

Referral Guidelines for Chronic Pain Management Clinics in Primary Care

The Pain Clinic consists of a multidisciplinary team which aims to help patients develop their own management strategies for dealing appropriately with long term pain and improving their quality of life.

The patient's initial assessment may be by either a Consultant Nurse, Chronic Pain or Specialist Medical Practitioner.

The clinic is not a diagnostic service and therefore patients should have been fully investigated and have a diagnosis before referral, wherever possible.

The clinic will fast-track cases of CRPS, vascular and palliative care patients.

Referral Criteria

- Had pain for more than 3-6months
- Have a diagnosis wherever possible
- Have had investigations to rule out pathology
- Not under another team for the same problem unless they are aware and agree fully with the referral
- No "Red Flags" (direct referral to secondary care)
- 16 yrs +

Musculo-skeletal and Neuropathic Conditions

- Must have tried regular Paracetamol/simple analgesia, NSAIDS,(where appropriate), tricyclics
- physiotherapy
- Anticonvulsants for neuropathic pain as indicated by local guidelines.

Exclusion Criteria

- Severe unstable psychiatric illness: certain personality disorders, severe depression
- Current substance abusers

The attached proforma must be fully completed and includes:

- Diagnosis and Brief History of Pain
- Details of current medications
- Treatments tried
- Relevant investigations and results
- Psychosocial history, if appropriate
- Any past psychiatric history
- Details of any previous pain clinic referrals

CHRONIC PAIN REFERRAL PROFORMA

Name:.....D.O.B.....

NHS NO:.....

Address:.....

.....

.....

Tel:.....

GP:..... Tel:.....

Referred by.....

Diagnosis and brief history of pain:

Relevant Investigations:

Previous pain clinic attendance? Current Medications: (please attach GP summary)

Treatments tried:

Psychosocial history, if appropriate:

Any past psychiatric history:

Fax referrals to : Clare Tobin, ICATS Chronic Pain 01843 830 171 or send to:
St Augustine's Business Centre, 125 Canterbury Road, Westgate-on-Sea, Kent
CT8 8NL.
Choose and Book is also available (indirectly bookable)
Contact telephone number 01843 830 170.