

TEXAS PAIN & SPINE INSTITUTE

Pain is Inevitable...Suffering is Optional.

Medication Management Evaluation:

- Texas Pain and Spine has a policy that any new or existing patient must meet with psychologist prior to, or shortly following their first appointment with their pain management provider.
- Prior to prescribing and opioid pain medication, the providers want to be sure that there are no pre-existing severe mental health issues that some opioid pain medications have been know to intensify.
- The providers also want to be sure that they are not prescribing opioid pain medications to any patient currently struggling with suicidal ideation.
- Lastly, the providers want to be sure that there are no significant issues with substance abuse. Opioid medication when combined with other substances can sometimes lead to an accidental overdose.
- All of these scenarios will be discussed with you in detail during your psychological evaluation.

Spinal Cord Stimulator Psychological Evaluation:

- This is a routine procedure frequently ordered by a provider and required by most forms of health insurance prior to surgery.
- The SCSPE does not indicate that the provider is disbelieving of the patient's pain. Rather, SCSPE is used as a diagnostic test by the provider to develop the best overall treatment plan for the patient.
- Spine pain is a condition that can create many problems- emotional, financial, marital, etc. The SCSPE offers an opportunity to identify these.
- The SCSPE involves two components, a clinical interview and psychological testing.
- The Interview and Testing (if completed on the same day) can take at least up to 1.5 hours. Typically between one and three meetings are needed to complete this evaluation. You might be asked to return for a feedback session in which results are reviewed with you.
- Please make arrangement for someone to care for your child during the clinical interview and psychological administration.
- Additionally, unless special circumstances are present, please ask family members to wait for you in the waiting room during your SCSPE. If you are not comfortable with this please ask if your family member may accompany you.

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If you are being referred for Pain Management Psychotherapy, please read the information below:

- Referral to a mental health practitioner does not indicate that your doctor thinks you pain is imagined
- Chronic pain can negatively impact many areas of your life including relationships, emotional, and financial. These issues can sometimes lead to feelings of depression and anxiety which can increase preexisting pain.
- Referral to a mental health practitioner can help identify ways that you cope with pain and improve upon these if necessary.
- Changing the way you approach stressors in your life will help decrease your pain.
- The initial consultation with your therapist will take 1.5 hours
- Additionally, unless special circumstances are present, please ask family members to wait for you in the waiting room during your visit and any follow up therapy sessions.

Authorization for Services:

My signature below indicates that I have read and understood this treatment information and consent form. By signing this form, I freely acknowledge my willingness to participate in psychological services facilitated by Texas Pain and Spin.

Signature:

Date:

Print Name: