

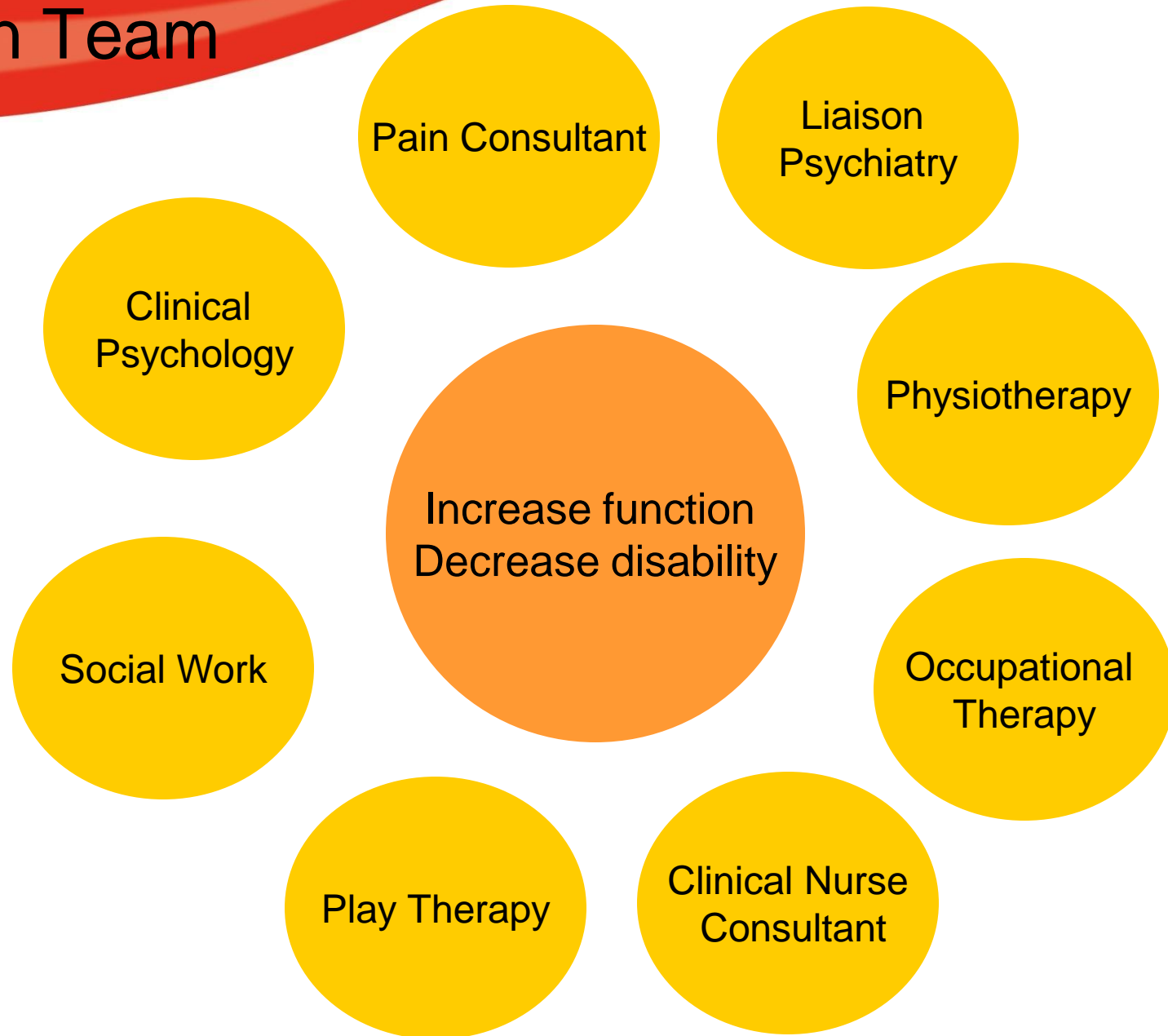
SYDNEY CHILDREN'S HOSPITAL

Chronic Pain Team: Our Rehabilitation Model of Management

So tell me, what is
your pain on a scale
of 1 - 10?



Multidisciplinary Pain Team



Functional Aims of SCH Chronic Pain Clinic

- ❖ Promotion of physical strength, flexibility and endurance, decrease disability and hyper-sensitivity, enable full engagement in all activities of daily life.
- ❖ Develop skills and strategies needed to manage the expected psychological distress (such as anxiety, fear, avoidance and sadness) that are often co-morbid with chronic pain conditions.
- ❖ A return to full time schooling, increasing peer socialisation and participation in extra-curricular activities
- ❖ Return to previous or an optimal level of daily physical, social and emotional functioning.

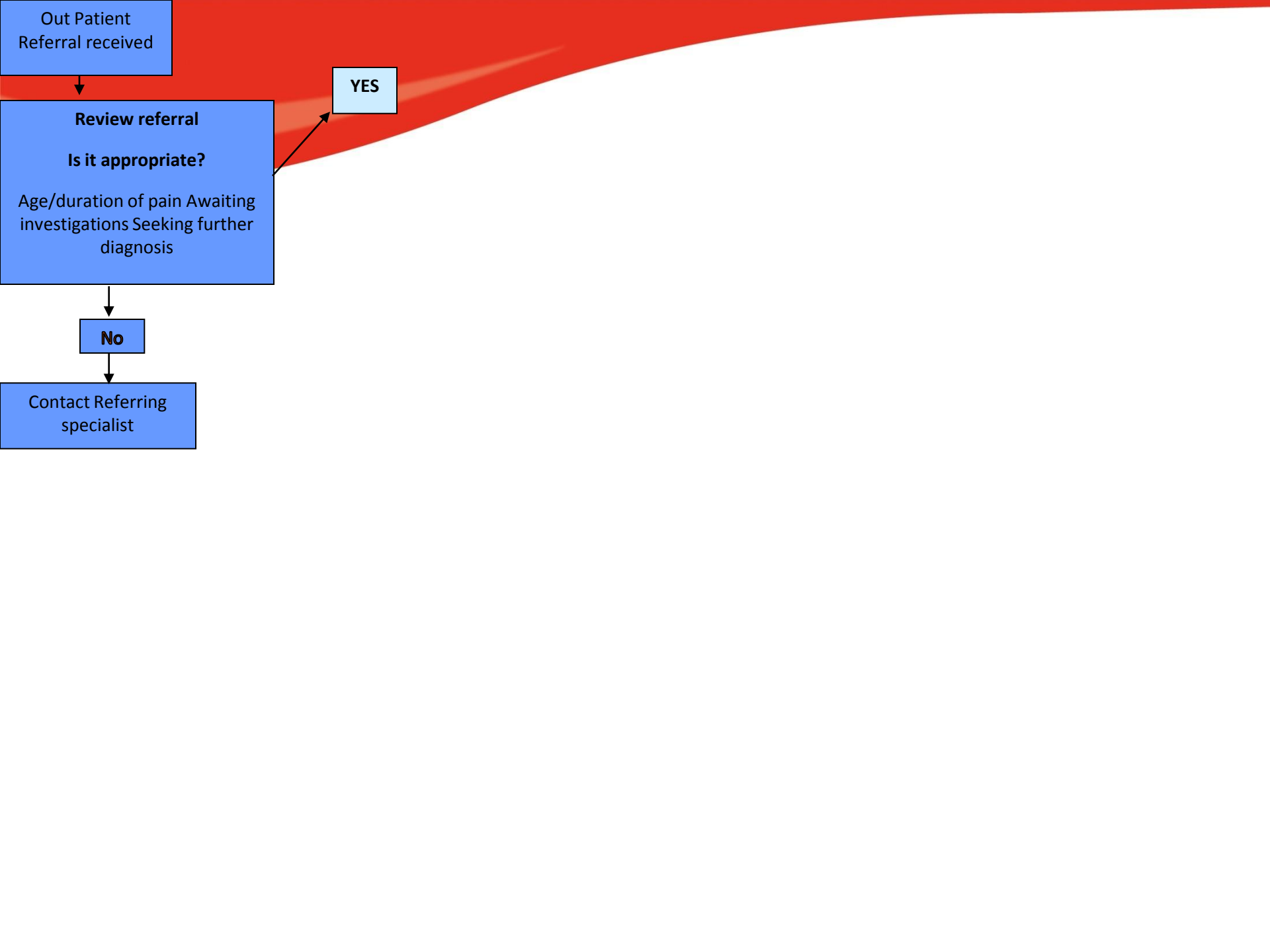
Out Patient
Referral received

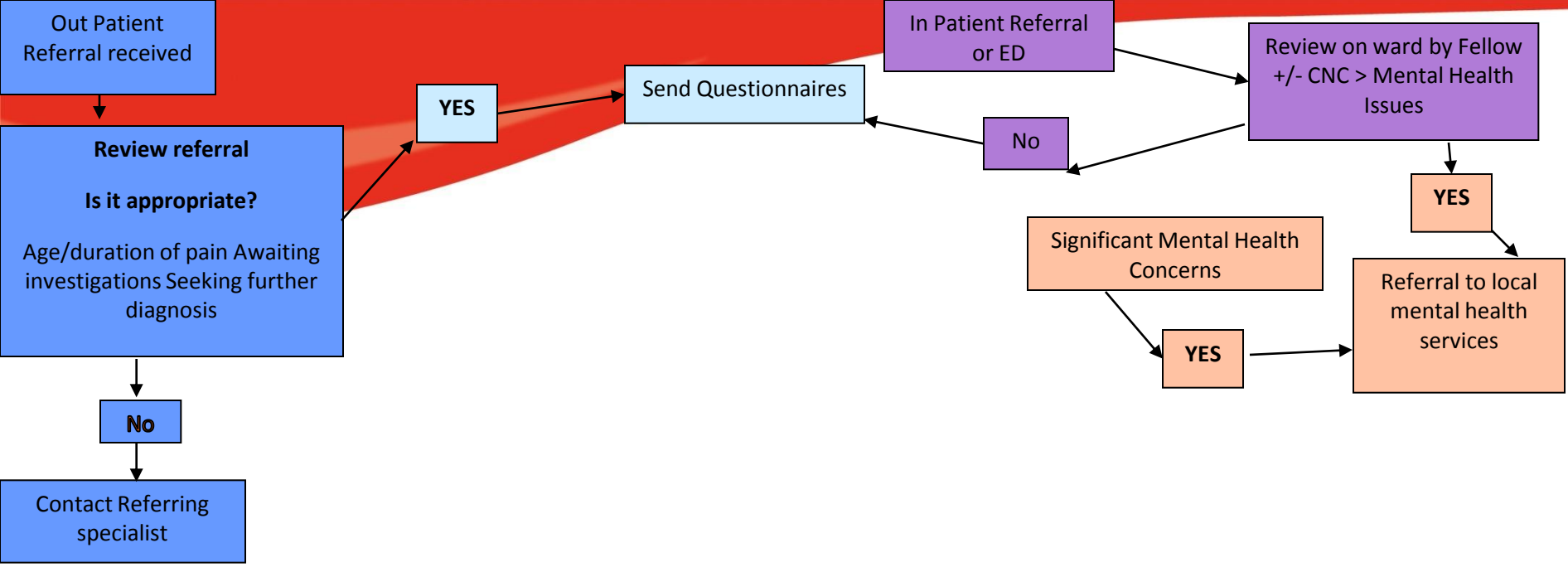
Review referral
Is it appropriate?
Age/duration of pain Awaiting
investigations Seeking further
diagnosis

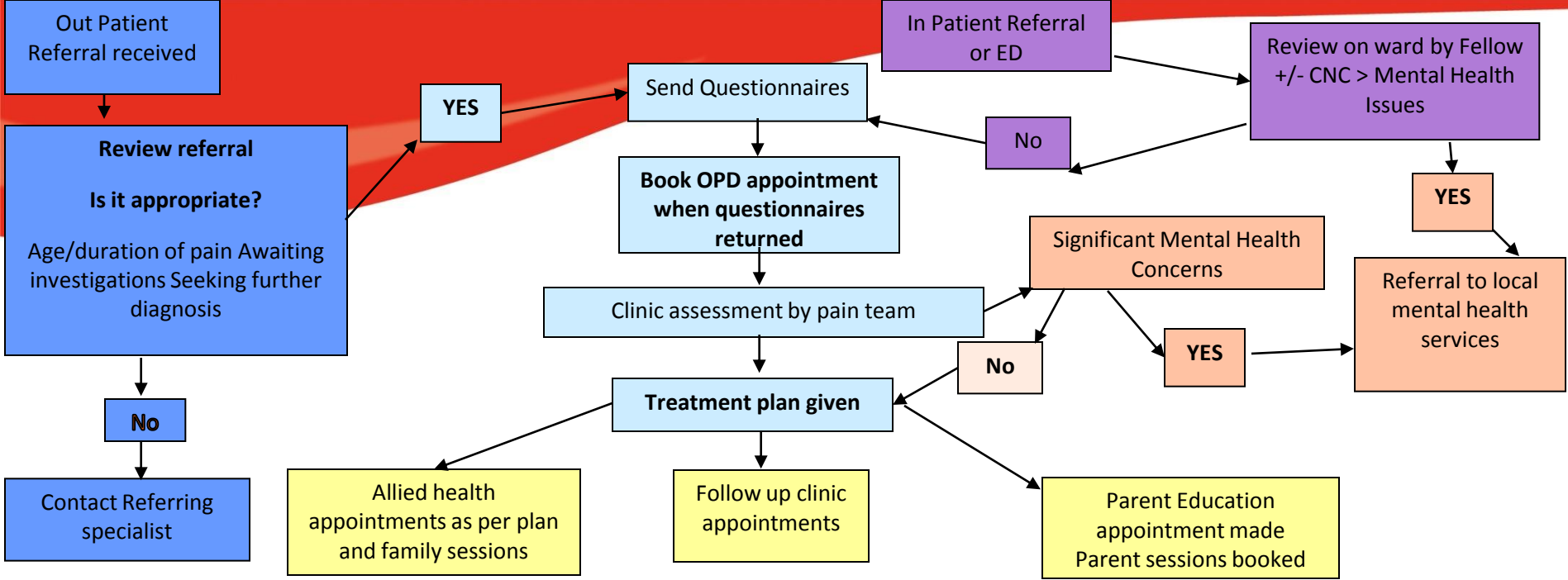
YES

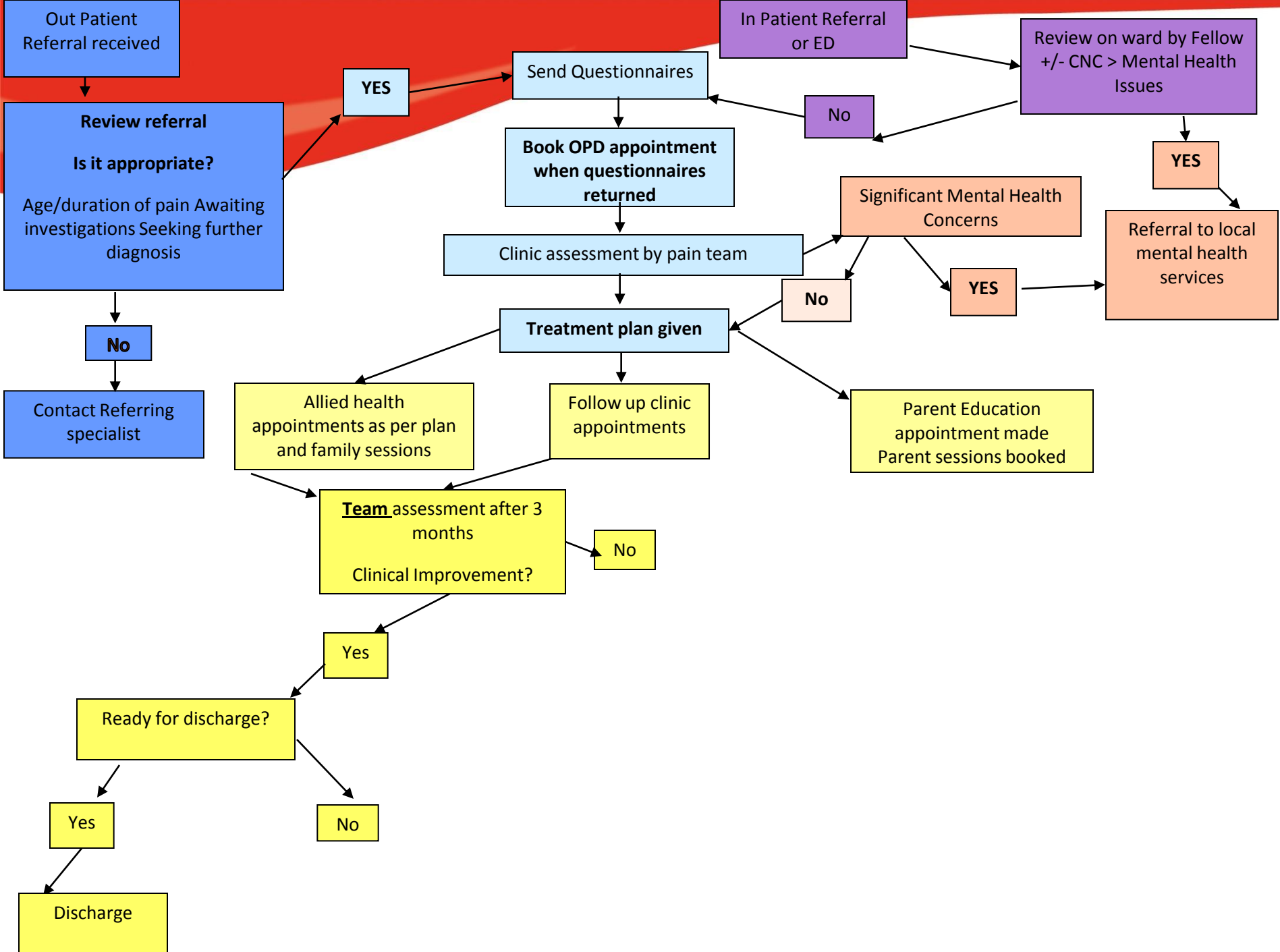
No

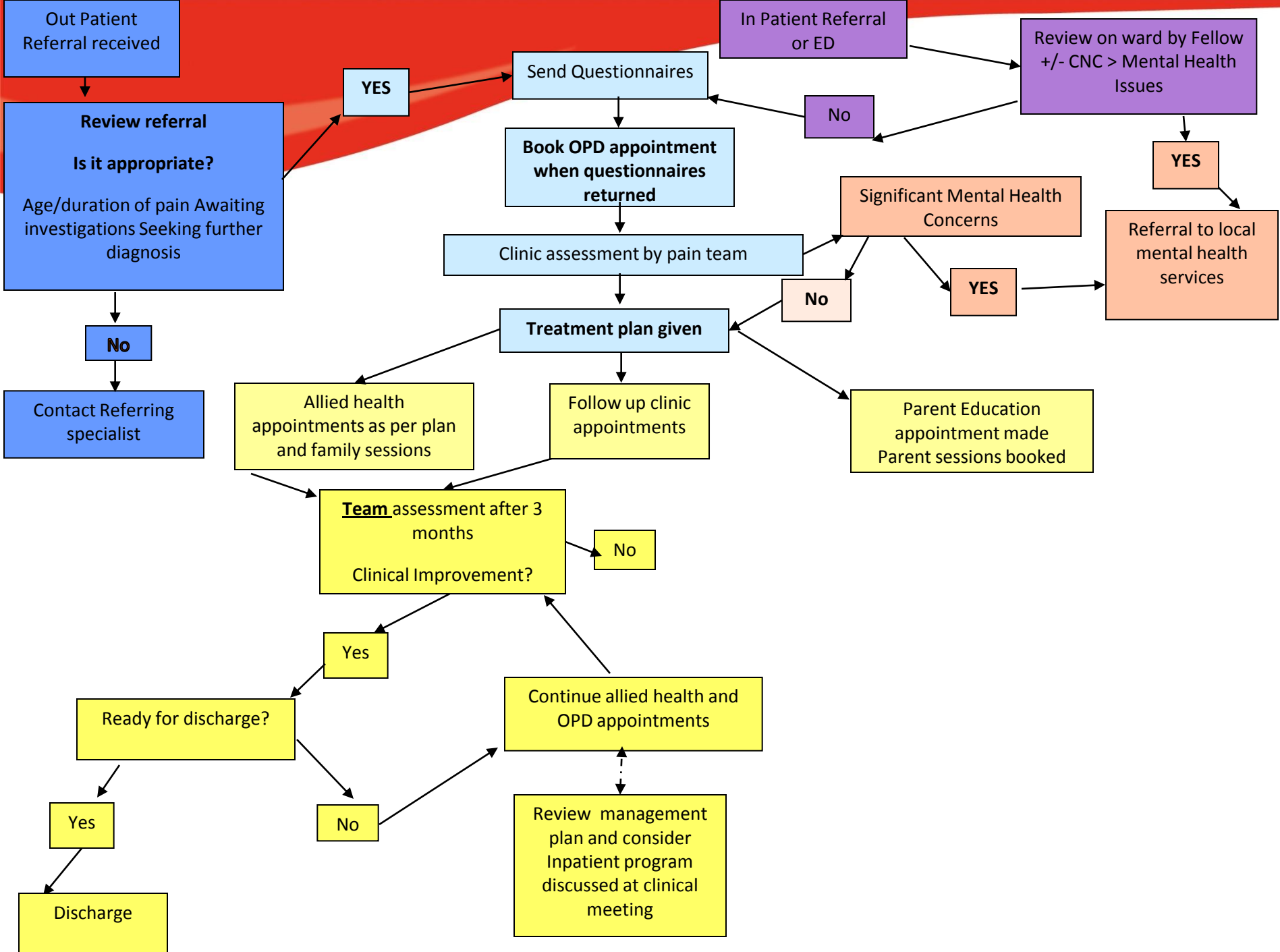
Contact Referring
specialist

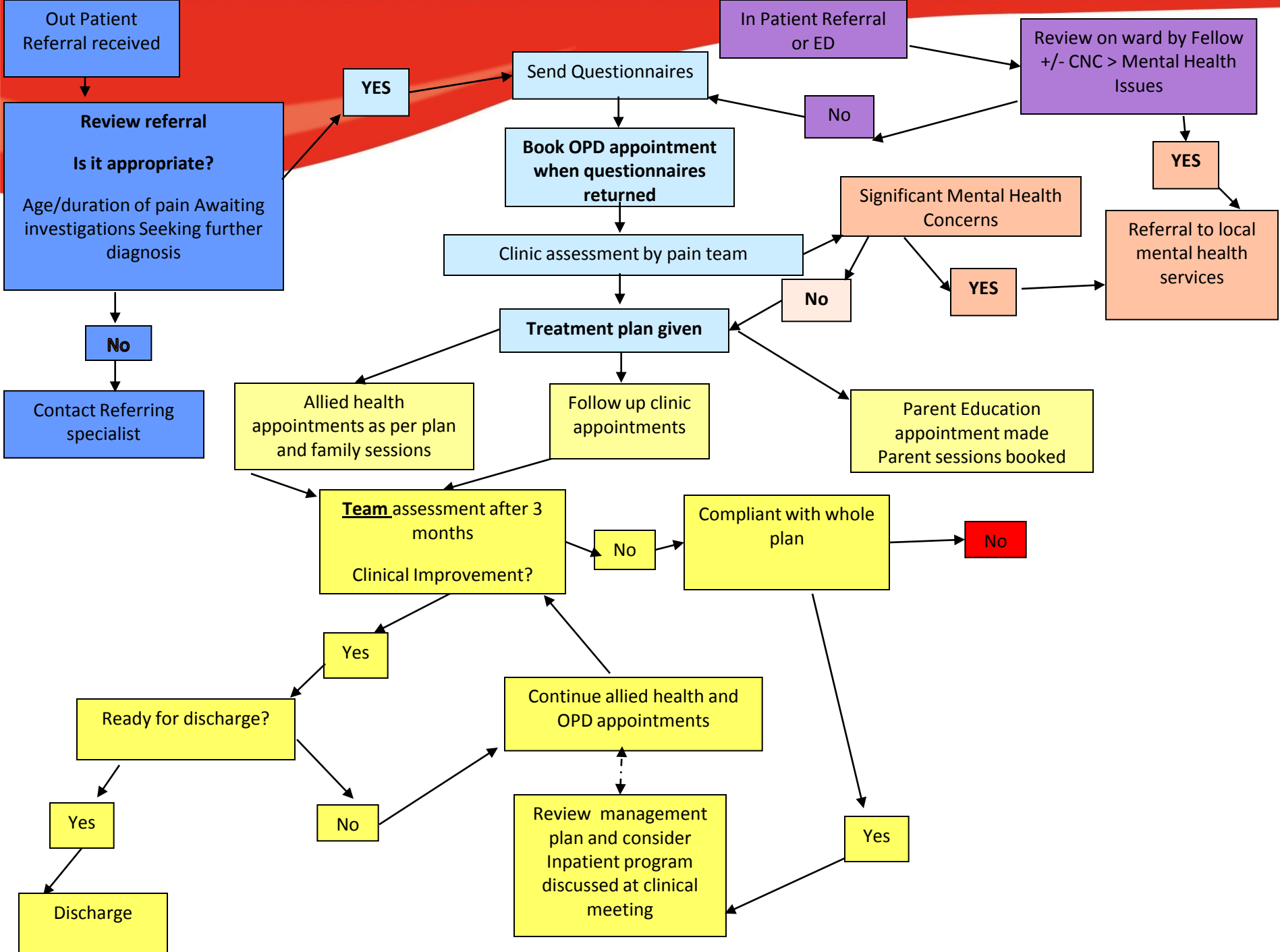


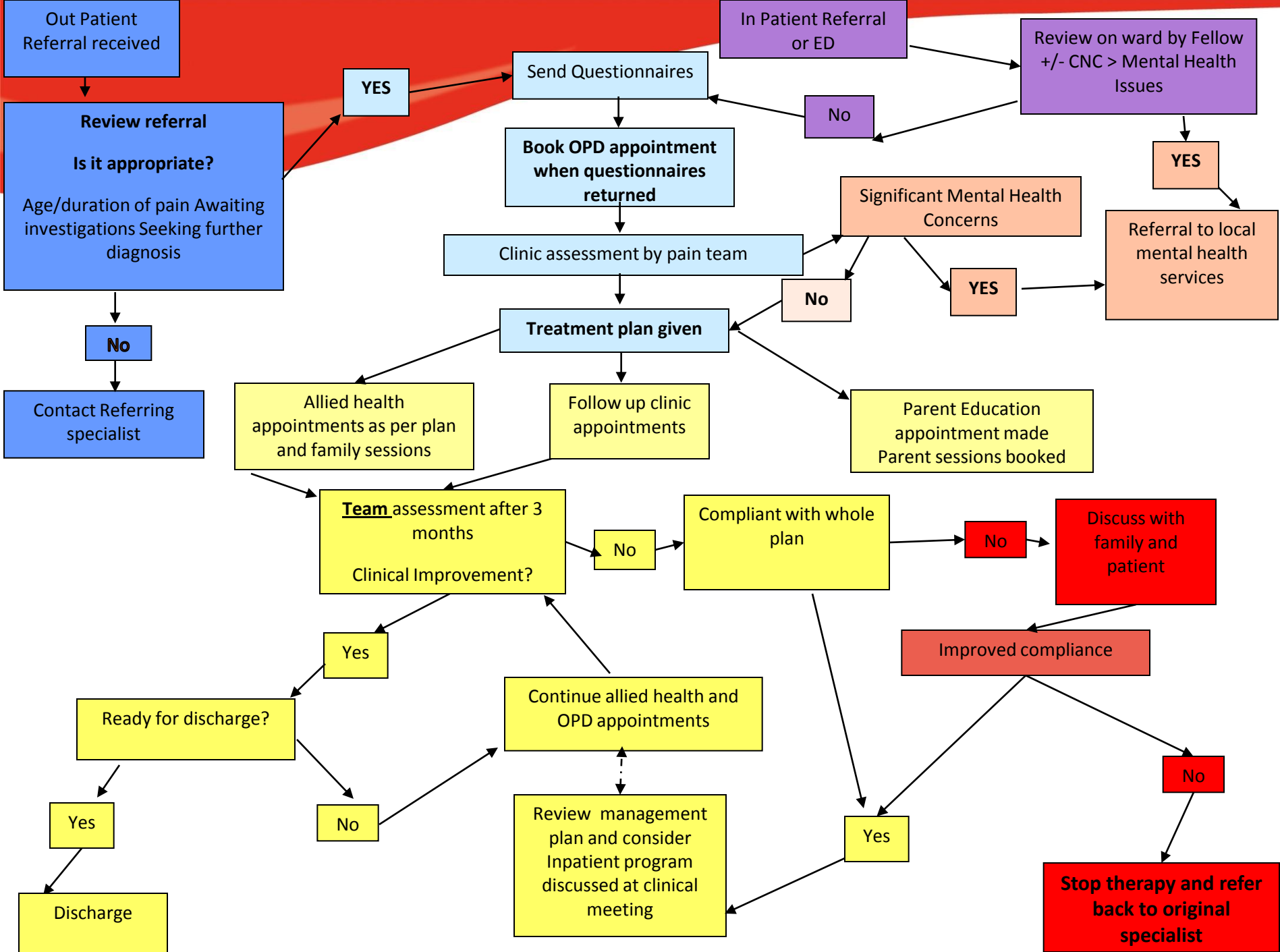












Out Patient Referral received

Review referral
Is it appropriate?
Age/duration of pain Awaiting investigations Seeking further diagnosis

No

Contact Referring specialist

YES

Send Questionnaires

Book OPD appointment when questionnaires returned

Clinic assessment by pain team

Treatment plan given

Allied health appointments as per plan and family sessions

Follow up clinic appointments

Parent Education appointment made
Parent sessions booked

Team assessment after 3 months
Clinical Improvement?

No

Compliant with whole plan

No

Discuss with family and patient

Yes

Ready for discharge?

Yes

Discharge

No

Continue allied health and OPD appointments

Review management plan and consider Inpatient program discussed at clinical meeting

Improved compliance

No

Stop therapy and refer back to original specialist

Yes

No

Yes

Yes

No

Yes

YES

Referral to local mental health services

No

Significant Mental Health Concerns

Review on ward by Fellow +/- CNC > Mental Health Issues

In Patient Referral or ED

Outpatients' program

- ❖ Multi-disciplinary Out-Patient clinic occurs every 2 weeks, 2 new patients each clinic
- ❖ Patients are seen for follow-up every 4-8 weeks in clinic depending on level of function and medication
- ❖ Allied Health Out-Patient appointments are made as required by allied health team members

Outpatients' Cont:

- ❖ Some appointments utilise a combined therapeutic approach e.g. Physiotherapy and Clinical Psychology
- ❖ Encourage extra-curricular physical and social activities
- ❖ Parent education and parent sessions
- ❖ Liaise with the school and school counsellors
- ❖ Practical support for parents with available resources
- ❖ Referral to local support services for those not living in the area

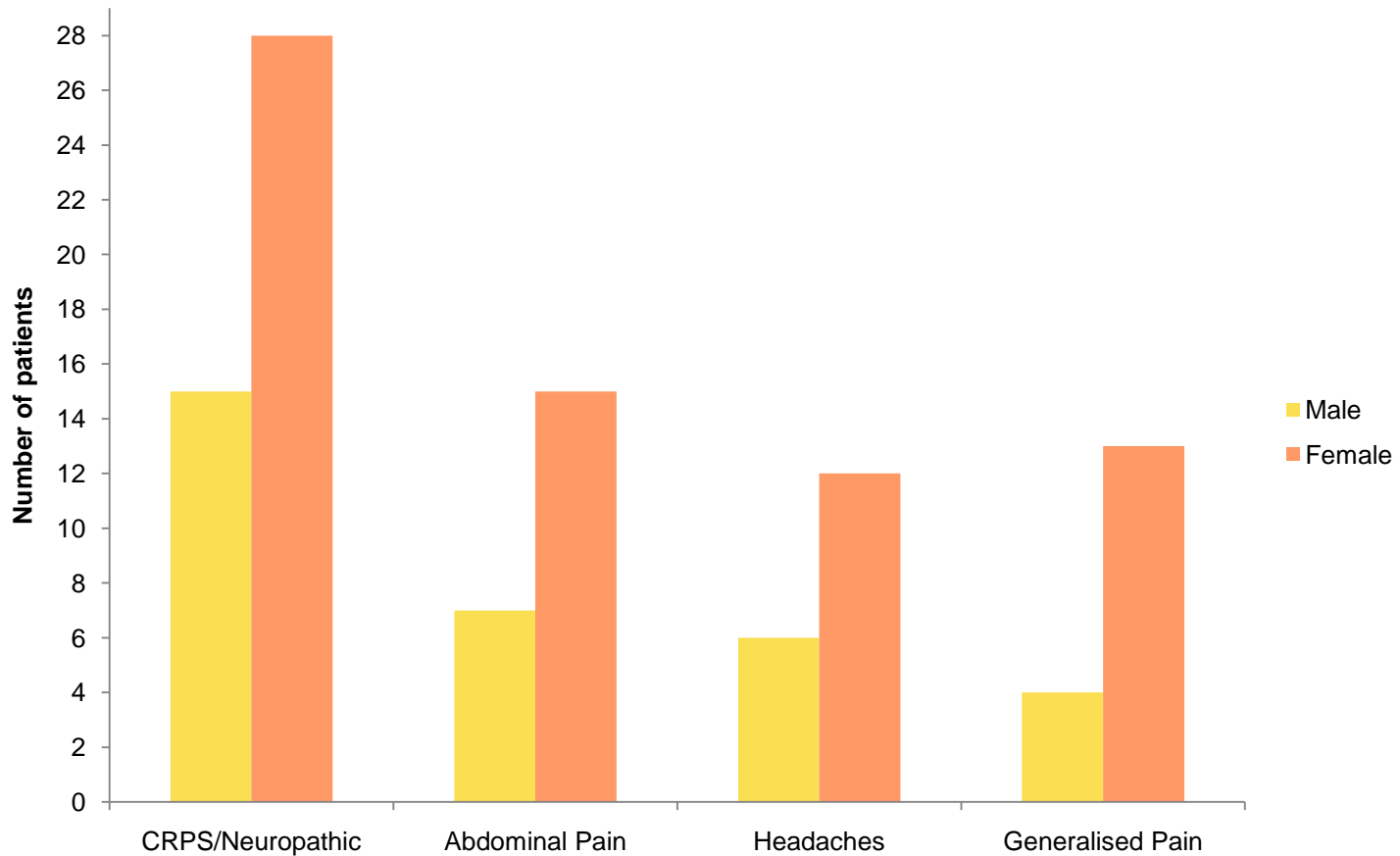
Inpatients' Program

- ❖ Unable to regain adequate function and attend school regularly despite compliance with program
- ❖ 4-6 week rehabilitation program:
 - ❖ Addressing functional blocks identified through outpatient appointments
 - ❖ Support for the whole family
 - ❖ Returning to full school attendance
 - ❖ Increasing physical fitness
 - ❖ Increasing psychological functioning
 - ❖ The weaning of any strong / opioid analgesics
 - ❖ Psychiatric assessment prn

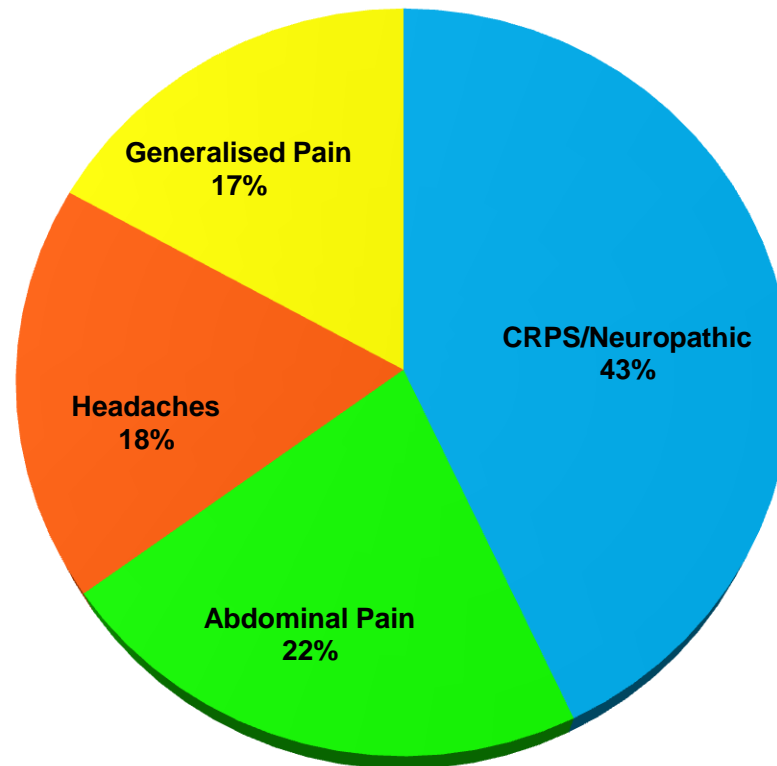
Inpatients' Program

- ❖ Family and patient attend weekly family conference
- ❖ The family and friends are only permitted to visit after 5pm after all therapy completed for the day. Visits end at 8.30pm
- ❖ Weekend leave is EARNED through full and active participation, and achieving set goals in all aspects of the program
- ❖ Graduation from the program usually involves the “Bed to Beach Run” which is approximately 2 km from the hospital to Coogee beach.

2010-2011 Case Mix by Gender ($N = 100$)



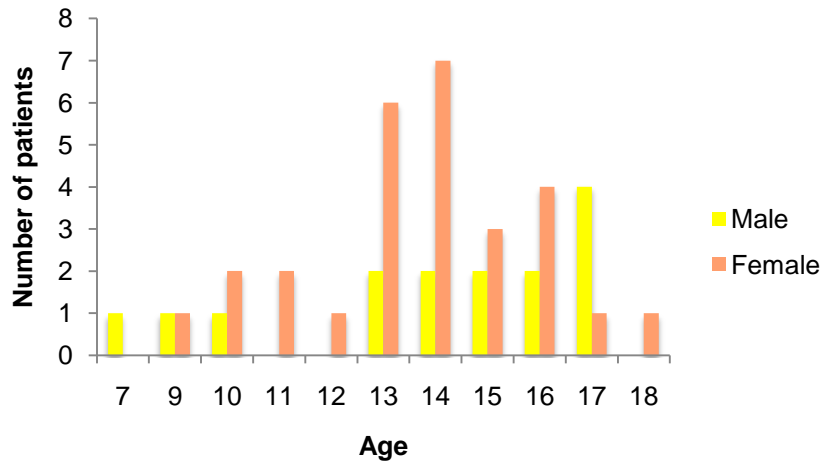
2010-2011 Case Mix N = 100



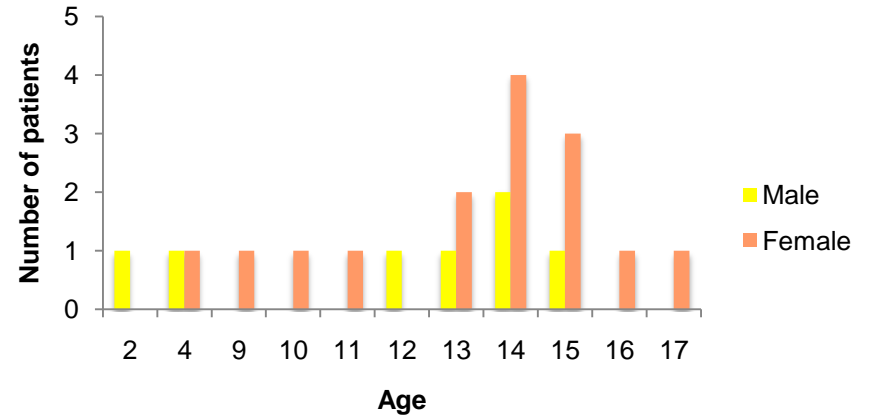
2010-2011

Case mix by Age & Sex

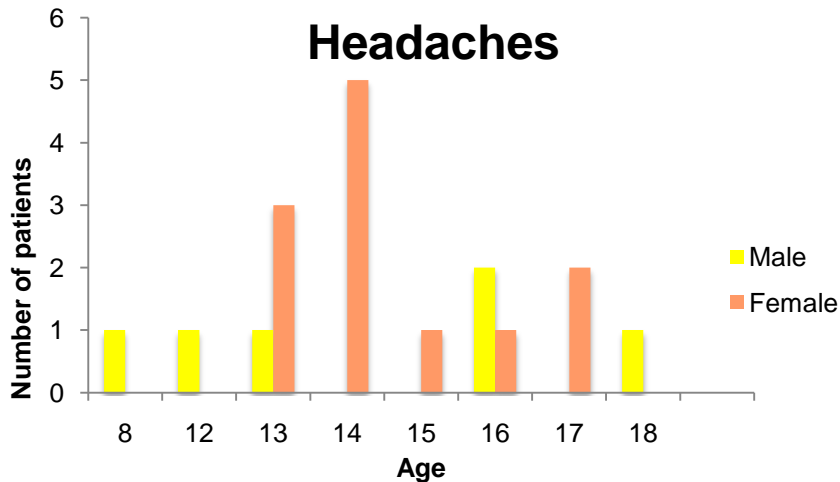
CRPS/Neuropathic



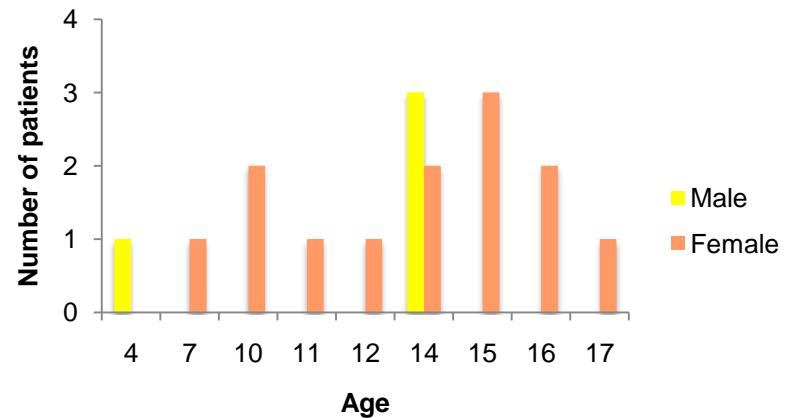
Abdominal pain



Headaches



Generalised Pain



Parent Involvement

❖ Parent Education

- The nature of chronic pain

❖ Parent Sessions

- Management strategies
- Behavioural
- Emotional
- Siblings

Medical Management

- ❖ Team Leader
- ❖ Chairs clinical meetings
- ❖ Patient assessment and clinical management
- ❖ Patient review
- ❖ Medication review
- ❖ Referrals for/interpretation of investigations where needed
- ❖ Liaise with other medical teams and services
- ❖ Liaise with Allied Health team members around management issues
- ❖ Liaise with CNC about telephone advice
- ❖ Referral to other medical specialities

CNC

- ❖ Team Co-ordinator
- ❖ Liaise with multidisciplinary team
- ❖ Minutes clinical meetings
- ❖ Establish contact with family after referral
- ❖ Send out and score clinical questionnaires
- ❖ Point of contact for patients and families
- ❖ Medication and general advice with families
- ❖ Bookings and organising OP clinic
- ❖ Summarising clinic visits to patient care plan
- ❖ Liaison other services

Psychological Management

❖ Emotion Regulation:

- ❖ Assessing fear of pain and/or re-injury
- ❖ Avoidance versus willingness
- ❖ Responsibility for self

❖ Mindfulness:

- ❖ Objective self notices uncomfortable inner states and the rest of life in the moment
- ❖ Values
- ❖ Mindful breath

Psychological Management

- ❖ Cognitive Intervention:
 - ❖ Experience versus descriptions
 - ❖ Identify fusion and/or avoidance
 - ❖ Identify choices
 - ❖ Assertion skills

- ❖ Behavioural Strategies:
 - ❖ Exposure/distraction
 - ❖ Activity and re-engagement with life

Physiotherapy

- ❖ Assessment of Physical Abilities
- ❖ Current Mobility status
- ❖ General Fitness & participation level
- ❖ Potential & willingness to participate
- ❖ Posture awareness
- ❖ Somatosensory assessment & desensitisation

Occupational Therapy

- ❖ Aims to get the patient's every day life skills functioning in a useful and purposeful way
- ❖ Focus is on the important roles of school, play/leisure and self care
- ❖ Techniques used include:
 - Timetabling / daily routine and setting goals
 - Pacing - graded return to activities
 - Strategies for sleep
 - Strategies for distraction

Occupational Therapy

- ❖ Liaising with school:
 - graduated returns
 - requests for special provisions
 - environmental modifications
- ❖ Task specific analysis
- ❖ Retraining such as carrying a bag and gradually increasing the weight
- ❖ Modification such as ergonomic work station set up to reduce muscle strain
- ❖ Accommodation such as using speech to text software

Social Work

- ❖ Conducts a psychosocial assessment:
 - How the diagnosis impacts on the family unit and their adjustment process
 - The family's understanding and perception of the medical issues & treatment plan
 - The family's structure & dynamics
 - The family's social, financial, emotional, cultural, religious circumstances
 - The family's needs and strengths

Social Work

- ❖ The psychosocial assessment is ongoing, and can facilitate the management of the patient, the family and external services
- ❖ Supports vary depending on the needs identified in the assessments
- ❖ Advocating for the patient and family's needs/wishes with the Team and external agencies/services
- ❖ Help support families' adjustment to the pain diagnosis, treatment plan and hospital environment
- ❖ Work with families to utilise local supports

Play Therapy

- ❖ Advocates for and implements appropriate play and recreational interventions for children, young people and their families
- ❖ Aims to support the needs of individuals through the provision of developmentally appropriate information and by embracing the use of play
- ❖ Focus is on play, playing, recreation and distraction techniques in their everyday lives
- ❖ Utilise developmentally appropriate interest based activities

Play Therapy

- ❖ Ensure patients and their families have access to appropriate resources and education for procedures
- ❖ Provision of non-pharmacological pain management strategies for painful and/or invasive procedures
- ❖ Facilitate teaching of coping strategies such as distraction techniques for children undergoing clinical procedures