Get up and go: Persistent Pediatric Pain Service

What is persistent pain and how can we help?
Persistent pain (lasting longer than three months) takes a team to successfully treat it. As Canada’s first inpatient multidisciplinary pediatric pain service, we are committed to working together with you and your family to create a plan that is right for you.

Your team includes a:
• pediatrician
• nurse practitioner
• child & adolescent psychiatrist
• psychologist
• dietician
• pharmacist
• physiotherapist
• social worker
• occupational therapist
• occupational and physical therapy assistant
• nurse(s)
• therapeutic recreation specialist
• teacher

Who we see:
Youth aged 12-18 whose life has been affected by pain including:
• Missing school on a regular basis
• Withdrawing from friends, social activities and other interests
• Reduced physical function and participation
• Experiencing increased stress and or symptoms of anxiety

What to expect:
You will work with a dedicated and experienced team providing an intensive four week rehabilitation program that includes:
• two weeks inpatient stay
• two weeks day program (you are responsible for travel to and from the facility)
• school, individual and group sessions (see sample schedule)
• Physical, psychological and pharmacological approaches will be used to help you to achieve your goals. Your commitment in this partnership is essential to your success.

What not to expect:
• More medical testing for the cause of your pain
• Discussion on what causes your pain
• Family sleeping at bedside
• Pain going away by the end of the program

Goals: By the end of the program you will...
• Increase your self-confidence
• Increase your ability to cope and manage stress
• Increase your independence and physical activity
• Participate in school and recreation

We look forward to working with you and your family!
Expectations/Guidelines

All participants are expected to:

- be in bed with lights out by 10:00 p.m. each evening and to wake by 7:00 a.m. each morning to ensure proper sleep.
- eat three meals daily and follow the recommended fluid intake
- be active outside of their rooms between 8:00 a.m. – 8:00 p.m. daily
- complete homework assigned in therapy
- complete school homework as assigned during daytime school hours
- put away electronic devices (cell phones, tablets, laptops etc.) during therapy hours and after 9:00 p.m.
- texting/phone calls or any other form of communication are permitted at lunch, between 4-6 pm and 8-9pm.

All parents/guardians are expected to:

- participate in the parent education group twice a week and attend all other meetings as scheduled, including weekly family therapy session.
- participate with their child, hospital team and staff from the child’s school in a meeting to assist in the return to school and to promote success in the school setting
- visit during 4 to 6pm. No other unscheduled contact is permitted.

I have read and understand the above expectations/guidelines and I agree to follow them.

____________________________________________________  ______________________
Participant Date

____________________________________________________  ______________________
Parent/Guardian Date

____________________________________________________  ______________________
Witness Date

We look forward to working with you and your family!