Hull and East Riding Community Chronic Pain Management Service Clinical Guidance Communication

This guidance is intended for clinicians referring into the Hull and East Riding Community Chronic Pain Management Service

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| SERVICE INCLUSION  | EXCLUSION | SIGNPOSTING FOR EXCLUSIONS  |
| * Pain experienced 3 months or more
* Aged 18 years and over.
* Registered with a Hull or East Riding GP
* Non palliative pain
 | **Please note, referrals for patients with acute onset of pain (less than 3 months) will not be accepted unless underlying pathology has been ruled out and there is a high risk of chronicity.****Exclusion criteria and options are listed within this document.** |
| Referral Options *Referral by any Healthcare Professional*Via S1-S1 formVia Electronic Referral SystemOrEmailed referral form to chcp.247111@nhs.net * Will be triaged within 5 working days and appointed for initial nurse assessment within 20 working days (4 weeks)
 | **Suspicion of sinister pathology, Cauda Equina, recent trauma with suspected fracture/dislocation, suspected joint infection/spinal infection, new onset of pain with history of suspected diagnosis metastatic disease, medically unstable patients** | Any patient with symptoms requiring urgent assessment should be directed to the local Emergency Department or Urgent Care Centre. You could also consider contacting the on-call hospital team within the relevant specialty (eg. Orthopaedics, Rheumatology, Neurology, Neurosurgery) via the advice and guidance services. |
| **Musculoskeletal (MSK) issues which meet MSK services criteria and have not already been assessed by them** | CHCP NHS Service[Home - MSK Physiotherapy Service for the East Riding](https://www.chcpmsk.org.uk/)Healthshare Hull NHS Service[Healthshare |Hull - Physio for all joint pain and muscle problems in Hull](https://healthsharehull.org.uk/) |
| **Medication requests or support with reduction of pain medication such as opioids/gabapentionoids when the patient is not willing to engage in a full holistic approach to pain management** | ReNew<https://www.changegrowlive.org/hull-renew/recovery-hub>Phone number: 01482 620013Email: earlyhelp.hull@cgl.org.ukHumber NHS Service<https://www.humber.nhs.uk/services/drug-and-alcohol-services-east-riding-partnership/>  |
| **Falls associated with fragility and poor mobility** | CHCP NHS Service <https://www.chcpcic.org.uk/chcp-services/hull-east-riding-falls-service> |
| **Chronic Fatigue Syndrome or ME where pain is not the primary presenting complaint** | Humber NHS Service <https://www.humber.nhs.uk/Services/chronic-fatigue-syndrome-service-cfs.htm> |
| **Pre or postpartum pelvic girdle pain****Other pre and postpartum issues such as Diastasis Rectus** | CHCP NHS Service[Home - MSK Physiotherapy Service for the East Riding](https://www.chcpmsk.org.uk/) For advice and guidanceWomen’s Health Physiotherapy referral needed via HUTH for Diastasis, specific pre- and post-partum issues. |