



HEALTH CARE PROVIDER REFERRAL FORM

The USask Chronic Pain Clinic (UCPC) includes pharmacists, medical social workers, physical therapists, and a physician. We offer an interprofessional approach to chronic pain management which includes medication, mind, and movement strategies. We strive to support people living with chronic pain in collaboration with their primary care provider(s). Our support for individual clients is temporary, typically around 6 months.

If a client has a WCB or SGI claim/case currently open, they are not a candidate for the UCPC. A referral may be made once the WCB or SGI claim/case is closed. Please contact us if you have further questions.

Referring Provider Printed Name:	
Phone:	Referring Provider's role:
Family Physician/Nurse Practitioner Name (if different from above):	
Phone:	Fax:
<p>The UCPC does not take over prescribing medications or perform interventional pain strategies/modalities and requires close, ongoing collaboration with patient's primary care prescriber (family physician or nurse practitioner) to implement any medication changes.</p> <p>In completing this referral:</p> <p><input type="checkbox"/> I, the referring family physician/nurse practitioner, agree to collaborate on an ongoing basis with the UCPC team</p> <p>*OR*</p> <p><input type="checkbox"/> I, the referring non-prescribing provider, agree to contact the patient's family physician or nurse practitioner (if applicable) to make them aware of this referral</p>	

Purpose of Referral (Check all that apply):

Patient Options

- Interprofessional team chronic pain management (medication, mind, and movement strategies)
- Patient must be willing to participate with the interprofessional team. Once referral is processed an intake package will be sent to patient collect additional health information.
- Patient agrees to participate with interprofessional team and provide intake package information as requested as evidenced by the patient's initials here _____ (if referral is completed virtually primary care provider can initial indicating patient's verbal consent)

Physician Options

- Physician consult for medication prescribing support (without patient)
- Physician consult for opioid agonist therapy prescribing for chronic pain (without patient)

The following documentation must be attached, as available:

- Random Urine Drug Screen – for patients on controlled substances (MS/MS test within last 6 months)
- Musculoskeletal & neurological exam (must have been performed in the past 6 month)
- Medication List
- Health Summary (e.g. brief medical Hx, chronic pain narrative)
- Specialist consultation notes relevant to pain management
- Consulting notes pertaining to mental health diagnosis
- All relevant imaging



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Please indicate the patient's currently known pain diagnoses below. Check all that apply.

Opioid management/Substance use

- Aberrant drug-related behaviours
- Escalating opioid therapy
- Patient interested in tapering
- Substance Use Disorder (patient must have co-occurring CNCP)

Mental Health Diagnosis

Is there a mental health diagnosis which may be relevant when developing a chronic pain management care plan?

- Yes
- No
- Unknown

If yes, please specify diagnosis _____

Abdominal pain

- Crohn's/Ulcerative Colitis
- Irritable Bowel Syndrome
- Other _____

Headache

- Cervicogenic headache
- Cluster headache
- Migraine tension-type headache
- Occipital neuralgia
- Temporomandibular joint disorder
- Medication overuse headache
- Other _____

Musculoskeletal pain

- Post-operative back pain
- Low back pain
 - Back dominant
 - Leg dominant
- Neck pain
 - Neck dominant
 - Arm dominant
- Sacro-iliac joint pain
- Whiplash-associated disorder

Neuropathic Pain

- Complex Regional Pain Syndrome
- Multiple Sclerosis
- Painful diabetic neuropathy
- Phantom limb pain
- Post-stroke pain
- Post-traumatic pain
- Compression-related neuropathic pain
- Shingles and post-herpetic neuralgia
- Trigeminal neuralgia and atypical facial pain
- Other _____

Widespread pain disorders

- Fibromyalgia
- Myofascial pain syndromes
- Osteoarthritis
- Osteoporosis
- Rheumatoid arthritis
- Sickle cell disease
- Systemic exercise intolerance/chronic fatigue/Myalgic encephalomyelitis
- Other autoimmune condition _____

Other

- Please specify

Pelvic pain

- Endometriosis
- Interstitial cystitis
- Vulvodynia
- Other _____

Does the patient have?

- Multiple areas of pain
- Single focus of pain
- Dermatomal distribution of pain



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Please provide additional information about the patient below. Check all that apply.

Social History

- Patient is on disability leave
- Patient is employed (Full-time___Part-time___)
- Patient has stable housing: Yes ___ No ___
- Patient receives Supplementary Health Benefits:
Yes ___ No ___

Functional Status (Activities of daily living)

- Good
- Managing
- Limited

Past CNCP interventions

- Physiotherapy
- Exercise therapy
- Pain education (e.g. Live Well)
- Pain clinic (e.g. Regina CPC)
- Traditional Indigenous Services
- Psychological interventions (e.g., CBT, ACT, DBT)
- Injections (e.g., steroids, hyaluronic acid)
- Other _____

Additional Comments:

I have discussed this referral with the patient, and they consent to the referral as evidenced by their signature below and initials on page 1.

Referring Provider Signature: _____ **Date:** _____

By providing my signature I understand that use of my personal health information will be in line with *The Health Information Protection Act*, PART IV Limits on Collection, Use and Disclosure of Personal Health Information by Trustees. I understand and that my signature or verbal authorization to this release will allow the USask Chronic Pain Clinic to:

- 1.) Obtain any health record(s), including hospital records, physician/social worker/physical therapist office records, diagnostic imaging, pharmaceutical prescription records and patient billing information, or other information relevant to the program.

Patient Signature: _____ **Date:** _____

(if referral is completed virtually primary care provider can initial indicating they have patient's verbal consent)

Patient Email: _____

Acknowledgement: *This USask Chronic Pain Clinic referral form was adapted from the Toronto Academic Pain Medicine Institute (TAPMI) and Regina Chronic Pain Clinic referral form.*