

BHP Bluegrass Health Psychology, Inc.

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Pre-Surgical Pain Pump & Stimulator Psychological Evaluation Bluegrass Health Psychology Patient Information Sheet

So you've been referred for a psychological evaluation...

Bluegrass health psychology is a practice made up of psychologists that specialize in treating medical patients. We do not focus on traditional mental health, which is what most people think of when talking about psychology. Our focus is the patient's medical condition and how it is affecting their life.

You have been referred because you are being considered for an implantable pain device, such as a stimulator or a pain pump. Do not think that your physician thinks your pain is not real because you were referred to our clinic. In our experience, most every pain patient has a real reason to experience pain. But in order to experience pain, all signals must pass through the brain. Anything affecting the brain (such as anger or stress) could affect the pain perception. Also most insurance require a psychological evaluation before having an implantable pain device.

What to expect with your evaluation:

You will meet with one of our doctors and discuss your pain, how it is affecting your life, and your expectations with the stimulator or pump. You will also be given a series of psychological tests. One set of tests may be mailed to you before your appointment. It will address your pain and your reaction to the pain. The next tests you will need to complete at our office as part of your evaluation. One test is a general psychological evaluation which will ask you a variety of questions about yourself. It is our version of an MRI as we are checking for many different things. Many questions may not apply to you but just answer them the best you can. The other test will see how you respond to your medical condition. **The entire pain evaluation can last from 2-4 hours and you will need to bring your glasses if you need them to read.**

After your complete evaluation, the psychologist will determine if you should have the pump or stimulator immediately or if you need to have some areas addressed before trial or implantation in order to maximize your success. Your psychologist will answer any questions you have about the evaluation.

Your psychologist will also be available for psychological treatment of your pain after the implantation if needed.