



MINDFULNESS-BASED CHRONIC PAIN MANAGEMENT PROGRAM (MBCPM™) REFERRAL FORM

PART A: HEALTH CARE PROFESSIONAL PRE-REFERRAL CHECKLIST

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

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 a 2.5-hour class per week for 12 or 13 weeks, or 4 days attendance spread over five days and that consistent attendance is advisable;
- 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;
- Has transportation to get to a weekly course and has considered potential parking charges;
- Has been advised of the approximate schedule (course starts two or three times a year) and location for the course, and will be contacted only when course enrolment is beginning;
- 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 check with the enrolment coordinator for their site 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; and,
- Knows that the course, if taught by an MD, is covered by OHIP as long as they attend.

Note: MD facilitators cannot bill OHIP for more than 12 participants even if there are more in the course. Conversely, if the applicant takes a spot and does not attend, causing attendees to fall below 12 per class, the MD facilitator earns less per class.



PART B: PATIENT INFORMATION

Check www.neuronovacentre.com for course locations and corresponding contact information/fax number. Select course and complete (please print):

- Attention Course Facilitator: _____ Fax number: _____
- For four-day Toronto Courses for patients in April and August, fax referral to 1.866.217.0746

Patient Name		Date of Birth (YYYY/MM/DD)		<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other
Health Card Number	Version Code	Expiry Date (YYYY/MM/DD)	Preferred site to attend course	
Address			email	
City		Province	Postal Code	
Home Phone	Cell Phone		Alternate Phone	

PART C: REFERRING PHYSICIAN INFORMATION

Please print. When complete, please (a) fax to the number indicated above and (b) provide your Patient with the Part D: *Patient Mindfulness Practice Fact Sheet*.

Physician Name			Place stamp or label here	
Address				
City	Province	Postal Code		
Phone Number	Fax Number			
OHIP Billing No.				
Family Physician (if different from above)				
Reason for Referral:				
Referring Physician Signature			Date of Request (MM/DD/YYYY)	

PART D: PATIENT MINDFULNESS PRACTICE FACT SHEET

Welcome! Your doctor has referred you to a Mindfulness-Based Chronic Pain Management course (MBCPM™).

Classes may be weekly over a 12- to 13-week period, or all-day classes over a four- to five-day period. Your provincial health plan may cover the cost of the course except for a fee for materials, if your facilitator is an MD. Otherwise costs for the course will vary.

Sessions are available in many communities, usually starting two to three times a year, and you will be part of a group at a local health facility. Some courses are conducted through telemedicine.

There may be a wait before you are contacted for enrolment if your referral was received a few months before a course is available.

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

- Formal meditation practice, which can be as little as ten minutes a day, increases ability to become calm and stay calm. The reduction in stressed feelings improves physical pain since stress compromises immune functioning, which we need for the body to heal, and stressful events usually trigger pain exacerbations. Mindfulness therefore 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 improves 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 of 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 healthy 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