

Pediatric Pain Rehabilitation Program at Kennedy Krieger Institute

Who We Are

We provide outpatient and inpatient interdisciplinary evaluation, treatment, and follow-up services for patients with chronic pain resulting in pain-associated disability. Our goal is to help patients more fully participate in daily activities and develop coping skills that help them successfully return to school, home, and community life.

Who We Serve

We treat patients with chronic pain who have a variety of medical diagnoses, pain locations, and symptoms. One of the primary types of pain we see is musculoskeletal pain, including:

- Pain caused by surgery or injury
- Complex regional pain syndrome (reflex sympathetic dystrophy)
- Functional gait disorders
- Hypermobility
- Ehlers-Danlos syndrome
- Fibromyalgia

We also see patients with the following:

- Abdominal pain
- Chronic fatigue syndrome
- Postural orthostatic tachycardia syndrome
- Neurally mediated hypotension
- Pain-related mental health symptoms or conditions such as depression or anxiety

Our patients typically range in age from 6 to 18 years, with an average age of 13. For individuals older than 18 and younger than 6, inpatient care is considered on a case-by-case basis.

Our Team

An experienced, interdisciplinary care team works with each patient and family to develop treatment recommendations targeted to the patient's unique needs.



- Our **inpatient team** includes rehabilitation physicians, physical therapists, occupational therapists, psychologists, social workers, nurses, neuropsychologists, educators, therapeutic recreation specialists, and child life specialists.
- Our **outpatient team** includes a pain management anesthesiologist, rehabilitation physician, nurse, psychology therapist, physical therapist, and clinic coordinator.
- Our **day treatment team** includes rehabilitation physicians, physical therapists, occupational therapists, a psychology therapist, a social worker, nurses, neuropsychologists, and educators.
- **Consultative services** are provided, as needed, in areas including pain management anesthesiology, psychiatry, nutrition, inpatient complementary and integrative health (e.g., massage, acupuncture), and other medical diagnostic consultations (e.g., neurology).

We are all born with great potential.
Shouldn't we all have the chance to achieve it?

Our Treatment Approach

Each patient receives an initial evaluation in our interdisciplinary outpatient pain clinic. The team then develops a treatment plan that could include inpatient or outpatient care.

Inpatient Care

Patients who need intense, full-time care receive daily therapy that addresses physical, daily living, medical, psychological, and educational goals.

To maximize success, attainable goals are set for each day. As the patient becomes better able to manage and cope with his or her pain, we gradually increase physical demands. This increase helps patients learn to pace their daily tasks and activities, and learn when and how to relax. Once patients learn and practice coping strategies, current medications can be reassessed and adjusted.

Initial Evaluation: Caregivers are encouraged to attend the initial evaluation period (approximately the first three days of admission) and may spend the night during the evaluation process, if they choose. After the evaluation period, caregivers are strongly discouraged from rooming in, so that patients can focus on their rehabilitation goals and adjusting to the hospital setting. Additionally, some restrictions may be set for visitors during daytime hours. These restrictions are discussed at the family meeting at the beginning of the inpatient admission. Family and caregiver training occurs throughout the stay.

Day Treatment Care

For patients who require short-term intensive therapy without the need for hospitalization, we recommend our comprehensive rehabilitation day hospital program. This program fills a unique niche by providing support for pain management through a rehabilitative approach in a more natural, school-like environment that prepares children to return to school. Each day, patients attend a full day of therapy that addresses physical, daily living, medical, psychological, and educational goals. Attainable daily goals are set to maximize success. Parents participate in several weekly sessions for training and support in the care of their child with chronic pain.

At discharge from our inpatient and day treatment care, all patients are scheduled for a follow-up appointment in the outpatient interdisciplinary pediatric pain clinic. These appointments usually occur one to three months after inpatient discharge.

Please note: Patients who require intensive psychiatric services may not be appropriate for inpatient or day treatment care.

Outpatient Care

Patients are followed in our interdisciplinary outpatient pain clinic for medical rehabilitation, as well as behavioral and psychosocial assessment and recommendations. They may be referred for additional outpatient services within Kennedy Krieger Institute, if appropriate.

Follow-Up Care

After discharge, recommendations for outpatient physical therapy, occupational therapy, or mental health services may be provided for ongoing therapeutic support, continuation of progress, and ongoing assessment and treatment of pain. Arrangements for community referrals are provided for patients who live far away.

Outcomes

The number of patients treated in our inpatient program in 2015 was 12, with an average length of stay of 25 days (the range was 14 to 90 days). Nine patients were seen in 2015 in our day treatment program, with an average length of stay of 19 days (the range was 5 to 27 days).

Our program has a proven record of treatment success and patient satisfaction:

- 99 percent of family members reported overall satisfaction with our care.
- 99 percent of patients would recommend our programs to others in need of rehabilitation.
- 100 percent of children and adolescents indicated that they felt Kennedy Krieger helped them get better and do more things independently.

In most cases, patients are discharged from our inpatient and day treatment pain programs with less pain-related impairment; better coping skills, physical conditioning, and tolerance; and an ability to participate in developmentally appropriate activities at home and in the community. Moreover, most patients return to school either full time or part time with a gradual re-integration plan.

Contact Information

Pediatric Pain Rehabilitation Program at Kennedy Krieger Institute

For more information or to schedule an appointment, please call **443-923-9400**, or toll-free at **888-554-2080**. TTY: **443-923-2645** or Maryland Relay **711**

KennedyKrieger.org/Pain

Physician & Healthcare Professionals
To make a referral, call our Physician Referral Line at **443-923-9403**.

Mailing Address:
707 North Broadway
Baltimore, MD 21205

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Care is provided in a manner that preserves cultural, psychosocial, spiritual and personal values, beliefs, and preferences. We encourage patients and families to become active partners in their care by asking questions, requesting resources, and advocating for the services and support they need.



Learn More. Get Involved. Stay Connected. Visit **KennedyKrieger.org/Connect**.