2019 Snapshot
Adults seeking pain management

- 72 pain services in Australia and NZ participated in ePPOC and contributed information about
- 33,153 adults referred for specialist pain management

At referral
- 41% had experienced their pain for over 5 years
- 55% were using opioid medication
- 40% were severely or extremely severely depressed
- More than 1 in 3 people were unable to work due to pain

After treatment
- 3 in 4 people reported overall improvement following treatment
- 51% of people were able to reduce their opioid dose by at least half

A large proportion of people made clinically meaningful improvement in

- Pain severity: 33%
- Pain interference: 63%
- Depression: 58%
- Anxiety: 46%
- Stress: 60%
- Catastrophising: 57%
- Self-efficacy: 53%