2020 Snapshot

Adults seeking pain management

72 pain services in Australia and NZ participated in ePPOC and contributed information about 19,505 adults referred for specialist pain management.

At referral

- 42% had experienced their pain for over 5 years.
- 53% were using opioid medication.
- 83% had moderate or worse pain severity.
- More than 1 in 3 people were unable to work due to pain.

After treatment

- 3 in 4 people reported overall improvement following treatment.
- 56% of people were able to reduce their opioid dose by at least half.

A large proportion of people made clinically meaningful improvement in all areas:

- Pain severity: 33%
- Pain interference: 62%
- Depression: 57%
- Anxiety: 45%
- Stress: 59%
- Catastrophising: 59%
- Self-efficacy: 50%