

# NEURONOVA

## MINDFULNESS-BASED CHRONIC PAIN MANAGEMENT (MBCPM™) COURSE 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.

We are currently enrolling referrals into online courses with MBCPM™-trained Facilitators who are regulated Health Care Professionals.

- Cost of an 8-week course is \$600 (including course materials valued at \$60)

There are currently too few courses in Ontario covered by OHIP at this time. Our Enrolment Coordinator will discuss financial challenges with each person referred.

#### The Applicant (your patient):

- Is agreeable to paying the course fee of \$600:  Yes  No, requires OHIP coverage if available
- 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, or has an interpreter present (e.g., family member);
- Has adequate hearing/hearing supports to hear the facilitation and meditation guidance;
- Is cognitively able to benefit from group work;
- Understands that for OHIP-covered courses in Ontario, there may be a commitment of a 2.5-hour class per week for 12 or 13 weeks;
- Understands that consistent attendance is advisable;
- Knows that if the course is online (via Zoom or Telemedicine), 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 that for OHIP-covered courses, there is a charge for course materials of around \$60 and that, if financially challenged, they can discuss payment options; and,
- Will be contacted when the referral has been received and course information is available.

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## PART B: PATIENT INFORMATION

Patients, please complete with your Health Care Professional (please print):

Patient Name		Date of Birth (YYYY/MM/DD)	
Health Card Number	Version Code	Expiry Date (YYYY/MM/DD)	<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Identifies as Other
Address		email	
City		Province	Postal Code
Home Phone	Cell Phone		Alternate Phone
Patient is agreeable to paying the course fee of \$600: <input type="checkbox"/> Yes <input type="checkbox"/> No, requires OHIP coverage if available			

## PART C: REFERRING HEALTH CARE PROFESSIONAL INFORMATION

- Please complete and fax to NeuroNova Centre at 1-866-217-0746 (please print).
- Provide your Patient with the Part D: [Patient Mindfulness Practice Fact Sheet](#).
- Yes, add me to the *NeuroNova Connect* mailing list for updates: email: \_\_\_\_\_

Health Care Professional's 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 or other mindfulness or meditation course: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Referring Health Care Practitioner Signature (or stamp)		Date of Request (MM/DD/YYYY)	



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## PART D: PATIENT MINDFULNESS PRACTICE FACT SHEET

Welcome! Your health care professional has referred you to a Mindfulness-Based Chronic Pain Management (MBCPM™) Course. Classes may be weekly over an 8-week or 12- to 13-week period, online via Zoom or telemedicine. Please ensure you are viewing in a comfortable and private location.

Your Ontario OHIP plan may cover the cost of the course (except for a fee for materials), if your facilitator is an MD or on staff at a health facility.

Otherwise, the cost of an 8-week course is \$600 (including course materials valued at \$60)

Please note that there may be a wait before you are contacted for enrolment if your referral was received a few months before a course is available. Thank you for your patience.

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. NNC community support and formal practice continues with your participation in our **NeuroNova Connect Mindfulness Matters** weekly maintenance available throughout the year, exclusive to NNC alumni at a nominal fee.

For more information, visit our website at [www.neuronovacentre.com](http://www.neuronovacentre.com)