

There are things that as a health care provider you can do to assist your patient while they are waiting to be seen in Pain Clinic:

1. If you have referred a patient, make sure that all relevant diagnostic test results are included. For example, if your patient has back pain, attach relevant CT, bone scan, MRI or other outside consult reports for the pain problem. You need only send this information once.
2. Help your patient to be realistic about future expectations with regard to their pain. You can refer them to the reading list appended to the website for further assistance.
3. Encourage your patients to focus on a function-centered life versus a pain-centered life.
4. Encourage them to remain active. There are programs throughout the community that have developed exercise programs for those with arthritis and fibromyalgia that would be appropriate for many people with painful conditions.
5. Chronic pain has two related conditions. Monitor your patient for an associated sleep disturbance and/or depression. The treatment of both of these conditions can often allow for success when even the best pain medicine alone is ineffective.