

MINDFULNESS-BASED CHRONIC PAIN MANAGEMENT PROGRAM (MBCPM™)
REFERRAL FORM, Cobourg NHH Location March 23rd/24th and April 6th/7th 2019

www.neuronovacentre.com

Attention: Re Course facilitator: Dr. Jackie Gardner-Nix Fax number: _____
fax referral to 1-866-217-0746.

To Health Care Professional making this referral: to ensure your time making this referral is worthwhile, please complete the attached checklist before completing and faxing the referral.

Referring Physician Information

Physician Name OHIP Billing No. _____

Address

City Province _____ Postal Code _____

Phone Number Fax Number _____

Family Physician (if different from above)

Place stamp or label here

Patient Information

Name Date of Birth _____ Male Female
(MM / DD / YYYY)

Health Card VC _____ Expiry Date _____

Address Apt _____ City _____ Province _____ Postal Code _____

Home Phone # Cell Phone # Alt Phone # Email Address _____

Reason for Referral

Mindfulness-Based Chronic Pain Management Program (MBCPM™) Level 1 Alumni?

Referring Physician Signature Date Of Request _____

Mindfulness-Based Chronic Pain Management course (Dr. Jackie Gardner-Nix Facilitator) checklist before sending in Referral: Cobourg NHH Education Centre March 23/24th and April 6th/7th 2019.

The Applicant:

- Has a physician or nurse practitioner referral
- Has no active or unmanaged mental illness or addiction that might prevent appropriate participation of the applicant, or cause disruption to others, in the group
- Is not actively suicidal
- Has an adequate command of the language in which the course will be taught
- Is not too hearing-impaired to hear the facilitation and meditation guidance
- Is not too cognitively impaired to benefit from the group work
- Knows there is a commitment of 2 weekends, 9:15 to 4 pm with breaks each day, separated by a free weekend in between
- Knows there will be an expectation to practice Mindfulness and do readings from the materials at home, and is willing and able to make the commitment
- Understands there is a charge for course materials of around \$90 and that, if financially challenged, they can discuss payment options or possibly get the course book “The Mindfulness Solution to Pain” from the library
- Has transportation to get to the course and has considered potential parking charges
- Has been advised of the dates of the course (March 23rd/24th and April 6th/7th 2019) and can make them
- Has been informed about not wearing fragrances (scented products including aftershave for men), or bringing smoking smells on clothes, or pungent (spicy foods, citrus, bananas) or potentially allergic foods (peanuts), to class?
- Has been advised to inform the enrolment coordinator if they use special aids which need accommodating, such as wheelchairs and walkers
- Will give the enrolment coordinator/facilitator as much notice as possible if they need to cancel after being enrolled, and knows to look at the website: www.neuronovacentre.com to find the contact information to do so
- Knows that the course, if taught by an MD, is covered by OHIP as long as they attend.

PATIENT INFORMATION SHEET:

Welcome

Your doctor has referred you to our Mindfulness-Based Chronic Pain Management course (MBCPM™) to be held in Cobourg at Northumberland Hills Hospital over 2 weekends: March 23rd/24th and April 6th/7th 2019 with a free weekend in between. Your provincial health plan should cover the cost of the course except for a fee for materials, as your facilitator, the founder of this course that she developed at St Michael's Hospital in Toronto, is an MD.

Ways this course can help your pain, stress or depression, or other health condition include:

- Formal meditation practice, which can be as little as 10 minutes a day, increases ability to become calm and stay calm. The reduction in your brain dealing with stressed feelings, especially when a pain exacerbation is starting, improves physical pain. Stress compromises immune functioning, which we need for the body to heal, and stressful events usually trigger pain exacerbations. Mindfulness practice allows better pain control.
- Meditation practice reduces the subconscious dread and fear of pain so the sensation of pain doesn't result in as much negative brain "chatter": research shows that the part of the brain which naturally dulls pain is much more active in meditators, 24/7.
- Mindfulness practice improves insight, seeing more clearly how the pain/illness exacerbations relate to the psychosocial cues/triggers, such as dealing with difficult people. Therefore, knowing the relationship to a stressful pain-triggering event stops the worry about what the increase in pain might mean -- no, it is not your body getting worse, or something more sinister happening to you.
- Sleep can improve since mindfulness reduces rumination – recurrent negative thinking. Sleep directly supports the immune system to promote physical healing, and supports mood regulation and coping with pain.
- There is wiser, safer movement of the body when staying present with the task at hand, and therefore less clumsiness due to "not being present" resulting in careless/mindless ways of moving the body. With greater attention to the present moment, we are also better able to "pace" ourselves through an activity.
- Practice in acceptance of the way things are right now reduces anger, impatience and frustration, which reduces the frequency of pain exacerbations and causes pain medications to be more effective. It is also less fatiguing to be calmer. Genuine acceptance of limitations—in this moment-- leads to healthier boundaries and better choices regarding the activities you can pursue and, strangely--leads to better function!
- Participants are clearer in mind, experience greater motivation, and make better choices about adding other, additional pain management strategies. Nutrition, exercise and sleep improve with better self-care motivation.
- Finally, meeting with others in MBCPM™ courses creates a sense of community and belonging, and not feeling so isolated by the pain experience. This results in changing old habits for better ones more reliably, and better coping with pain.

For more information, visit our website www.neuronovacentre.com

email_team@neuronovacentre.com or phone: 416 461 4333