

Pain management

Different types of pain require different types of management and monitoring.



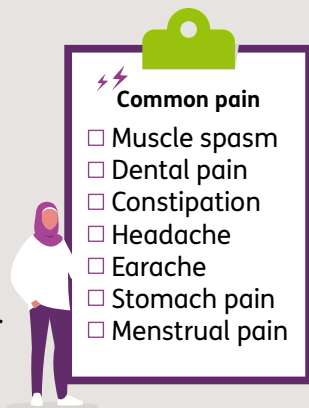
Pain in people with disability

Pain is more common in people with disability than the general population and can often go unrecognised. Untreated pain can also have negative physical and mental health effects and can be a cause of behaviours of concern.



What are the most common pains?

Common causes of pain in people with disability can include: muscle spasm, headache, dental pain, earache, constipation, stomach pain, and menstrual pain.



Who can help manage pain?

Different types of pain require management by different health professionals such as a doctor, physiotherapist or dentist.



Doctor



Physiotherapist



Dentist

What is a pain management plan?

A GP can develop a pain management plan with people who have ongoing pain that might include: physical, psychological and pharmacological interventions. Regular dental checks are also important.



Ongoing care

NDIS providers are required to monitor NDIS participants' health, safety and wellbeing and support them to maintain their health and to access appropriate health services when required.



Find out more

For full details on this practice alert and the obligations for NDIS support workers, and access to other training and resources, please visit [ndiscommission.gov.au/workerresources](https://www.ndis.com.au/workerresources)



NDIS Quality and Safeguards Commission