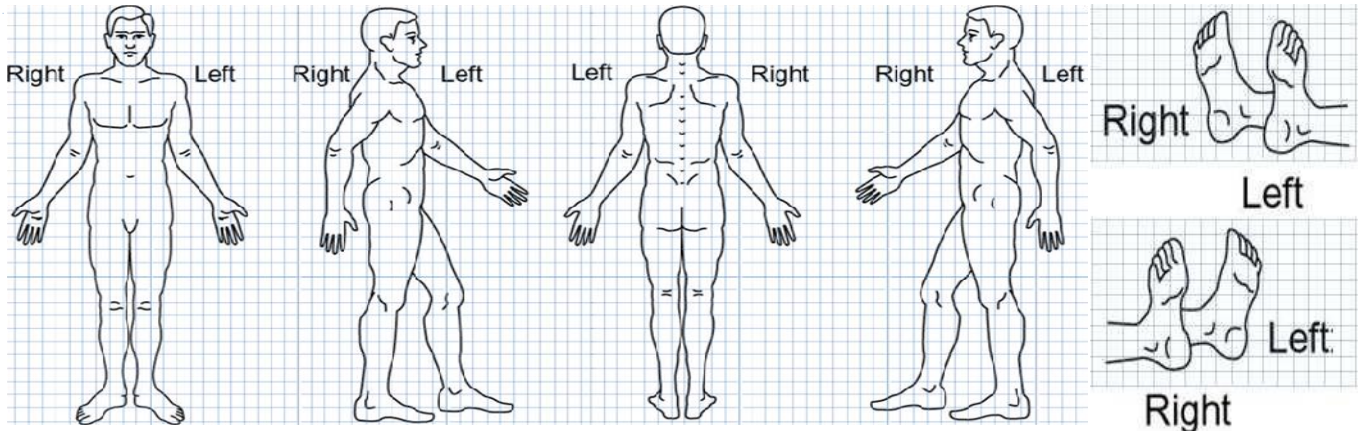


Apply stickers over panel

Apply stickers over panel

Referred by	GP	OH Clinic	Oncology	Physio Chiro	Pharm	Other : Please write	Patient First Name			Surname		
Doc's Name							Age		DOB	/ /	M	F
Tel & Fax							Medical Aid			Member Number		
Email							Private	Medico Legal		Road Accident Fund	WCA	
Provisional Diagnosis											Referral date	/ /



RIGHT	a	b	c	d	LEFT	e
1						6
2						
3						
4						
5						
6						
LEFT	f				RIGHT	g
1						6
2						
3						
4						
5						
6						
RIGHT	h	j	k	m	LEFT	n
1						6
2						
3						
4						
5						
6						
LEFT	p	q	r			
1						6
2						
3						
4						
5						
6						

Pain Duration	0 < 1 month	< 3 month	3 - 6 month	7 - 12 month	> 1 YEAR
Pain Character	Burning	Sharp Stabbing	Dull ache Throbbing	Numbness or sensitive	Tingling or electrical
Pain rating 10 = worst	1 - 2	3 - 4	5 - 6	7 - 8	9 - 10
Pain cycle	At night lying in bed	Getting out bed	Morning is worse	Afternoon is worse	All the time
Pain presents	Time to time	Side to side	Standing	Sitting	Bending
Pain meds effect	No help	Mild help	Mod help	Helps but wears off	Great help
Pain duration	< 1hr	2 - 6 hr	8 - 12 hr	Variable	All the time
Pain caused by	Nothing specific	Fell or injured	Lifting	MVA	Work related
Treatment received	GP	Physio Chiro	Neuro surgeon	Orthopedic surgeon	Alt. healer
Pain made better ✓	Weather change	Sitting	Pushing Pulling	Turning in bed	Bending forwards
Pain made worse ◀	Stimulants Alcohol or coffee	Standing	Coughing Straining	Getting out car	Bending backwards
	Heat or cold	Walking > 10M	Crouching Kneeling	Twisting Left	Twisting Right
History of	Social or financial problems	Depression or social withdrawal	Prefers passive treatment	Reduced activity levels	Fear of severe disablement
Currently has	Weight loss ill health or fever	Bladder or bowel incontinence	Gait change or saddle anesthesia	Progressive neurologic deficit	Thoracic pain or Hx Cancer

Current Medicines:

Concurrent medical problems :

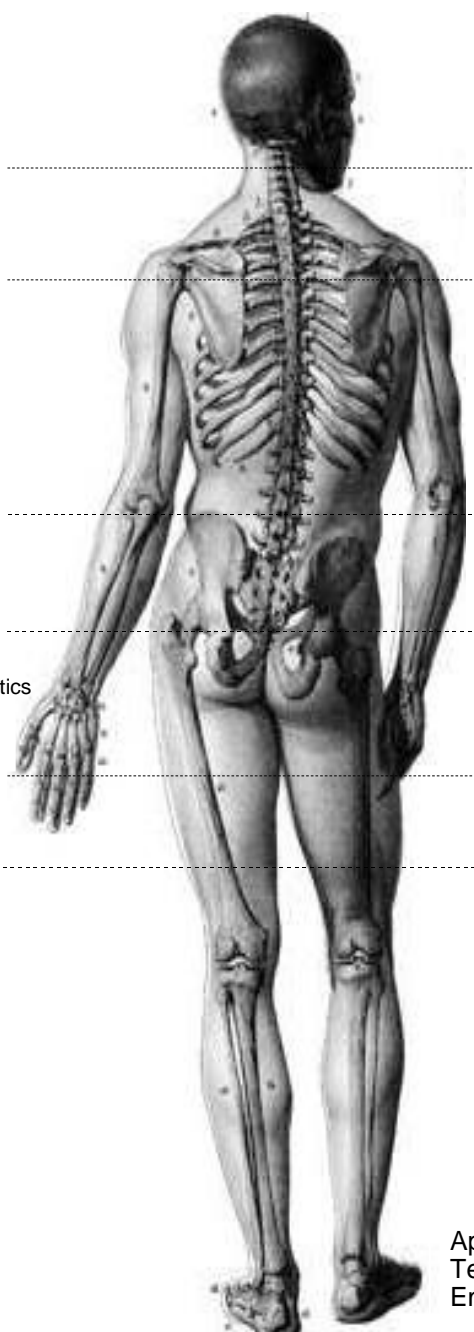
Treatment Options for Patients with Chronic Pain

- Treating the underlying cause where ever possible
- Lifestyle changes
- Physical therapy including massage, physiotherapy, Pilates, Biokinetics, chiropractic, TENS
- Psychological support, coping training, stress management
- Analgesia & adjuvant medication
- Minimally invasive, per cutaneous interventional treatment
- Open ablative surgery
- Alternative non-allopathic healers of many types

A clear and realistic expectation of possible treatment, including what it entails & risks and benefits is essential for patients to benefit from pain management. Some pain conditions are quick and easy to treat, others are complex and only partially manageable. Often medicines alone can manage the pain; in some, interventional treatment is a good option. Pain management requires a team of professional healthcare providers including doctors, nurses, physiotherapists, biokineticists, pharmacists and support staff. We strongly encourage patients to see their GP as the coordinator of care, providing community based monitoring of progress and the collation of the total medical record. We do not provide general medical services - we support and provide specialist treatment input upon referral from family doctors or specialist colleagues & physical therapists. The more comprehensive the completion of the assessment forms, the "work-up" by doctors and the referral; the better the potential satisfaction with any treatment.

Interventional Pain Treatment

DOCTORS QUALIFIED AS PAIN FELLOWS WITH FIPP'S ARE TRAINED AND INTERNATIONALLY CERTIFIED TO PERFORM THESE PROCEDURES SAFELY.

- 
- Trigeminal Ganglion RF, PRF
 - TG (V2) Maxillary Nerve Selective Blocks, PRF, RF
 - TG (V3) Maxillary Nerve Selective Blocks, PRF, RF
 - Sphenopalatine Ganglion Selective Blocks, PRF, RF
 - Glossopharyngeal & Hypoglossal Selective Blocks, PRF, RF
 - Gr. & Lesser Occipital Selective Blocks, PRF, RF
 - Brachial Plexus Selective Blocks, PRF
 - C₂₋₇ ZAJ (Facet) & Medial Br. Selective Blocks, PRF, RF
 - C₂₋₇ Dorsal Root Ganglion Selective Blocks, PRF
 - Stellate Ganglion Selective Blocks, PRF, RF, Lytics
 - Suprascapular N, GH/AC joint Selective Blocks, PRF
 - T₁₋₁₂ ZAJ (Facet) & Medial Br. Selective Blocks, PRF, RF
 - T₁₋₁₂ Dorsal Root Ganglion Selective Blocks, PRF
 - T₁₋₃ Thoracic Sympathetic Selective Blocks, PRF, RF
 - Sternum Joints Selective Blocks, PRF
 - Splanchnic Selective Blocks, PRF, RF, Lytics
 - Coeliac Plexus Selective Blocks, PRF, RF, Lytics
 - L₂₋₄ Sympathetic Selective Blocks, PRF, RF, Lytics
 - L_{1-S1} Dorsal Root Ganglion Selective Blocks, PRF
 - L_{1-S1} ZAJ (Facet) & Medial Br. Selective Blocks, PRF, RF
 - Hypogastric Symp. Plex. Selective Blocks, PRF, RF, Lytics
 - Blocks & PRF : Iliohypogastric, Ilioinguinal, Genitofem, Obturator, Cluneal, Lat Cutaneous, TAP
 - Caudal Neuroplasty / Racz Neurolysis
 - Sacro Iliac Joint Selective Blocks, PRF
 - Ganglion of Impar Selective Blocks, PRF, RF, Lytics
 - Piriformis Injection
 - Disk diagnostic and therapeutic interventions
 - Neuroplasty techniques
 - Hip, Knee, Ankle Joint Selective Blocks, PRF
 - Sciatic Nerve Selective Blocks, PRF
 - Psoas Compartment Selective Blocks, PRF
 - Femoral N Selective Blocks, PRF
 - Saphenous N Selective Blocks, PRF
 - Peroneal N Selective Blocks, PRF
 - Tibial N Selective Blocks, PRF
 - Head & Neck Oncology Related Pain
 - Headaches : Migraine, Tension, Cluster, Occipital, & Atypical Head Aches
 - Trigeminal Neuralgia, TG .Autonomic Cephalgias
 - Post Herpetic Neuralgias
 - TMJ pain
 - ZAJ (Facet) pain , Whiplash
 - Radiculopathy pain
 - Face & upper H&N Sympathetic Mediated Pain
 - Upper Limb Sympathetic Mediated Pain
 - Thoracic Outlet Neurologic Pain
 - Shoulder Pain
 - Hyperhidrosis Upper Limb
 - Chronic Regional Pain Syndrome
 - Trietz Syndrome
 - Post Herpetic Neuralgia
 - Erythromelalgia Arms
 - Back Pain 2⁰ to Spondylolysis & Spondylolisthesis
 - Post Herpetic Neuralgia
 - Upper GIT, Pancreas & Renal Pain incl. Oncology
 - Upper & Mid Gut Sympathetically Mediated Pain
 - ZAJ (Facet) Pain, Radiculopathy Pain, FBSS
 - Upper Pelvic Pain
 - Hyperhidrosis lower limbs, Reynauds, CRPS
 - Lower 2⁰ Pelvic Pain, Prostate, Gynae, Rectal
 - Piriformis Syndrome
 - Sciatica
 - Lower Limb Distribution Pain
 - Joint & Bursapain
 - Chronic Regional Pain Syndrome
 - Lower Limb Sympathetic mediated pain
 - Fibromyalgia
 - Erythromelalgia Legs

MDC Pain Centres

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