

Preparing your visit to the Pain Clinic

You have been referred to the Chronic Pain Clinic at Children's Hospital.

In this clinic, you and your parents will become active members of a team that will help managing your pain and function. Team members will be the clinic doctor, the team physiotherapist, occupational therapist and the team mental health worker. Depending on your 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 allow enough time for the visit; it may take 2 hours and sometimes more.

You and your parents will be invited to share information about your health with your team. You will have a physical exam. At the end of the visit, we will explain the next steps. We will offer first steps to help with managing your pain.

To understand your health concerns and provide you with the best treatment options, we may ask you and your parents about:

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

To get most out of your visit you may try the following to prepare for the appointment.

- Write down a list of concerns you may have before your appointment.
- Write down information you might be asked at the visit, like how long you have had the condition/symptoms for, how the condition affects you, what you have tried to improve the condition/symptoms.
- Write down your goals for the appointment. What would you like to know about your 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 diagnosis and take part in the discussion to help make sure the management plan is a good fit for you.

Your Chronic Pain Clinic Team