

Referring Spinal Pain Patients for Cognitive Functional Therapy in Cornwall

Understand • Change • Recover

Transform Health delivers an NHS-commissioned service across Cornwall, providing excellent, long-lasting outcomes and reduced waiting lists for spinal pain.

Transform Health manages patients historically referred to secondary care due to ongoing symptoms and, following our interaction, patients report excellent levels of long-term recovery and no longer require input.

We are a commissioned NHS provider for the Cornwall and Isles of Scilly Integrated Care Board.

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HCPC reg • MCSP

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NHS In partnership with the NHS
and serving private patients

Who to Refer

- Patients with low back pain, plus or minus leg pain, at any stage in their presentation – acute, chronic, repeated consultation or post-surgery.
- Unresponsive to previous interventions
- 18 years of age or older.

Who Not to Refer

- Red flags
- Chronic widespread pain/ Fibromyalgia as primary presentation
- Cervical, thoracic or upper limb symptoms as a primary presentation

You can refer to us via e-Rs - **“Cognitive Functional Therapy Review Service – 11N”**.

Outcome Measures

The outcome measures allow risk stratification pre-treatment, as recommended in the NICE Guidelines for the assessment of low back pain and sciatica. We use:

- The Örebro Musculoskeletal Pain Screening Questionnaire (ÖMPSQ),
- The Oswestry Disability Index (ODI)
- The EQ-5D-5L
- Patient satisfaction report

About Cognitive Functional Therapy

CFT is a psychologically informed functional rehabilitation approach where the patient participates in the work to improve their symptoms, with our coaching.

CFT is not a psychological therapy, but addresses a person's thoughts, ideas, beliefs, feelings and behaviours to identify what is driving the symptoms. It is a combined physical and psychological approach consistent with the recommendations of:

- NICE Guidelines for non-invasive treatments for low back pain and sciatica
- The Getting It Right First Time (GIRFT) report, Spinal Services, p.25

The CFT approach can deliver positive outcomes for the majority of people referred to the spinal interface. This can avoid the need for secondary care investigation, MRI scanning, injections or surgery.

To avoid long waiting times and help to deliver the evidence-based care most appropriate for these patients, please refer as below.

Referral to the CFT Service

- Referrals are made via the e-Rs to **“Cognitive Functional Therapy Review Service – 11N”**.
- A GP, First Contact Practitioner, Specialist Physiotherapist or Nurse Specialist may refer.
- Any queries please ring Transform Health on **01872 229849**, or email **enquiries@transformhealth.info**