

## 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.douleurchronique.org/professionnels) (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/cegdc/> (UMontreal ECHO program in French only)
- <https://www.mcgill.ca/ruisss/initiatives>
- 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.sgd.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 <https://www.centredecrise.ca/listecentres>