

Children's Pain Management Clinic

What do I bring?

- A list of medicines given to you by other doctors.
- Any X-rays, scans and reports. Bring the CD of the scans if you have them
- Copies of any other test results that you have.
- Names and addresses of other health care workers you are seeing or have seen in the past for your pain problem
- The name and telephone number of your Year Coordinator at school.

Planning Ahead

Please ensure you have completed the questionnaire that was sent to you via email **prior** to your initial appointment.

Face to Face Appointment

If you come by car, leave extra time for parking.

Bring a drink and snacks for the break.

Wear comfortable clothing

Telehealth Appointment

Ensure you have an adequate internet connection.

10 minutes before your appointment time, visit <https://www.rch.org.au/telehealth/> and click 'Start your Video Call'.

After the first visit

We write a letter

The letter explains our thoughts about your pain and the plan that we all agreed on.

The letter is sent to your GP and the doctor who sent you to see us. Sometimes, we send it to other people involved in your care.

With your permission, we may also call the other health care workers that you see and your school, if you say it is ok to do so.

Future appointments

If we all agree that you need to see us again, your Case Manager in the team will call you a short time after your first visit to arrange times and dates for you to come back.

Contact us:

For General Enquiries

Cathi Taylor – Administrative Assistant

PH: (03) 9345 – 5233 or **Email:** cathi.taylor@rch.org.au

Changing your first appointment:

- Call Cathi on the above number up to the day before your scheduled appointment
- If you need to change your appointment to telehealth or cancel (eg. Due to illness) call 0400 357 062 between 6:30am-7:30am **on the morning of the appointment**. If not reachable, please call 9345-9300 from 8am

The Royal Children's Hospital Melbourne

50 Flemington Road Parkville
Victoria 3052 Australia
www.rch.org.au

Children's Pain Management Clinic

Welcome!

The Children's Pain Management Clinic is a team of health professionals who work together to help children and adolescents experiencing ongoing pain.

Our Team

There are two pain specialist doctors:

- A/Prof George Chalkiadis
- A/Prof Greta Palmer

They are helped by other doctors:

- A Child and Adolescent Psychiatrist
- A Pain fellow, an experienced doctor training in Pain Medicine

Pain has many layers to it and affects what you do, think, and feel, so you will see some other people in the team. This may include:

- Occupational Therapists
- Physiotherapists
- Psychologists

You will normally only see one of each.

To help us all, we have:

- Ann Le, Clinic Manager
- Cathi Taylor, Administrative Assistant

What next?

We know that you have an important story about how you came to see us. Here is an idea of what to be ready for.

Our team meets your team (family).

We know that families can be like a team, so when you come to see us, we ask you questions which will help us to find out how pain affects you and your family.

We will also look at how your body works.

The day of your first visit normally lasts 4 ½ hours (from 8am to 12:30pm). In that time, you will normally see:

- A pain specialist and/or the pain fellow.
- A psychiatrist and psychologist (usually separately, sometimes together)
- An occupational therapist and physiotherapist.

You will need to tell us the full story of your pain, from when it started. We ask lots of questions. Some questions sound the same and some sound different. Answer them as best you can to give us the clearest picture.

A short break

At 11 am, we give you a break of around 45 minutes. In this time, we put our heads together to come up with a plan.

We will then tell you who your main contact person in the team will be; this will be your Case Manager.

All plans are tailored to suit you and depends on what both **your** team and **our** team think will be best to help you.

Some of the things we can do are:

- See if there are medicines that will help.
- Offer you education about pain.
- Learn new ways to cope with pain.
- Coach you about helpful ways to deal with the thoughts and feelings to do with pain.
- Help you / your child to be more physically active.
- Help you and your child deal with school.
- Help you to do things that interest you and you enjoy doing.
- Help your family help you.