

## Welcome!

The Children's Pain Management Clinic is a team of people who aim to help you to manage your pain.

### Who is on the team:

There are two pain specialist doctors:

- Dr George Chalkiadis
- Dr Greta Palmer

They are helped by other doctors:

- Dr Roger Foot (a Child and Adolescent Psychiatrist)
- A senior doctor training in Pain Medicine, known as the Pain Fellow

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

- 2 Occupational Therapists, Cate Sinclair and Rebecca Cornwall
- 2 Physiotherapists, Mark Bradford and Blaise Doran
- 2 Psychologists, Dr Tanya Gruenewald and Dr Emily Incedon

You will normally only see one of each.

To help us all, we have:

- Maria Dikeakos, Clinic Coordinator.
- Cathi Taylor, Secretary.

## 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, all of you may be asked questions.

This helps us to find out how pain affects your family.

We will also look at how your body works.

The day of your first visit normally lasts 4 ½ hours (from 8 o'clock in the morning until around 12:30). In that time you will normally see:

- A pain specialist and/or the pain fellow.
- A psychiatrist and psychologist (either together or separately)
- 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 11am, we give you a break of around one hour. In this time, we put our heads together to come up with a plan.

During this time, we ask you to fill in a survey. You then come back so that we can talk about the plan.

We will 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. We cannot say what the plan will be before we see you. This 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. This may be done in a group, with other families.
- Learn new ways to cope with pain
- Coach you about helpful ways to deal with the thoughts and feelings you have about your pain.
- Help you to be more physically active.
- Help you deal with school.
- Help you to do things that interest you and you enjoy doing.
- Help your family help you.

## 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 (e.g. your GP, physiotherapist, occupational therapist, psychologist, osteopath, or chiropractor)
- The name and telephone number of your Year Coordinator at school.

## Planning ahead:

- It will be an early start, so plan ahead so you can be on time.
- If you come by car, you will need to leave extra time for parking.
- Bring a drink and snacks for the break.
- Wear clothes that you can easily move in. Wear runners if you have them. Just in case, bring shorts or leggings and a singlet or T-shirt.
- Make sure younger family members have things to do to keep them busy.

## 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. Thank you.

We all look forward to meeting you.

### **Contact us: Maria or Cathi**

#### **Children's Pain Management Clinic**

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and Pain Management  
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Information for families