

Greater Glasgow and Clyde Chronic Pain Management Service **Referral Criteria**

The pain management service provides multidisciplinary knowledge and skills to support people living with chronic, non-malignant pain. Chronic pain, for which there is often no cure, has a significant impact on quality of life. While we can and do optimise medical treatments, the main thrust of our approach is to inform and support people living with chronic pain to improve their quality of life. Those who adopt this supported self management approach often become more motivated and confident to manage their pain, and improve their quality of life.

Referral criteria for patients with chronic non-malignant pain

- Patient resides within GG&C Health Board* catchment area and is **18 years of age** or over.
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- Pain has been present for more than 3 months with an adverse impact on quality of life.
- Patient understands a cure may not be possible and that actively engaging in self management is more likely to improve quality of life than relying on medications alone.

It is anticipated that on referral, the patients' pain will have been investigated and that either:

- i. no cause will have been found, or
- ii. that the cause will have been identified but no specific treatment can be offered/is acceptable, or
- iii. treatments have failed to relieve the pain

If the patient requires further investigation or treatment for their painful condition, please refer to the appropriate service for completion of investigations before referring to the pain service (e.g. orthopaedics, rheumatology).

Current GG&C Chronic Pain Management guidelines should be followed prior to referral (This includes trials of appropriate medications and referral to MSK physiotherapy where appropriate).

**Patients residing in Argyle and Bute CHP catchment can be referred but may not be able to access the full GG&C service.*

***Patients aged 16 or 17 may be considered following discussion with a consultant (see below).*

Exclusion criteria

- Patients currently being actively investigated or awaiting treatment for the same condition by other specialties.
- Patients with significant pre-existing mental health or addiction problems should be considered for referral to the appropriate service prior to referral to the pain service.

Re-referral

Patients should **not be re-referred** for the same pain problem if assessment and therapeutic options have been exhausted.

Discussion with a pain service consultant prior to referral

If in any doubt, a pain service consultant will be happy to discuss your patient before referring. The easiest way to do this is by e-mail. The pain secretaries can provide individual consultant contact details if required. Case discussions can also be arranged by contacting the pain service secretaries on the numbers below. Please leave a telephone number **and a time when you will be available to take a return phone call**, as well as the patient's name and CHI number. We aim wherever possible to return calls within a week.

- Stobhill Hospital pain service: tel 0141 355 1491 / 4
- Victoria Hospital pain service: tel 0141 347 8005 / 6
- Inverclyde Royal Hospital pain service: tel 01475 504525

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