

## Pain Management Unit

The Pain Management Unit is a multidisciplinary / interdisciplinary service at tertiary level providing highly streamlined and specialised assessment, interventional procedures, multi-modal pain programmes and pharmacological optimisation for chronic pain. This does not include recommendations for opioid therapy as there is little or no evidence for long term benefit. These services are available at Flinders Medical Centre (FMC) and Repatriation General Hospital (RGH). Referrals for palliative care patients are to be sent to RGH.

The multidisciplinary team consists of pain physicians, nurses, physiotherapist, psychiatrist and psychologist.\*

\* *Psychologist currently only available at RGH*

GP referral guidelines have been developed for

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| <ul style="list-style-type: none"> <li>• <a href="#">Cancer / Palliative conditions</a></li> <li>• <a href="#">Chronic pain without obvious organic pathology</a></li> <li>• <a href="#">Visceral pain</a></li> </ul> | <ul style="list-style-type: none"> <li>• <a href="#">Interventions</a></li> <li>• <a href="#">Neuropathic pain</a></li> <li>• <a href="#">Musculoskeletal pain</a></li> </ul> |
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### Services provided

- Interventional procedures
  - spinal, vascular, nerve blocks, implantable devices, drug trials
- Neuropathic pain
  - Complex Regional Pain Syndrome (CRPS), post herpetic neuralgia, peripheral neuropathy, phantom pain
  - Post surgical/trauma or treatment related (chemotherapy, radiotherapy, anti-retrovirals etc)
  - Others neuralgias : trigeminal, occipital etc
- Musculoskeletal conditions (spinal, other joints)
- Elderly with multiple comorbidities
- Visceral pain
- Chronic Pain without obvious organic pathology
- Chronic headaches (see neuropathic, musculoskeletal above +/-complex pain NOS)

### Services not provided

- Third party compensation i.e. Workcover/Allianz (except drug trials with prior approval)
- Addiction
- Validation of inappropriate opioid prescription
- Opioid prescription
- 2nd opinion or more after previous assessment by CAHLN pain services or private pain physicians
- Previous patients who have not followed management recommendations
- Previous patients who have completed Pain Service assessment and no new management approach is available.
- Ongoing review for patients with suggested [Containment Strategy](#) and Harm Minimisation

## For urgent advice contact Pain Management Unit via

Flinders Medical Centre (FMC)

Ph: (08) 8204 5350

## Triage Criteria for Referral

<b>Category 1</b> <b>Target &lt; 1 month</b> <b>Current &lt; 3 months</b>	<b>Category 2</b> <b>Target &lt; 3 months</b> <b>Current &lt; 6 months</b>	<b>Category 3</b> <b>Target &lt; 1 year</b> <b>Current &gt; 2 years</b>
<ul style="list-style-type: none"> <li>• Pain related to malignancy and palliative care *(seen within 1 week)</li> <li>• Interventions (see separate guidelines/pathway)</li> </ul>	<ul style="list-style-type: none"> <li>• Neuropathic pain</li> <li>• Elderly pain with multiple comorbidities</li> <li>• Musculoskeletal conditions (OAs,RAs, seronegative inflammatory arthropathies)</li> <li>• Visceral pain with clear pathology : Inflammatory bowel disease, recalcitrant angina</li> </ul>	<ul style="list-style-type: none"> <li>• Chronic pain without obvious organic pathology with significant psychosocial factors (Pain Education Program, MultiD assessment / discharge)</li> </ul>

General Information to assist with referrals and the Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNOutpatients](http://www.sahealth.sa.gov.au/SALHNOutpatients)

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