

Paediatric Complex Pain Service

Who we are

Te Whatu Ora
Health New Zealand


Starship
Child Health

What is the Complex Pain Service?

- ▶ The service runs outpatient clinics with a multidisciplinary team (a team of staff from different specialties). We provide assessment, treatment and support for children and young people and their whānau with complex pain problems – pain that is not easily explained.
- ▶ This means goals are focussed on:
 - Support after diagnostic tests have been completed (we do not offer further investigations for the source of pain).
 - Helping your child understand complex pain and using pain management and rehabilitation strategies to live well.
 - Improving physical and social function, school and sleep.

Why a multidisciplinary team?

We understand complex pain impacts on multiple aspects of life for your child and the whānau, so we have health professionals from different specialities to provide holistic support.

Research supports psychological techniques, physical therapy and rehabilitation strategies to manage complex pain.

At your first assessment there will be a range of professionals from the team, usually 3 or 4 clinicians. This helps the team have a clear understanding of your child's past and present difficulties and establish a clear, coordinated plan.

We understand meeting a group of new individuals can be stressful.

If you're worried about this, please get in touch before your appointment with our team support at **09 307 4949 ext 22457**

Where is the Pain Clinic?

The initial appointment will be at Starship Hospital, Auckland. Please report to reception for the outpatient department on level 3.

Our clinics are on selected dates in the mornings.



How long will clinic last?

The **first assessment** usually takes 90 minutes. Please feel free to ask questions at any time during your visit.

We encourage all caregivers/parents to attend the first assessment as your engagement and support is a key part of success with therapy.

- Please provide a list of medications (including doses) your child is currently taking and any they have previously tried.
- You'll also need to complete some questionnaires before the appointment which are done usually via email links sent to you.

Follow-up appointments will be arranged with the individual members of the team, as needed and with the pain specialist to provide the necessary support and monitoring of progress. These appointments will usually last 30 minutes.

If there are outstanding assessments, investigations or other therapy approaches being undertaken or awaited, your appointment will be deferred.

Who is part of the team?

Pain Medicine Consultant

Reviews current and previous medical history, and examination to provide an explanation for the complex pain. Expert in analgesia and other pain relieving treatments.

Child & Adolescent Psychiatrist and/or Clinical Psychologist

Looks at the impact of pain on daily activities, emotional well-being and family life. Provides coping strategies for pain and anxiety management such as relaxation and behavioural techniques.

Nurse Specialist

Co-ordinates the service and provides phone follow-up and point of contact for further advice and information.

Occupational Therapist

Looks at what you need to do and what you want to do. This includes self-care, school and leisure activities. Interventions may include relaxation, problem solving, goal setting and graded rehabilitation.

Physiotherapist

Looks at how pain affects physical activities and movement.

Provides approaches to gradually increasing physical activity through relaxation, exercise, play and other methods.

Any questions about the Paediatric Complex Pain Service, please contact our team support:

09 307 4949 ext 22457

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