

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!



Holland Bloorview Kids Rehabilitation Hospital

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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

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