Introductory letter

*Insert logo*

**Referrers Details:**

Name

Contact details:

**Patient Information:**

Name:

DOB:

Dear Dr \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

(Name) and (DOB) has been referred to us to attend the (insert LHD) community pain programme in ( insert language) This is a 6 week programme where (insert name) will learn skills in self management. The topics that will be covered during the programme include understanding pain, exercise, problem management strategies, and pacing. The participants will be provided with information based on the latest knowledge of pain and pain behaviours from Pain Management Research Institute and given opportunity to learn and practice practical skills in pacing, finding suitable physical activities, relaxation, and crisis management. They will develop their own pain management plans as part of the process.

The target audience for the programme includes people with chronic pain as defined below and their family or carer from the relevant cultural background who can comprehend written and or spoken words in that language.

|  |  |
| --- | --- |
| **Suitable to participate** | **Unsuitable to participate** |
| Pain present for longer than 6 months that is interfering with daily activities | Those with significant mental health conditions, behavioural disturbance or cognitive issues impacting on their ability to learn or participate in a group |
| People who are willing to participate in a group for 6 weeks | Highly complex pain history |
| People who are independently mobile | Significant medication use/abuse eg < 40-60 mg morphine equivalent per day or > 3 types of pain medications |
| Those aged over 18 years | Evidence of excessive alcohol use |

In order for them to participate safely, we request that you sign the participation clearance form and indicate current medications for pain or other conditions including dose and frequency

The participant will require ongoing encouragement to adhere to their goals. The following links may be useful resources for pain management. [www.aci.health.nsw.gov.au/chronic-pain](http://www.aci.health.nsw.gov.au/chronic-pain)

The Agency for Clinical Innovation website has translated materials and useful tools for clinicians managing people with chronic pain. A GP management plan template can be found at

<http://www.aci.health.nsw.gov.au/chronic-pain/health-professionals/resources-for-chronic-pain>

You may consider that the patient is suitable to attend a chronic pain clinic due to the complexity of their condition. You can make a referral to ……………………………..at Fax number ………………………………

Regards

Community Pain Management Program Coordinator

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