

## About {Pain}Train — where it came from and why it works

### Our mission

{Pain}Train's mission is to enable patients with chronic pain to record and store all relevant information about their pain, and to easily share that information with medical practitioners and others they choose to share it with.

### Vision

{Pain}Train's vision is to empower health practitioners and their patients, to improve the chronic pain journey.

## What you can do on pain-train.com.au

### Users of {Pain}Train can:

- place their medical information on the site — and edit it, review it, update it, etc;
- click on the body-chart to show the places the patient has pain, then click from options to describe and record the type and intensity of the pain. For a sample body chart and options, see Graphic 1;
- allow and revoke access so that anyone — most likely, a health care practitioner, family member, or carer — to view their online {Pain}Train profile. For a sample of access records, see Graphic 4;
- easily provide their medical records to their new HCP if they change their HCP without having to hassle their previous HCP to provide a copy of their records (HCPs are often very slow to transfer records);
- keep an online record of how they're going, what appointments they have attended, upload their x-rays and reports, and enter details about what they can and can't do — for example: make a cup of tea, walk the dog, sit at a desk for an hour, or 4 hours. For a sample or records about what patient can and can't do, see Graphic 2;

1

2

4

Label	Created At	Last Used At	details	delete
Doctor Humphries	July 17, 2015, 1:47 p.m.	Feb. 26, 2016, 8:49 a.m.	details	delete
Dr Gold	Feb. 26, 2016, 1:29 p.m.	Feb. 26, 2016, 1:29 p.m.	details	delete
Prof Orange	Feb. 26, 2016, 1:30 p.m.	Feb. 26, 2016, 1:30 p.m.	details	delete
Ms Physio	Feb. 26, 2016, 1:31 p.m.	Feb. 26, 2016, 1:31 p.m.	details	delete
Mum	Feb. 26, 2016, 1:31 p.m.	Feb. 26, 2016, 1:31 p.m.	details	delete

- record their mood and whether they are consuming or not consuming medication daily for a sample. See Graphic 3.

3

## Yearly fee of \$49

Each use of the site is free. And the user can have a free one-month trial of the site.

The {Pain}Train user pays an annual fee of \$49 (Australian dollars). The first payment is due on the first of:

- the end of their one-month free trial period; or
- when they first electronically invite anyone — most likely, a health care practitioner, family member, or carer — to view their online {Pain}Train profile.

The fee includes the Australian Goods and Services tax which applies to Australian residents.

[Download](#) / [view](#) our fee structure

## Why {Pain}Train is different

Many online medical record systems have failed — despite significant government and corporate spending — due to concerns about privacy, “function creep”, lack of patient control, and more.

*“Empowering patients with resources and encouraging them to participate actively in care/ planning – so vital.”*

– Dr Nick Christelis Director, Victoria Pain Specialists  
MBBCH, FRCA, FFPMRCA, FANZCA, FFPMANZCAPain  
Specialist Physician & Anaesthetist

{Pain}Train is different from the other online medical records storage sites because it springs from the experience of Soula Mantalvanos, a patient with chronic pain. Soula and her husband Theo founded {Pain}Train in 2014.

*“...I like the format as it allows me to express my issues in an organized manner. I have found when I am seeing Doctors I am often drowsy from medications, nervous and in pain. When talking to them I often can't get my words out until I have built up a rapport with them...”*

– Frances Jolly, patient

One of the key's to living with and overcoming any chronic health issue is that the patient must accept their pain issue and must take responsibility (where possible) for managing it. For a patient to do this, they need the correct resources, confidence in those resources and above all trust that their personal information will not be abused but rather will be used to help with their treatment.

{Pain}Train's approach minimises the issues that have discouraged patients from using online medical record systems.

{Pain}Train aims to help people to empower themselves to manage their own health — independent of government input and independent of competing government objectives.

## Download or request promotional material

**{Pain}Train** Make it through your pain journey

**Test ride {P}T FREE FOR 1 MONTH**

*“I have just started to use {Pain}Train after 2½ years of telling my story to multiple healthcare providers. I like the format as it allows me to express my issues in an organised manner.”*  
– Frances Jolly

1300 246 624 1300 CHOO CHOO [www.pain-train.com.au](http://www.pain-train.com.au)

**Patient journey** show: all time

- Feb '15 Anne Violet, P
- Oct '14 Professor The block/treatment
- Sep '14 Dr P Black, Ac
- Jul '14 Test-x-ray.png
- Jun '14 Dr M Red, Psy
- Jun '11 Clinical letter

**{Pain}Train** Encouraging patient self-management, helping restore independence and confidence

**Patients can:**

- record and store information about their pain and its impact
- easily share that information with medical practitioners, carers, etc.
- be sure their records are safe.

**Practitioners can:**

- easily access the patient's medical information, even before an appointment
- see how their patient is managing 24/7.

**Health issue 1**

Select what it feels like in each area

- Area 1
- Area 2
- Area 3
- Area 4

Front Back

*“...very easy to read format for the practitioner to get a 'snapshot' of the patient in just a few moments.”*  
– Karen Liberi MS, MPT, WCS Director of Rehab at NWO Center for Pelvic Rehab and Wellness

**Test ride {P}T FREE FOR 1 MONTH**

**Empowering people in pain** [www.pain-train.com.au](http://www.pain-train.com.au)

## Soula's pain story — the accident and the pain

Soula and her husband Theodore own a graphic design business.

One day, Soula was working on a design brief for a client when the fit-ball she was sitting on exploded. She fell and damaged her pudendal nerve, causing her extreme, ongoing — 9 years ongoing — chronic pain. If you and Soula were sitting on a bench and you started to hum, the vibrations through the bench would hurt Soula.

Soula has “tried a thousand things” and consulted “loads of experts” to try to solve her chronic pain. Each time Soula sees a new expert, she has to:

- retell her story — describing her capacities before the accident, restating the injury's impact on her daily activities, her lifestyle, and her wellbeing; and
- retell her treatment journey — describing the details of the medical tests and treatments in her quest to be pain-free.

## Soula's inspiration for {Pain}Train

Often, Soula finds the retelling of her medical history traumatic. She always finds it tedious.

One of the problems of having to retell the story of the experts Soula has seen and the treatments she has tried is that Soula — as many of us would — finds it difficult to remember, in sufficient detail, the names of the experts she's seen, when she saw them, the names of the tests they carried out, the treatments they experimented with, which ones worked, which ones didn't, the variations on the experimentations, the names of all the medications, the doses, the frequency, etc.

*“I felt I had lost my independence, I couldn't communicate and express my personal experience and that no one understood me.”*

– Soula Mantalvanos, patient and founder of {Pain}Train

Along the way, Soula developed the idea for {Pain}Train to help ease the patient's journey, to save everyone associated with the patient's journey time and money, and to help people in pain manage their pain.

One of the key's to living with and overcoming any chronic health issue is that the patient must accept their pain issue and must take responsibility (where possible) for managing it. For a patient to do this, they need the correct resources, confidence in those resources and above all trust that their personal information will not be abused but rather will be used to help with their treatment.

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## Soula and Theo pain-related advocacy and education activities



## Since Soula's accident, Soula and Theo have:

- created [pudendalnerve.com.au](http://pudendalnerve.com.au) — a website created to give hope to people with chronic pain and to educate those who treat people with chronic pain;
- self published [Art & Chronic Pain](#), a book that helps sufferers explain what chronic pain is like;
- presented [Soula's story](#) to 180 practitioners interested in chronic pain at The Alliance for Improving the Management of Pain 2014 in Sydney, Australia; and
- created a documentary [The Hurting Strings](#) a story of Soula's non-drug dependent approach to managing and living with chronic pain; and
- been interviewed on the [7.30 report about choosing practitioners](#) and on the new website [whitecoat.com.au](http://whitecoat.com.au), which enables people to rate, compare and find healthcare practitioners.

Soula's many years of chronic pelvic pain has provided a great insight into the urgency of a new approach to living with pain and so far, is proving to be effective.

## Soula and Theo's background

Before Soula's accident, Soula and Theo ran their own creative communications company, Origin of Image (ooi). Their first-hand knowledge of creativity, communication and chronic pain provides a progressive approach to the current chronic pain world.

*Image: Soula Mantalvanos with self portrait marionette made by Colleen Burke*