cognitive impairment)

https://aci.health.nsw.gov.au/_data/assets/pdf_file/0018/212922/Abbey-painscale.pdf

The modified residents verbal brief pain inventory (M-RVBPI)

https://www.apsoc.org.au/PDF/Publications/APS_Pain-in-RACF-2_M-RVBPI.pdf

Pain Assessment Checklist for Senior with limited Ability to Communicate (PASLAC)

<https://gerocentral.org/wp-content/uploads/2013/12/Pain-Assessment-Checklist-forSeniors-with-Limited-Ability-to-Communicate-PASLAC.pdf>

PASLAC II (shortened and refined version)

https://588f6d19-e319-4ea2-b4d2-588ac0b7d140.filesusr.com/ugd/fb3048_32c334ce7b024d05aaf85ec8d8634cc.pdf

General overview

https://www.apsoc.org.au/PDF/Publications/PMG2Toolkit/4k_Handout_Pain_in_Dementia.pdf

Other Pain Assessment resources

Numerical Pain rating Scale

https://aci.health.nsw.gov.au/_data/assets/pdf_file/0017/212912/ACI-Pain-verbalnumerical-rating-score.pdf

Visual analogue scale

https://aci.health.nsw.gov.au/_data/assets/pdf_file/0018/212913/ACI-Painassessment-tools-visual-analogue-scale.pdf

Faces Pain Scale Revised

https://aci.health.nsw.gov.au/_data/assets/pdf_file/0005/212918/Faces_Pain_Scale_Revised_FPS-R.pdf

Verbal descriptor scale

https://www.apsoc.org.au/PDF/Publications/Pain_in_RACF2-Appendices/3_APS_Painin-RACF-2_Appendix-3_VDS.pdf

Brief Pain Inventory

<https://www.mdanderson.org/research/departments-labs-institutes/departmentsdivisions/symptom-research/symptom-assessment-tools/brief-pain-inventory.html>

Pain Management Guidelines residential care

New Zealand:

<https://www.hqsc.govt.nz/resources/resource-library/pain-mamae-frailty-care-guides-2023/>

Australia: https://www.apsoc.org.au/PDF/Position_Paper/20240221_AusPainSoc_PositionStatement_Pain-Mgmt-Aged-Care_FINAL.pdf

https://www.apsoc.org.au/PDF/Publications/PMGKit_2007

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