



Making a difference in the lives
of children, youth and families

The Chronic Complex Pain Team

The Chronic Complex Pain Team was created to improve the care of children and youth living with chronic pain.

Our team includes a:

- Pain doctor (anesthesiologist);
- Pharmacist;
- Nurse practitioner and nurse;
- Physiotherapist;
- Psychologist;
- Social Worker.

We will work with you and your child or teen to develop the best plan of care. Our goal will be to improve overall function and reduce pain. **Research shows that early treatment of chronic pain improves function and usually prevents the pain from getting worse.**

What is chronic pain?

Chronic pain:

- May begin with an injury, surgery or other condition;
- Usually is present for longer than three months;
- May be constant or intermittent;
- May be caused by physical, psychological, social or emotional factors;
- May cause a loss of function or disability in some children or teens.

Helpful Resources

YouTube Video:

<http://www.youtube.com/watch?v=4b8oB757DKc>

Complex Regional Pain Syndrome (CRPS): For Teenagers by Teenagers (2010). Dr. G. R. Lauder & Roslyn Massey
<http://crpsexplainedforteenagers.com/index.html>

GrrrOUCH: Pain is Like a Grouchy Bear. Cathryn Morgan (2011)

How can the clinic help us?

Our clinic can focus on how the pain is affecting your child or teen and family. We offer support and a plan of care to reduce the impact of the pain in your lives. To do this, we:

1. Use the three “P” approach:
 - Physical therapy;
 - Pharmacological therapy (medications) or non pharmacological therapies (like heat, cold or massage);
 - Psychological therapies (like deep breathing exercises to help your child cope better);
2. Assess the nature of your child or teen’s pain;
3. Assess how the pain affects your child’s functioning at home and school;
4. Review all past and current therapies;
5. Assess coping;
6. Monitor progress.

How can we be referred to the Chronic and Complex Pain Clinic?

Your family doctor or a specialist at CHEO can refer your child or teen to our chronic complex pain clinic. After we receive the referral, we’ll ask your doctor to complete an intake package. Our team will see children who:

- Have pain that is hard to explain or treat;
- Have pain that has lasted more than 3 months;
- Have pain that is affecting school attendance, the enjoyment of social/leisure activities or family functioning;
- Have a number of providers involved in the plan of care;
- Would benefit from a coordinated approach to pain management.



How to reach us:

Call the Chronic Pain Nurse Monday through Friday: 613-737-7600 extension 3822.

If you leave a message, we will get back to you within 2 days.

