

Recommendation #1: Patient self report is the “most reliable indicator of the existence and intensity of pain” (National Institutes of Health) and is a key component of chronic pain assessment. Tools to assess chronic pain should:

- Identify significant areas of impairment or disability
- Establish specific functional outcome goals within a care plan
- Measure the effectiveness of the care plan or treatment interventions
- Source: http://www.guidelines.gov/summary/summary.aspx?doc_id=12998
- Strength of evidence: C,R (C = Non-randomized trial with concurrent or historical controls, case-control study, study of sensitivity and specificity of a diagnostic test, population-based descriptive study; R: Consensus statement, consensus report, narrative review.)

Recommendation #2: Chronic pain is frequently associated with psychological problems and even co-morbid psychiatric diagnoses. If psychological difficulties or psychiatric co-morbidities are found, the patient’s treatment plan should include specific steps to address them.

- Source: http://www.guidelines.gov/summary/summary.aspx?doc_id=12998
- Strength of evidence: C,D,R (C = Non-randomized trial with concurrent or historical controls, case-control study, study of sensitivity and specificity of a diagnostic test, population-based descriptive study; D: Cross-sectional study, case series, case report; R: Consensus statement, consensus report, narrative review.)

Recommendation #3: A patient-centered, multi-factorial, comprehensive care plan is necessary, one that includes addressing biopsychosocial factors. It is important to have a multidisciplinary team approach coordinated by the primary care physician.

- Source: http://www.guidelines.gov/summary/summary.aspx?doc_id=12998
- Strength of evidence: C,M,R (C = Non-randomized trial with concurrent or historical controls, case-control study, study of sensitivity and specificity of a diagnostic test, population-based descriptive study; M: Meta-analysis, systematic review, decision analysis, cost-effectiveness analysis; R: Consensus statement, consensus report, narrative review.)