

Referral Indicators

SOCIAL WORK

- ◆ Provide Information, counselling, referral & linkages to community partners on:

Employment/Training
Financial
Housing
Abuse

Obtaining a new Family Physician
Coping and Caregiver Stress
Parenting
Government Programs (all levels)

- ◆ Facilitate groups and workshops
- ◆ Crisis Counselling
- ◆ Advocacy and Liaison
- ◆ Discharge Planning

Exclusionary Criteria

- ◆ WSIB advocacy
- ◆ Long term counselling and support (other than FFCP patients)

OCCUPATIONAL THERAPY

- ◆ Intake assessment of functional tolerances and impact of medications/treatments on such.
- ◆ Goal setting (activity based).
- ◆ Re-engagement in meaningful activity at home, work, community, volunteer, leisure.
- ◆ Group or individual based pacing and planning/bad day planning.
- ◆ Proper body mechanics for home management and other functional activities.
- ◆ Assessment and prescription of equipment (e.g. bath seat, personal care equipment) and adaptive aids (e.g. sock aid, writing aids).
- ◆ Wheelchair prescriptions and application for funding.
- ◆ Compensatory cognitive strategies for initiation, memory etc.
- ◆ Sleep hygiene.
- ◆ Return to work planning where appropriate.
- ◆ Discharge planning.

Exclusionary Criteria

- ◆ Return to work planning for WSIB

Referral Indicators

PHYSIOTHERAPY

- Pain neurophysiology education
- Introduction to self-management strategies including relaxation breathing, body scan, pacing activity and exercise
- Structured exercise program to improve mobility, ROM, strength, core stability, cardiovascular fitness or functional tolerance
- Coaching and/or further education regarding pacing & planning, activity resumption, exercise programming, progressive goal attainment
- Physical screening and/or treatment for issues of orthopedic/mechanical origin
- Prescription of a mobility aid/device (e.g. rollator walker, crutches, cane) to optimize mobility/ambulation, energy conservation, pain management

Groups beginning in January 2017

- Chronic Pain Management Program "LITE" (4 weeks, 2/week - Tuesday 1-4 and Friday 11-3)
 - Chair Yoga for Chronic Pain
 - Back Exercise Class
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PSYCHOLOGY

For all other Pain Clinic streams/programs, consider a referral to psychology for:

- Psychological assessment required for medical treatment (e.g., neuromodulation)
- In-patient Pain Clinic patients admitted due to pain-related issue, if psychology is required
- Psychological services are required to facilitate patient well-being from a health outcome perspective
- Psychological services are required to facilitate patient adjustment and team consultation for optimal team treatment

Note: Where possible, patients will be seen in a group format

Other patients requiring psychological services need to be referred to the community (a list of mental health providers is available in the Pain Clinic). This would include the following:

- Patients who already have a mental health provider should be redirected to their provider
- Patients whose primary psychological concerns are social or relational, and not a primary focus for their medical care
- Long-term counselling and support (other than FFCP patients)