

Regional Interdisciplinary Chronic Pain Program Referral

RJH (Duncan & Southward, Gulf Islands) NRGH (North of Duncan)

Please consider reviewing Island Health's Pain algorithms ([Pathways](#)) & the [Chronic Pain Care Pathway](#) prior to referring

PATIENT INFORMATION			SEND RESULTS TO	
Last name			Ordering practitioner	
First name			MSP #	<input type="checkbox"/> Locum
Date of birth (YYYY/MM/DD)			Clinic Name Street Address Phone Fax STAMP Primary Care Provider <input type="checkbox"/> Same as ordering practitioner	
PHN				
Primary contact number				
Translator required yes/ no				
Email (mandatory if available)				
Street address			Primary Care Provider	
City			Copy to (full name)	
Prov.	Postal Code		Referred from <input type="checkbox"/> Primary care <input type="checkbox"/> Specialist	
<input type="checkbox"/> New Referral <input type="checkbox"/> Re-Referral same area <input type="checkbox"/> 2 nd area of pain				

REFERRAL INFORMATION	
Reason for Referral	<input type="checkbox"/> Attached

TRIAGE INFORMATION	
*please review Island Health's Chronic Pain Program Referral Guideline	

Specialist	Primary Care Provider/ Nurse Practitioner
<i>*may refer for PCP indications</i> <input type="checkbox"/> Orthopedic Pain <input type="checkbox"/> Neuropathic Pain <input type="checkbox"/> Headaches/ migraines <input type="checkbox"/> Cancer/ Palliative <input type="checkbox"/> Abdominal <input type="checkbox"/> Facial <input type="checkbox"/> Other	<i>*if specialist consult attached, referrals for specialist indications may be accepted</i> <input type="checkbox"/> Chronic low back, with radiculopathy <input type="checkbox"/> Chronic neck pain, with radiculopathy <input type="checkbox"/> Axial neck <input type="checkbox"/> Axial low back <input type="checkbox"/> Fibromyalgia/Widespread body pain (referral will be directed to Self-Management Program) <input type="checkbox"/> CRPS (ensure all other diagnoses ruled out for presenting signs & symptoms) <input type="checkbox"/> Other

All providers <input type="checkbox"/> Self-Management Program. To learn more, visit our Groups Programs webpage. Patients will be screened for appropriate participation.
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IMAGING, INVESTIGATIONS and CONSULTATIONS - Tests must be current within last 18 months.

PAIN PROBLEM	WORK UP TO BE INCLUDED	Attached	Power Chart	Pending	For Office Use
Pain along spine (w/o radiation) / Joint Pain	X-Ray				
Radicular pain, Neurogenic claudication, spine surgery	CT or MRI of spine after symptom onset or change. Applicable surgical consults.				
Chronic headaches	CT or MRI head, X-ray Cervical Spine. Neurologist consult.				
CRPS	Workup: acute and chronic causes of limb pain, swelling, dysesthesia. Surgical consult. Budapest assessment.				
Other Specialist Indications	Up-to-date imaging, specific request and consult notes.				

ROUTING			
Date of Referral (YYYY/MM/DD)	RJH Fax: 250-519-1837 RJH Phone: 250-519-1836	NRGH Fax: 250-739-5989 NRGH Phone: 250-739-5978	Total # of pages faxed

Regional Interdisciplinary Chronic Pain Program Referral

Royal Jubilee Hospital (Duncan & Southward, Gulf Islands) NRGH (North of Duncan)

PROGRAM DESCRIPTION:

For a more detailed description please visit our website through Island Health.

- All patients will receive a Pain Program Orientation.
- We are an Interdisciplinary Pain Management Program for patients with chronic pain that is unresponsive to conventional treatment.
- It is preferred that patients have access to primary care/walk-in clinic services for regular follow up. This clinic is a tertiary referral program and does not assume longitudinal care for patients. We will provide recommendations for a treatment program to be carried out in the community and will offer additional resources available through the pain program.
- Our clinic recognizes the importance of interdisciplinary care. While injections may be part of the care, injection-only practices are not recommended or supported by our program. The treatment and management of pain requires a range of programs and services to help those function. **Please note, it is required that referred patients do not receive procedural interventions at other clinics. Refer your patient to our pain program after 3 months have elapsed.**
- Referrals are not accepted from naturopaths.

TRIAGE PROCESS

- Please attach recent pertinent information, including health history and medications (lab results can be viewed online, do not send).
- Patients will be emailed a link to complete a history form. In rare circumstances, it will be mailed to the patient.
- Patients will not be triaged until **all information** is received including patient health history form corroborating clinical condition. We do not keep incomplete referrals. .
- If referral and patient completed health history are **not concordant**, your referral may be rejected or triaged incorrectly.
- Interventionalist will treat only one area of pain per referral.

INCLUSION GUIDELINES:

- Preferred that patient has a primary care provider (PCP) or a regular walk-in clinic to provide follow up care and medication renewal. Virtual care referrals (e.g., TELUS Health) will be accepted providing other inclusion guidelines are met.
- Patient is unresponsive to conventional, non-interventional treatment.
- All appropriate initial investigations have been performed.
- Patient and/or caregiver are cognitively capable and willing to participate with suggested regimen of therapy within their physical limitations.

EXCLUSION GUIDELINES (for physician consults and treatments)

We would like all patients to receive the best possible care. Our clinic is unable to accept referrals for any of the following:

- Acute Pain less than 3 months (radicular pain less than 2 months)
- Acute Infection
- Unstable medical comorbidity
- Unstable psychiatric comorbidity
- Unstable substance use disorder
- Total body pain – without localized area of pain on history, physical exam and concordant imaging (Qualifies for Self-Management Care Stream)
- Opioid Prescribing
- Expectation of assuming longitudinal care

PAIN PROGRAM WEBSITE: <https://www.islandhealth.ca/our-services/pain-program/pain-program-homepage>

Other Island Health Services: **Chronic Pain Community Support Service:**

Comox Valley Nursing Centre: Tel: (250) 331-8502 Fax: (250) 331-8503

Clinic will acknowledge receipt of this referral with separate fax. Clinic will inform patient of appointment.

**Please tell patients NOT to call the Pain Program.
We will contact them for completion of our electronic history form and when they have been approved for our services.**