

ScreenITdx - Pain Disorders

Physician Treatment Plan

Organic Pain Disorders

Organic Pain is defined as acute (brief duration) or chronic pain (enduring pain) that has a medical origin and is defined by a comprehensive examination using objective assessments, resulting in a medical diagnosis of a disorder and not a clinical syndrome.

Red Flag Disorders Associated with Pain

Somatoform, Addictive, and Personality Disorders.

Get a Mental Health Consultation [see Provider Referral located in the Printable Documents section for the ScreenITdx (TM) Pain tool].

General RX for Treatment of the Pain Patient in a Primary Practice.

1. Following your examination of the patient, discuss the various treatment options with the patient and a significant family member (see chart documentation/plan).
2. **A consultation is recommended:** Report any emerging emotional symptoms (i.e., mood and/or behavior disturbance) to a mental health provider specializing in pain management or co-morbid conditions such as depression and pain (see printable documents).
3. Have the patient examined by a pain psychologist or pain psychiatrist for a comprehensive diagnosis based on the current screening. When the current screening result **does not include** either, No Pain Diagnosis or Organic Pain, get a mental health consultation. ScreenITdx (TM) guides the primary care physician in treating mental health disorders commonly associated with pain in their patients.
4. Develop an initial treatment plan with the patient, the patient's family, a specialist, and/or a pain psychologist, psychiatrist or another mental health provider, should any psychological symptoms occur. These professionals must specialize in pain management, physical rehabilitation, or mental health diagnoses associated with pain.
5. Evaluate the need for psychotropic medication following implementation of a multi-modal treatment plan using systemic corrective measures, behavioral therapy, talk and Cognitive Behavioral Therapy as needed. Psychotherapy and psychotropic treatment together can resolve most mood and/or behavior disturbances.
6. Implement a formal **Treatment Assessment** as needed.

Brief Diagnostic RX for Physicians

1. Examine the patient and rule out any other organic and/or mental health problems, e.g., metabolic, familial, etc.
2. If a co-morbid mental health disorder is present, refer the patient to a pain psychologist, pain psychiatrist or another mental health provider specializing in pain management or physical rehabilitation.
3. Obtain an appropriate mental health diagnosis from the provider.

4. Consult with a specialist to determine if medication is appropriate after reviewing the evaluation from the pain specialist, i.e., pain psychologist, pain clinic, pain psychiatrist, etc.
5. Encourage the patient to be diligent in following through with the pain specialist and/or a mental health provider's treatment plan including family or marital therapy.

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 **ScreenITdx** applications.

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