

4PCP PATIENT PASSPORT

My Name:		Date of Birth:	
Main Pain Problems:		Date Passport Started:	
Functional Goals:		Target Complete Date:	
My Chronic Pain Team	Phone Number	Electronic Address if applicable	Notes
Patient (me) starting the journey to become pain-informed.			
Pain-informed medical practitioner:			
Pain-Informed Behaviorist:			
Pain-Informed PT:			
Pain-Informed Pharmacist:			
Pain-informed Nutritionist:			
Pain-informed Other Specialist:			
Pain-informed Other Specialist:			

TEAM TREATMENT PLAN (Sample Last Page)

Date:

Program Week: / weeks

PEG:

Item	Patient	PT	Behav H	PCP
<u>Long-term goal & why it's important</u>				
Terminology: unify terms for diagnoses, beliefs, goals, etc				
Engagement: Stage of readiness for each discipline: (<i>Pre-Contemplative, Contemplative, Action</i>)				
Function: mobility, strength, endurance, pacing, coping				
Gains/Obstacles: pain beliefs, coping, sleep, anxiety, depression, med use, physical, social/work/cultural environments				
Next Step: function, drug taper, cognitive restructure (beliefs, suffering, fear-avoid; catastrophizing. pacing etc.)				
Assign Homework (4E's Enlightening Easy, Engaging, Enjoyable): focus on behavioral activation				

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SAMPLE TEAM TREATMENT PLAN

Diane is a 55-year-old heavysset woman with diabetes and nerve pain in her legs for 12 years. She teaches elementary school half-time. She takes long-acting oxycodone 20 mg 3/day for the last 5 years, and imipramine 20 mg 3/day. She walks her dog with increasing difficulty (only about 1-2 blocks) and has to skip entirely some days. She is considering quitting her job and going on disability for medical reasons due to her nerve pain. Physical therapy years ago was helpful. Behavioral health has never been offered but she is willing to see someone. Her daughter pushes her wheelchair into the clinic room. Her long-term goals are to be more comfortable and to hold her granddaughter but fear of pain stops her. PEG scores: 6, 9, 7 for a mean of 7.3.

Date: Jan 23, 2021. **Program Week:** 0/6 weeks **PEG:** 7.3 (6,9,7)

Item	Patient	PT	Behav H	PCP
<u>Long-term goal & why it's important</u>	More comfort Hold her grandchild because she feels that she has to, to be a "real grandma" Stay at work for financial reasons	Identify specific obstacles to her 3 goals for rehabilitation	Engage patient in discerning cognitive barriers to progress in the 3 goals. Rec 6-8 wk program	Optimize meds ?channel agent; reinforce team Rx, explain opioid risks & assess for substance use disorder, link meds to progress, assess diet, ?cardiac pre-eval?
<u>Terminology:</u> unify terms for diagnoses, beliefs, goals, etc		Same as PCP	Same as PCP	Emphasize: exercise makes "nerve pain" better - no harm from being active
<u>Engagement:</u> Stage of readiness for each discipline: (<i>Pre-Contemplative, Contemplative, Action</i>)		Action	Action (accepted referral and engaged)	Action for biobehavioral model Contemplative for opioid taper
<u>Function:</u> mobility, strength, endurance, pacing, coping		Ambulatory but declining; critical point in health. Much pain behavior.	Excessive passive coping strategies.	High focus on biopharmacology
<u>Gains/Obstacles:</u> pain beliefs, coping, sleep, anxiety, depression, med use, physical, social/work/cultural environments	Address Poor Sleep & weight gain	Too early in program	Too early in program; some depression; will see impact and need for meds?	Compliant for topiramate; team focus: not too many goals at once.
<u>Next Step:</u> function, drug taper, cognitive restructure (beliefs, suffering, fear-avoid; catastrophizing. pacing etc.)		Identify non-painful lower limb strengthening activities	Identify the suffering piece of her pain syndrome (eg can't hold grandchild);	Introduce channel blocker topiramate (weight reduction, pain reduction, improve sleep); dietary referral
<u>Assign Homework (4E's Enlightening Easy, Engaging, Enjoyable):</u> focus on behavioral activation	Try holding grandchild	Daily pain log while holding grandchild; daily pain log at work vs at home	Identify & log what she avoids due to fear of pain	Read: chronic pain ed. literature; benefit of exercise in neuropathy