Feedback letter

Insert logo

**Referrers Details:**

Name

Contact details:

**Patient Information:**

Name:

DOB:

Dear Dr \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

(Name) and (DOB) has been attending the (insert LHD) community pain programme in ( insert language) This is a 6 week programme where (insert name) has learnt some skills in self-management. The topics covered include understanding pain, exercise, problem management strategies, and pacing. The participants have been provided with information based on the latest knowledge of pain and pain behaviours from Pain Management Research Institute and given opportunity to learn and practice practical skills in pacing, finding suitable physical activities, relaxation, and crisis management strategies. They have been led to determine their own plans to ensure the strategies are specific and relevant.

(Insert name) has reported the following: (delete or add as appropriate)

|  |  |
| --- | --- |
| Domain | Describe and or tick as appropriate |
| An increase in the amount of activity undertaken each day |  |
| An improved understanding about pain |  |
| Improvement in the ability to cope with pain using psychological strategies such as meditation and relaxation |  |
| A sense of hope that they can manage pain in the future |  |
| Participation in family activities |  |
| Relationships |  |
| Reduction in the degree to which pain bothers them |  |

The participant will require ongoing encouragement to adhere to their goals. The following links may be useful resources for pain management. [www.aci.health.nsw.gov.au/chronic-pain](http://www.aci.health.nsw.gov.au/chronic-pain)

The Agency for Clinical Innovation website has translated materials and useful tools for clinicians managing people with chronic pain. A GP management plan template can be found at

<http://www.aci.health.nsw.gov.au/chronic-pain/health-professionals/resources-for-chronic-pain>

Regards

Community Pain Management Program Coordinator

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