**Emergency Management Plan**

**Approved by:**

**Date:**

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| **NAME:**  | **MRN:**  | **DOB:**  |
| **ADDRESS:**  |
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| **CURRENT DIAGNOSES / RECORDED CLINICAL PROBLEMS** |
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| **MEDICATIONS** | **ALLERGIES** |
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| **RECOMMENDATIONS FOR ED i.e. specific instructions regarding treatment/management** |
| 1. If …………… presents to the Emergency Department, he/she should be triaged as normal and assessed (preferably by the most senior ED physician available) according to the [Flowchart](https://www.aci.health.nsw.gov.au/__data/assets/pdf_file/0003/389046/ED-Flow-chart-Chronic-Pain-November-2017.pdf) with a goal towards early discharge back to her GP for appropriate management and referral
2. Blood tests and x-rays may not be worthwhile repeating on every presentation but should be at the treating Doctor’s discretion
3. Analgesic management in the ED should include the use of …………………………, avoiding………..….…..

 He/she should be encouraged to utilise their non-pharmacological pain management strategies they have learnt which may include relaxation, mindfulness, modifying behaviour patterns (eg. planning activities and pacing more) and cognitions (like understanding what is likely to be happening when you have a flare-up). or breathing techniques.1. He/she should not be admitted based on pain intensity alone
2. On discharge, discuss with his/her GP, pain clinic and fax through ED notes and discharge summary
3. He/she should be reminded that this is a flare up in their pain and to temporarily reduce their activity levels then gradually increase them again to their usual level. A handout on flare ups may be provided ([APMA](https://www.aci.health.nsw.gov.au/__data/assets/pdf_file/0007/389014/Flare-up-plan-APMA.pdf) and [ACI PMN](https://www.aci.health.nsw.gov.au/__data/assets/pdf_file/0008/389015/Flare-Up-Plan-PMN.pdf) handouts).
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| **IF ADMITTED** |
| **………………………………………………………………………………………………………** |
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| **ANY SPECIAL AFTER HOURS INSTRUCTIONS** |
| Fax a copy of either the ED notes or the discharge summary (or both) to GP, Dr ………………… with clear instruction to make an appt in the next 48hrs |