**Prescribing Tip For Information**

**What constitutes a ‘good referral’ to Pain Management?**

Currently a significant number of referrals to Pain management are rejected or contain insufficient information. As an example, in Central Lancashire (GP + CSR), **13%** of referrals to Pain Management are rejected with a further **19%** needing additional information before acceptance.

Prior to a referral to the Pain Management Team consider if **Advice & Guidance** is available in your locality and might provide sufficient support. Advice & Guidance:

* Can be utilised for patients who have never been under Pain Management as well as past and current patients
* Provide ad-hoc advice around pain management, medicine optimisation and/or clinic letter queries
* Allows for a timelier interaction with specialist services
* Can advise if a formal referral for a detailed assessment is required

**When considering a referral to Pain Management**:

**DO:**

* Share the duration of the pain – acute v chronic
* Share the location and nature of the pain
* Share the outcomes of any previous investigations and/or treatments
* Share a working diagnosis if you have one
* Share information around any relevant mental health co-morbidity
* Help to manage patient expectations if these appear unrealistic
* Share patient and clinician expectations of the Pain Management referral
* Explain to the patient that you are referring for a holistic pain assessment and support with self-management of their pain

**DO NOT:**

* Refer for injections or more medication
* Refer if awaiting the outcomes of investigations or treatment
* Pre-empt what the Pain Management Team will offer the patient as this may lead to disappointment and disengagement once seen
* Consider a mental health co-morbidity as a barrier to accessing pain management

**To contact the Medicines Optimisation Team please phone 01772 504850**

**If you have any suggestions for future topics to cover in our prescribing tips, please contact** [**Nicola.schaffel@nhs.net**](mailto:Nicola.schaffel@nhs.net)

**All content accurate and correct on the date of issue of this tip.**