Chronic Pain without obvious organic pathology

Chronic pain occurring in the absence of ongoing noxious stimuli. Multimodal therapy incorporating interdisciplinary management aimed at engaging the patient in active self-management. A combination of non-pharmacological, pharmacological, psychological and/or interventional approaches is often required.

Patients may benefit from referral to the SAHLN Pain Service if –

- Uncertainty in diagnosis
- Ongoing disability and psychosocial problems despite conventional management
- Complex pain management requires multi-disciplinary assessment and management

Information Required

- Pain history – site, severity, functional disability
- Examination findings
- Relevant co-morbid health conditions
- Psychosocial background – presence of Yellow flags
- Brief Pain Inventory
- Kessler 10 (K10)

Investigations Required

- Relevant investigations

Fax Referrals to

- Repatriation General Hospital Outpatient Clinic  Fax: 8277 9476
- Flinders Medical Centre Pain Unit  Fax: 8374 1758

Red Flags

Red flags should prompt immediate GP referral to Emergency Department

- New and recent onset of symptoms with fever, unexplained weight loss or neurological signs

Suggested GP Management

- Referrals to community psychologist, physiotherapist, exercise physiologist
- Avoidance of opioid pharmacology
- Identification of co-morbid health factors and management
- See Containment Guidelines

Clinical Resources

- Pain Australia – working to prevent and manage pain.  www.painaustralia.org.au
- NPS Medicine Wise.  www.nps.org.au

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website  www.sahealth.sa.gov.au/SALHNoutpatients