

Referrer Details:	Patient Details:
Referrer Name: Address: Phone:	Patients Full Name: : Address: Phone : :(day) :(eve) Date of Birth: :NHI No: :

Dear Dr:

Thank you for your referral, for the Chronic Pain Service to correctly grade your patient's referral, we require more information. Please feel free to either complete this form, or use it as a template for your written referral

Referrals may be faxed to: (07) 578 9571

Are you requesting (please indicate one):

- Biomedical Input
- Assessment for our Pain Management Programme (see appendix 1)

Is this patient currently on ACC? If yes, please include claim number and case manager name:

Please describe the nature of the chronic pain problem and how long this has been problematic.

What investigations have been carried out?

What investigations are pending?

Does the patient have any **other** investigations or interventions pending within the next 6 months?

What are the patient's current medications? (Please include doses and duration).

What medications have been tried, and reasons for cessation?

What is the patient's general health status?

Is this patient currently employed?

YES What is their current employment and where?

NO Please state why?

Are there any pertinent psychosocial factors?

Appendix 1:

The programme is run over a 3-week period with two refresher days within a 3 month period after the programme, as well as regular phone follow-ups up to one year. The program has a strong cognitive-behavioural focus and includes education about chronic versus acute pain, the physiology of pain including the pain gate model, and the importance of exercise and pacing techniques. Thought management techniques are utilized; and behavioural strategies involve relaxation training, a daily exercise circuit and establishment of a daily walking routine. Values therapy and goal setting is done to assist with motivation to make constructive life changes and shift focus from pain. The overall aim of the program is to promote effective self-management of persisting pain.