

Referral Suggestions for Non-Pharmacologic Treatment

- Optimize your own potential impact
- Be patient-centered
- One intervention at outset--two if patient is motivated
- Find the right team and build alliances
- Seek out consulting providers who communicate well with you and the patient
- Interdisciplinary pain rehabilitation program may include
 - Physical and occupational therapy
 - Pain psychology
 - Medical pain management
 - Vocational rehabilitation
 - Biofeedback
 - Relaxation training
 - Nursing education
- Assure you provide and receive input during the referral process and ongoing basis
- Expect progress notes from the consulting provider
- Patient should “feel heard” by the consulting provider and that decision-making was collaborative
- Treatment should be no more frequent or invasive than appropriate for the condition and logistics
- Use telehealth if available and appropriate—especially for counseling and medication management discussions