



## DOCUMENTS AND RECORDS NEEDED TO OBTAIN LOCAL PAIN CARE

### 2<sup>nd</sup> of 3-part Series

Americans have been trained and oriented to believe when making an appointment with a medical provider they will walk in, discuss their health issues, and receive good care. These days are long gone if you need care for a painful disease. Due to the widespread abuse of the very drugs most needed for severe pain (opioids, benzodiazepines, and stimulants), one must now have a set of documented records that justify the necessity for such medications in their personal possession to hand deliver to each medical provider. Do not expect to receive proper care, if any, without a personal set of the necessary documents and records. This applies to veterans and VA hospitals as well. Make copies so you always have the original set of records.

### FORMAT

Your personal documents and records need to be neatly organized in a 3-ring binder, or file folder. Label each section with dividers and include test results, physicians' notes, MRI's, etc., with corresponding dates.

### NECESSARY HAND-CARRY RECORDS

#### 1. Identification and records

- a. Photo
- b. Local address
- c. Driver License
- d. Proof of insurance

#### 2. Pharmacy or medical supply

Name, address, phone and fax number, e-mail of each pharmacy you use. Make sure that pharmacy will fill your prescriptions.

#### 3. Documentation of primary cause of pain diagnosis

- a. Medical record stating diagnosis
- b. X-ray or MRI disc and reports
- c. Laboratory test
- d. Disability Documentation (if applicable)

#### 4. Prior Care

Chronological records of previous care, including list of specialists seen even if they didn't find anything.

#### 5. List of all symptomatic pain medications you are currently taking, complete with dosage instructions and prescribing physician. Include non-prescription drugs and supplements.

#### 6. Materials on causative disease

Obtain written materials on your causative disease and attach to your records. Examples: Arachnoiditis, RSD/CRPS, connective tissue/collagen disorder (EDS), spinal canal disorder, Autoimmune disorder, central pain disorder (stroke, trauma), pancreatitis, neuropathy (specific type), interstitial cystitis, sickle cell, etc.

### ADDITIONAL

Find out your state's regulations regarding controlled drugs prior to seeking health care. Do not ask physicians, nurse practitioners, or pharmacists to prescribe outside their regulatory restrictions.

*Published as a public service by the*

*Intractable Pain Syndrome Research & Education Project of the Tennant Foundation*

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