



# VON Chronic Pain Program

Dear Health Care Provider,

We are writing to update you on the services provided by the VON Chronic Pain Program.

## All patients referred to the program receive the following:

- Chronic pain assessment, conducted by a Nurse Practitioner (NP); including pain history, mental health assessment, medication review, psychosocial history and substance and risk assessment
- Recommendations for chronic pain management – copy is sent to primary care provider (PCP)
- Invitation to mental health supports
- Follow-up with the NP is offered on a case-by-case basis depending on patient goals

## Optional Mental Health supports:

- 6 to 8 one-on-one counselling sessions; modalities include cognitive behavioural therapy, pain reprocessing therapy, dialectical behavioural therapy and acceptance & commitment therapy
- Virtual chronic pain self-management classes

## Additional services for eligible patients:

- The NP may provide **temporary** opioid prescribing to patients who require additional support for opioid tapering or opioid rotation
- Buprenorphine/Naloxone (Suboxone) may be used to either facilitate tapering or as opioid replacement therapy in appropriate individuals
- NP will communicate the plan of care prior to prescribing any opioids to ensure the PCP agrees with the plan
- **Please DO NOT stop prescribing at the date of intake. The NP will not be prescribing without an established care plan**

### Eligibility:

- Patient is experiencing complications of long-term opioid therapy and/or have failed previous attempts at tapering
- PCP agrees to resume opioid prescriptions once the patient is stable (example: tapered to lower doses or switched to alternate opioid medication)
- Patient is engaged and agrees with the plan of care

Thank you for your ongoing support and partnership.  
Please find our updated referral form attached.

Yours sincerely,

The VON Chronic Pain Program