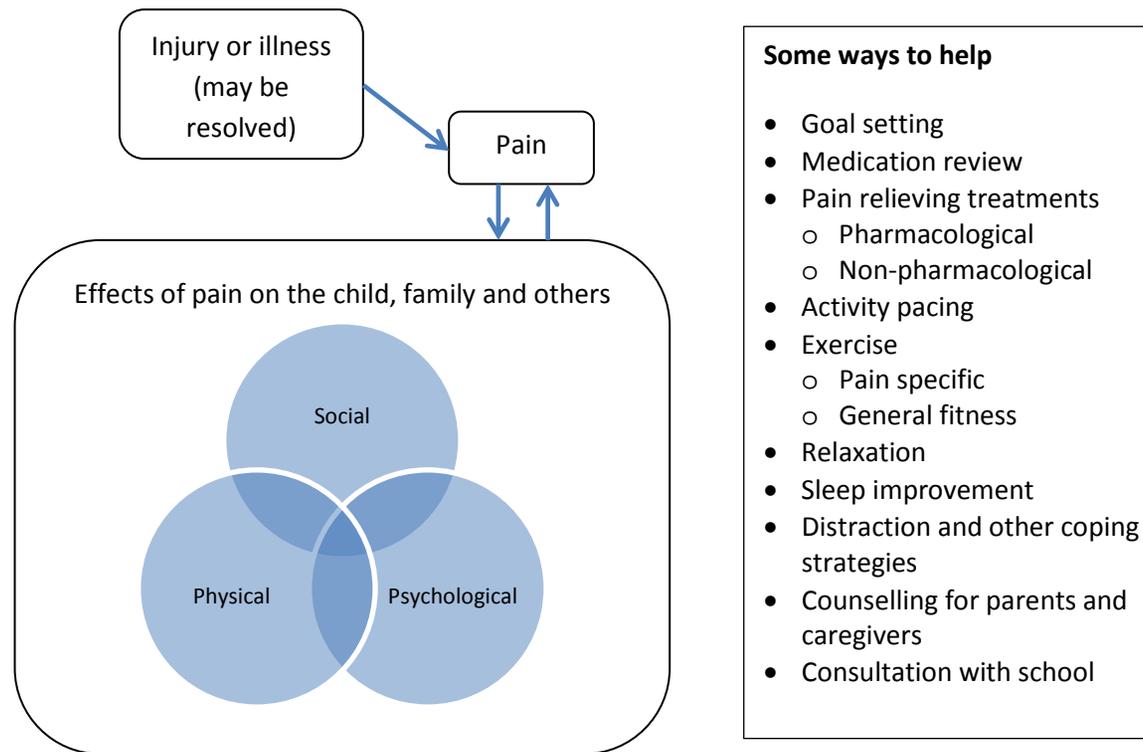


## Treatment Goals

- To provide family-centred, patient-centred and integrated interdisciplinary care for children and adolescents with complex, long-lasting pain and pain-related disability.
- To help patients improve their involvement in and enjoyment of activities, as well as their sleep, school participation, recreation, mood, friendships, and family relationships.
- To help patients achieve improved self-regulation of pain and distress.
- To reduce the frequency, intensity, duration, and unpleasantness of pain.

## Understanding Complex Pain and Disability



UNIVERSITY OF  
SASKATCHEWAN

ROYAL UNIVERSITY HOSPITAL

SASKATOON

INTERDISCIPLINARY  
PEDIATRIC COMPLEX  
PAIN CLINIC

INFORMATION FOR CLIENTS, FAMILIES  
AND REFERRING PHYSICIANS



# INFORMATION ABOUT THE CLINIC

## BACKGROUND

Pain is considered chronic or complex if it lasts for more than three months and interferes significantly with the person's life. Many different pain conditions occur in children and youth, including abdominal pain, headaches, fibromyalgia, arthritis and pain of unknown origin.

Eight Canadian children's hospitals now have interdisciplinary pediatric chronic or complex pain clinics. The organizers of this clinic in Saskatoon hope that provision will be made for such a clinic in our new children's hospital.

## REFERRAL LETTER

No new forms are required. The referral letter should include the results of the pediatric consultation with a summary of the relevant clinical history, diagnosis, response to previous treatment, and ongoing concerns. The core team will request further information as needed. Referral letters will be acknowledged with an indication of whether the referral is accepted and when the patient can be seen. The address for letters is shown at right.

## INTAKE CRITERIA

The clinic will accept referrals of children and adolescents meeting the following criteria:

- Age 6 to 17 years
- Referred by Saskatchewan pediatric specialists and subspecialists
- Chronic pain of any type and location, of more than 3 months duration
- Not due to recent acute injury
- Missing school due to pain
- Not presently a candidate for palliative care
- Able to participate in physical and psychological treatment
- Able to attend clinic visits with at least one parent or guardian
- The referral is agreed to by the parent or guardian and the patient if 12 or older

## CORE TEAM AND CONSULTANTS

The core team of clinicians includes a pediatrician, nurse, pediatric psychologist, and physical therapist. Consultation will be sought if needed from social work, recreation therapy, pharmacy, dietitian, and pediatric subspecialists of other pain related medical disciplines.

## ASSESSMENT PROCESS

The core team will review the referral letter and medical records.

On the clinic day, the core team will jointly interview the patient and parent or guardian together and separately. A physical examination focussed on the pain complaint will be conducted by the physician and physical therapist. The team will meet to formulate recommendations and then provide an interpretation to the patient and family followed up by a letter to the referring physician. The initial visit may take up to three hours.

## ADDRESS REFERRAL LETTERS TO:

Pediatric Complex Pain Clinic  
Department of Pediatrics  
Royal University Hospital  
103 Hospital Drive, Saskatoon, SK S7N 0W8  
Phone (306) 844-1076  
Fax (306) 844-1531

## FOR MORE INFORMATION:

[www.saskatoonhealthregion.ca/painmanagement](http://www.saskatoonhealthregion.ca/painmanagement)