

**VETERANS AND FIRST RESPONDERS
MINDFULNESS-BASED CHRONIC PAIN MANAGEMENT (MBCPM™) COURSE
REFERRAL FORM WITH DR. PAUL PRESTON AND GORD LEE (VETERAN)**

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 (your patient):

- Has a physician (MD) or nurse practitioner (NP) referral;
- Has no unmanaged mental illness, addiction, or suicidality;
- Has an adequate command of the language in which the course will be taught;
- Has adequate hearing/hearing supports to hear the facilitation and meditation guidance;
- Is cognitively able to benefit from group work;
- Understands there will be a commitment of a two-hour class, once per week, for 12 sessions, and that consistent attendance is advisable;
- If the course is online (via Zoom), has stable internet and access to a computer or tablet with audio and preferably video capabilities;
- Understands that the online classes should be conducted in a quiet location suitable to their comfort and viewed in private away from others;
- 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 \$70 +tax and that, if financially challenged, they can discuss payment options;
- Will be contacted when course enrolment is beginning;
- Will give the enrolment coordinator/facilitator as much notice as possible if they need to cancel at katharinepreston@hotmail.com. *There may be a wait list so it is important someone else is offered the spot;* and,
- Knows that the course is covered by OHIP in Ontario.

PART B: PATIENT INFORMATION

Attention Veterans and First Responders Course, Dr. Paul Preston Fax No. 705-495-1162

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)			
Address				Email	
City		Province	Postal Code		
Home Phone		Cell Phone		Alternate Phone	

PART C: REFERRING PHYSICIAN/NURSE PRACTITIONER 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](#).

Please add me to the *NeuroNova Connect Patient Courses and Professional Trainings* mailing list for updates: Yes email:

Physician/Nurse Practitioner 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:					
			Has this patient attended the Mindfulness-Based Chronic Pain Management (MBCPM™) Course: <input type="checkbox"/> Yes <input type="checkbox"/> No		
Referring Physician/Nurse Practitioner Signature			Date of Request (MM/DD/YYYY)		

PART D: PATIENT MINDFULNESS PRACTICE FACT SHEET

Welcome! Your physician or nurse practitioner has referred you to a Veterans and First Responders Mindfulness-Based Chronic Pain Management (MBCPM™) Course. Classes will be once-weekly for 12 sessions and are online via Zoom. Your Ontario provincial health plan will cover the cost of the course except for a fee for materials.

For Zoom classes, please ensure you are viewing in a comfortable and private location.

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 may 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 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 often 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; and,
- 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.

MBCPM™ course alumni support can continue with your participation in the **NeuroNova Connect Mindfulness Matters Maintenance** weekly classes available throughout the year at a nominal fee.

For more information, visit Patient Courses page at www.neuronovacentre.com