See 2ww proformas for

**RED FLAGS**

* Brain/CNS
* Head and Neck
* Lung Cancer
* Sarcoma (Bone and Soft Tissue)
* Upper GI

For Back Pain

Consider fracture in major trauma or in minor trauma in elderly or osteoporotic

Consider tumour if bone pain and

* age>50y, <20y
* history of cancer
* fever, chills, weight loss, malaise
* pain worse at night or when supine
* immunosuppression

Consider cauda equina if

* severe sudden or progressive sensory alteration or weakness in limbs and or saddle area
* loss of sensation and function in bladder and bowel
* **If cauda equine suspected, refer via RCHT ED Cauda Equina Pathway**

**YELLOW FLAGS**

Yellow flags relate to the patient’s

* Attitudes and beliefs
* Emotions including anxiety, depression, frustration, anger, fear
* Behaviours including avoidance, non-compliance, goal-setting, social withdrawal
* Family and workplace influences including support, dependence, reward, sick roles, loss of income

For example, key factors in low back pain are

* The belief that pain is harmful or severely disabling (note: exercises that cause radicular pain should be avoided)
* Fear-avoidance behaviour (avoiding activity because of the fear of pain)
* Low mood and social withdrawal
* Expectation that passive treatment rather than active participation will help.
* The belief that one day all the pain will be gone- only 5% of chronic pain suffers are pain free after 5 years
* Pain therapy is about “turning down the volume” of pain, adapting to pain, accepting some pain may remain, and learning about pacing