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## Communicating Pain

While some medical record systems and pain diaries already existed, we didn't find any that allowed patients to fully explain how the pain was affecting their lives.

A system was needed to couple together all the aspects of a patient's pain journey and put them in the driver's seat to manage their care better.

This system needed to be able to save appointment time, allow the patient to protect and control their privacy and be in control 24/7.

So, we built PainTrain.

## PainTrain My Health Summary

A key aspect of PainTrain is that the information stored in the system is always owned by the patient. And only the patient can decide who it's shared with.



## Subscribe to PainTrain

Start building and communicating your health story now!

Annual subscription to PainTrain costs \$29 (inc. Australian tax) or \$26.36 (ex. tax) for international subscribers per year.

Make unlimited health summaries and control who sees your private information.

We take every precaution to make PainTrain as secure as possible. PainTrain is hosted and managed in Australia. Our developers are highly skilled at building and managing secure and beautiful websites.

"Loving the PainTrain! Looking forward to not having to repeat myself endlessly. And charting progress, even when it's incremental."

— Deborah Thompson

"A wonderful platform for patients to document their pain history allowing the layout to be in a very easy to read format for the practitioner to get a "snap shot" of the patient in just a few moments."

— Karen Liberi MS, MPT, WCS

## Have something to tell us?

Email: [driver@pain-train.com.au](mailto:driver@pain-train.com.au)  
(+61 3) 9016 0162  
Australian Eastern Standard Time

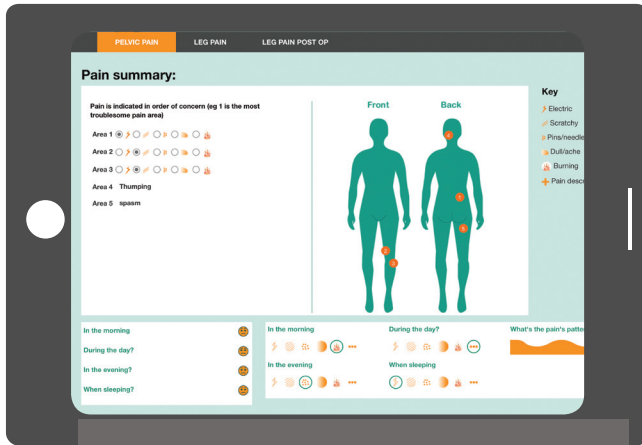
[www.pain-train.com.au](http://www.pain-train.com.au)

## PainTrain my Health Summary

Your pain health CV

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## What is PainTrain – My Health Summary?

PainTrain is an online communication tool that enables people living with chronic pain to summarise information about their condition and to easily share it with whoever they choose including health care practitioners, carers, family and friends.

PainTrain was founded and developed by Soula Mantalvanos, with her husband Theo, after Soula developed chronic pain following an accident.

PainTrain's vision is to improve the chronic pain journey for patients by providing a trusted and detailed summarising tool, that patients can use to efficiently communicate with their care team.

## PainTrain For Patients

Sometimes it feels like you're on a runaway train when you have chronic pain.

There are so many practitioners involved in your health care and so many appointments to remember.

### PainTrain is for you if you want to:

- Explain your pain journey accurately without having to repeat yourself
- Keep your information private, and only share it with people you choose
- Make the most of your time with health care practitioners
- Ensure your information is summarised properly
- Improve communication between your health care practitioners, family, carers and friends
- Update your information on any device 24/7
- Feel independent, confident and more in control of your health journey

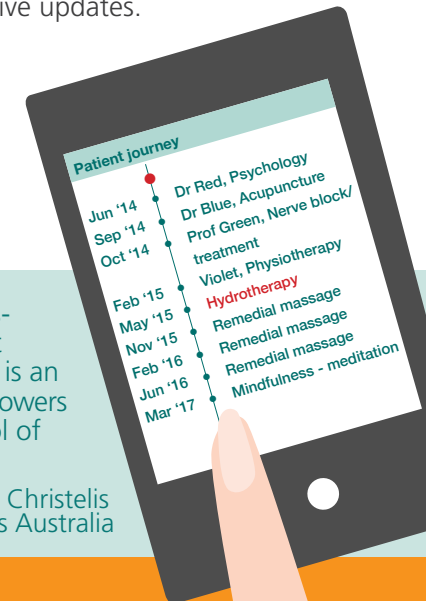
## PainTrain For Health Care Practitioners

PainTrain puts chronic pain patients in the driver's seat and helps them to couple together the different aspects of their health journey.

The graphical summary page on PainTrain has been designed to give you the same amount of information in a couple of minutes as a 45-minute consultation.

### PainTrain is for your patients if you would like to:

- Minimise the amount of time it takes to gather a patient history and ongoing updates.
- Gain an accurate understanding of the patient and their health condition, which can be difficult to do in a consulting room.
- Help your patients take a positive approach to managing their pain and minimise catastrophising.
- Empower your patients to take responsibility for their health journey.
- Ensure your patients' care is better coordinated.
- Receive a medical and health summary quickly.
- Have access to patient health summaries 24/7 on any device with live updates.



“A key step in multidisciplinary care is patient involvement. PainTrain is an excellent resource, empowers patients to take control of their pain journey.”

— Dr Nick Christelis  
Pain Specialists Australia