



Accurate Clinic

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Family as Part of the Pain Management Team

As part of our pain management, we like to include the perspective of our patient's close family members as to how well we are succeeding at improving the quality of our patient's lives. We measure our degree of success in pain management by assessing the improvement in our patient's quality of life by looking at the way in which the patient's activities of daily living are improved. When it comes to the domestic and social activities of daily living, we find that close family members or designated others can often provide unique perspectives on how pain impacts the patient's life that can improve our understanding of our patients.

We ask a limited number of questions directed at assessing the ways in which pain compromises our patient's activities and how our pain management improves those activities. We also ask about medication side effects that may be observed by the family member. Family members sometimes identify side effects such as impaired memory that the patient may not even be aware of themselves. We also ask whether the family member has any concerns about the patient's alcohol use while they are taking pain medications since this is an area of particular importance in pain management.

Another goal in contacting close family members is to provide them an opportunity to be included as part of our team to help us help you, the patient. We want close family members to feel included in the process of improving our patient care and to feel that their perspective is valuable to us. Since we often do not have direct contact with our patient's family, we do not have the opportunity to educate them regarding chronic opioid pain management. Given the current climate of fear and misconception regarding chronic opioid pain management, we feel it is important to reach out to family and provide them the opportunity to express any concerns or questions they may have regarding our pain management at Accurate Clinic.

It is not our intent to be invasive into your personal lives and relationships, nor is it our intent to make you feel like we are "checking up" on you. We simply hope to improve our understanding of how well we are impacting your pain and provide an opportunity to include family and/or those designated by you in the process. The calls will be made infrequently, 2-3 times/year in most cases. We ask that our patients inform their family **before** we make the calls to get their permission for participation and to reassure the family member as to the purpose of the call.

Including the family or others is not required as part of your care at Accurate Clinic, particularly if you or your family do not wish to participate. We believe it to be a "win-win-win" situation for all concerned but it is not for everybody. We require your written consent to proceed with the process. If you would like to participate, please provide us with names and contact phone numbers along with convenient times to make the calls and please inform these individuals as to our purpose and goals of making the calls before we make the phone. Thank you for your participation.