

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 SALHN 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

- RACGP Vol 42, No 2. March 2013. P 98-102. Opioid use in chronic non-cancer pain Part 1. www.racgp.org.au/afp/2013/march/opioid-use-part-1/
- RACGP Vol 42, No 3. March 2013. P 102-111. Opioid use in chronic non-cancer pain Part 2. www.racgp.org.au/afp/2013/march/opioid-use-part-2/
- NSW Health, Hunter Integrated Pain Service. Practice Guidelines. www.hnehealth.nsw.gov.au/pain/health_professionals/medical_practice_guidelines
- 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

Version	Date from	Date to	Amendment
1.0	November 2014	November 2016	Original