

Appendix 1 - Referral form AH-741 to chronic pain clinics

Red flags! Clinical alerts to refer the patient to the emergency room (non-exhaustive list):

- Recent severe trauma
 - Immunosuppression, chronic corticosteroid use, history of neoplasia
 - Intravenous drug use
 - Chest pain
 - Suicidal ideation
 - Acute complete functional disability (total inability to mobilise and perform activities of daily living)
 - Acute major motor deficit or suspected rapidly progressive spinal cord injury
 - Cauda equina syndrome, anaesthesia in bowel movement, urinary disorders
 - Fever, chills, unexplained weight loss, general ill health
- The risk of severe impairment may be higher before the age of 20 or after the age of 55.*

Important! List of diagnoses or activities for which a consultation in a pain clinic is not indicated or for which specialised resources exist

- Represcription of narcotics
- Substance use disorder
- Medicolegal expertise needed
- Somatoform disorder

Transmission of referral form :

For referrals to **hospital pain clinics**, please send the referral request directly to the pain clinic in the hospital in your area.

For referrals to **rehabilitation centres**, please send the referral request to the ID-ASD-PD access point in your area.

Resources for professionals:

Management algorithms at [Douleur chronique - Professionnels de la santé - MSSS \(gouv.qc.ca\)](http://www.gouv.qc.ca) (available in French only)

- ✓ Low back pain
- ✓ Neuropathic pain
- ✓ Fibromyalgia
- ✓ Complex regional pain syndrome
- ✓ Induced vestibulodynia
- ✓ Acute shingles

Other links:

- Information portal <https://www.gerermadouleur.ca/en/>
- Expert opinion and ECHO <https://ruisss.umontreal.ca/cegcd/> (UMontreal ECHO program in French only)
- ECHO CUSM <https://www.mcgill.ca/paincentre/echo>
- IMAGe Centre (CHU Ste-Justine) Safety of medicines in pregnant and breastfeeding women (French only) <https://www.chusj.org/fr/soins-services/P/Pharmacie/Centre-IMAGe/Informations-generales>
- Thromboprophylaxis and technical intervention (French only) <https://www.coagchum.ca/home>
- Quebec Pain Society <http://www.sqd.ca/>
- Treatment of opioid dependence <http://www.cran.qc.ca/> (soon to be translated into English)

Resources for patients :

- Information portal <https://www.gerermadouleur.ca/en/>
- Quebec Chronic Pain Association (AQDC) <https://douleurchronique.org/> (content in French only)
- Psychosocial crisis centres grouped by RLS -Revision in progress. Make internet search by region. There is one center per région sociosanitaire