

Preparing your child's visit to the Pain Clinic

Your child has been referred to the Pain Clinic to get help for pain that has been present for quite some time. In fact, the pain may have started to impact your child's activities and even your family's life.

In this clinic, your child and you will become active members of a team that will help managing your child's pain. Team members will be the clinic doctor, the team physiotherapist, and a mental health worker. Depending on your child's needs we may invite other healthcare providers to become your team members.

At the first visit, we explain how this clinic works, and what is special about it. Please make sure you bring enough time to the visit; it may take 2 hours and sometimes more.

You and your child will be invited to share information about your child's health with your team. Your child will have a physical exam. At the end of the visit, we will explain the next steps and offer first steps to help managing your child's pain until his or her next visit.

To understand your child's health concern and provide her or him with the best treatment options, we may ask you and your child about

- any health concerns and symptoms you have or your child has noticed
- how school, physical activity and sports are impacted by your child's health concern
- your child's past illnesses
- medications your child is taking now and medications your child took in the past
- your child's family history of illnesses

To get most out of your visit you and your child may prepare for the appointment.

- Write down a list of concerns you may have before your child's appointment.
- Write down information you will be asked at the visit, like how long your child has had the condition/symptoms for, how the condition affects your child, what you've done to help your child, and all medicines and supplements your child may be taking.
- Write down your goals for the appointment. What would you like to know about your child's condition? How would you want the doctor to support you?

We encourage you to have an open dialogue with your team – ask questions to make sure you understand your child's diagnosis and management plan.

Your Chronic Pain Clinic Team