

ScreenITdx - Pain Disorders

Patient Treatment Plan

Myofascial Pain (Chronic Myofascial Pain Disorder)

Myofascial pain is generally recognized as a painful musculoskeletal condition. The disorder is characterized by the development of Myofascial trigger points that are active or over-active and refer pain throughout the body associated with the following.

Painful vs. tender trigger points, localized vs. diffuse pain and a lack of resolution from treatment of these symptoms are also associated with this disorder.

1. Specialized treatment, including an evaluation by a mental health provider trained in treating this disorder.
2. Arrange for a consultation with a mental health provider.
3. Discuss the treatment plan with the pain specialist or a mental health provider, primary care physician or a psychiatrist who specializes in **psychotherapy** and pain management. Psychotherapy is most important in order to counsel the patient regarding the following corrective measures focused on health habits (reasonable exercise, nutrition, physical health, emotional health and spiritual health) and medication.
4. Discuss ways that you can focus less on pain and illness and more on healthy functioning. Identify your immediate needs and use alternative coping strategies, incorporating alternative corrective measures such as exercise, nutrition, etc.
5. Be compliant with your mental health provider's treatment plan and complete therapy homework assignments.
6. Consult your primary care physician or a psychiatrist who specializes in **psychotherapy** and pain management about medication for the mental health diagnosis, e.g., anxiety, depression, personality disorders, etc.
7. Maintain your therapeutic relationship with the mental health provider.

Use the following procedures as needed or prescribed by your physician.

1. Proceed with routine medical intervention and obtain consultations as needed. Ask to be included in the consultation (when appropriate) and ask questions and get answers. This is especially important when you need reassurance or the impairment is affecting your social relationships, family or other aspects associated with daily living.
2. Social Functioning - Maintain your relationships and previous level of social functioning, only if it reinforces positive and healthy functioning. Talk with family members (when appropriate) in order to assess your support system and maintain healthy peer relationships.
3. Job Functioning - In light of the medical test results, physician's documented recommendations, physical therapy reports, etc., assess whether you can work full-time, part-time or you have adequately transitioned to working around the house with positive outcomes.
4. Family functioning - Adequate levels of functioning are defined by the following: you are able to participate in family time, interpersonal communication is not impaired or significantly

strained, there are few changes in your behavior (irritability has not increased, and you are not more withdrawn, etc.). Talk with your family members and instruct them to not over-indulge, over-protect or inappropriately reinforce the pain associated with your illness or injury. Get family therapy.

5. Attend hospital support groups when available, i.e., a support group associated with your specific type of pain or illness. Join specific support groups related to pain management.
6. Preserve and enhance your independence and positive self-view. Recognize your needs and communicate them to other individuals. Re-invent your role and general functioning in life following the pain associated with your injury or illness.
7. Explore alternative interventions and positive coping strategies. Get a consultation with a mental health provider if significant changes or impairment occur in this area.

All diagnoses require additional diagnostic and treatment data. As the treating professional you should obtain this information from a variety of sources, including the ICD, DSM, PDR, patient histories, medical records, and interviews. This information should always be used in conjunction with the **ScreenTdx** applications.

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Version: 1.1.83 (2004/09/29a) Generated On: 2004/09/29 22:12:44
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