

Pediatric Pain Rehabilitation Program at Kennedy Krieger Institute

Who We Are

The Pediatric Pain Rehabilitation Program at Kennedy Krieger Institute offers a continuum of services for the evaluation and non-narcotic treatment of chronic pain and functional disability in children and adolescents. Our services include:

- Interdisciplinary team evaluation
- Outpatient therapies (physical, occupational, aquatic and cognitive behavioral therapies)
- Intensive day treatment
- Intensive inpatient rehabilitation
- Interventional pain procedures performed under sedation

Our goal is to manage and reduce a child's pain while promoting healthy daily functioning at home, school and in the community. This program is a cooperative between Kennedy Krieger Institute and the Johns Hopkins Department of Anesthesiology and Critical Care Medicine.

Who We Serve

We treat patients with chronic pain who have a variety of medical diagnoses, pain locations and symptoms, including, but not limited to:

- Chronic pain as a result of surgery or injury
- Complex regional pain syndrome (CRPS)
- Functional neurological symptom disorder (conversion disorder)
- Pain-associated disability syndrome (PADS)
- Amplified musculoskeletal pain syndrome (AMPS)
- Physical deconditioning
- Hypermobility/Ehlers-Danlos syndrome (EDS)
- Chronic abdominal pain
- Chronic headaches/migraines
- Chronic fatigue syndrome
- Postural orthostatic tachycardia syndrome (POTS)
- Chronic pain due to sickle cell disease

Our patients typically range in age from 6 to 18 years, with an average age of 14. For individuals older than 18 and younger than 12, care is considered on a case-by-case basis.



Our Team

An experienced, interdisciplinary care team works with each patient and family to manage a child's pain by promoting healthy daily functioning and pain coping skills using an interdisciplinary rehabilitation model. Our team includes:

- Pediatric pain fellowship-trained physician
- Child psychiatrists
- Pediatricians
- Pediatric rehabilitation physicians
- Pediatric psychologists/cognitive behavioral therapists
- Physical therapists
- Neuropsychologists
- Occupational therapists
- Social workers
- Care coordinators
- Case managers
- Educators
- Child life specialists
- Nurses/nurse practitioners
- Therapeutic recreation specialists

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

Our Treatment Approach

The Pediatric Pain Rehabilitation Program at Kennedy Krieger offers a treatment approach with novel and emerging treatment modalities that focus on narcotic-free pain management for children and adolescents. Treatment integrates medical, physical and cognitive behavioral approaches to managing chronic pain.

Most patients referred to the program are seen in our outpatient clinic for an initial evaluation by an experienced, interdisciplinary team that includes a pain medicine specialist, a physical therapist, a psychiatrist, a cognitive behavioral therapist, a pain clinic nurse and a clinic coordinator. The team then develops a treatment plan that targets the patient's individual needs and specifies the most appropriate treatment approach, which could include outpatient, day hospital or, for some individuals, inpatient care at either Kennedy Krieger or another appropriate inpatient setting. Some patients may be referred for additional evaluation by specialists in neurology, genetics, gastroenterology, psychiatry, or physical medicine and rehabilitation.

Outpatient Care

If outpatient treatment is recommended by the team, we will use a variety of treatment options focused on restoring function through medical rehabilitation, physical therapy, cognitive behavioral therapy, coping strategies and, when indicated, interventional pain procedures performed under sedation. Individuals may be referred for additional outpatient services at Kennedy Krieger. Family participation is encouraged to ensure successful, long-term outcomes.

Day Hospital Care

For patients who require short-term intensive therapy and do not need hospitalization, we may 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. Every weekday, patients participate in therapy sessions addressing physical, medical, psychological, educational and daily living goals. To maximize success, attainable daily goals are set, and the level of difficulty is gradually increased. Parents participate in several weekly sessions to receive training and support in caring for their child with chronic pain.

Inpatient Care

Inpatient treatment is appropriate for patients who need intense, full-time care and daily therapy that addresses physical, medical, psychological, educational and daily living goals. To maximize success, attainable goals are set for each day. As patients become better able to manage and cope with their 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.

Caregivers of children receiving inpatient care are encouraged to be present for 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 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 during the family meeting at the start of inpatient admission. Family and caregiver training occurs throughout the stay.

Please note: *Some patients may require more intensive psychiatric services than this program offers, or specialized services that this program does not offer. We refer these individuals to other facilities for the most appropriate services.*

Follow-Up Care

In preparation for a child's discharge from the Pediatric Pain Rehabilitation Program, our social worker assists the child's family in developing a plan for referrals for outpatient physical therapy, occupational therapy and/or mental health services. This will ensure the child continues to make improvements in well-being, and succeeds in the transition to home, school and community life.

Contact Information

Pediatric Pain Rehabilitation Program at Kennedy Krieger Institute

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

KennedyKrieger.org/Pain

Physician and Healthcare Professionals

To make a referral, email us at **FindASpecialist@KennedyKrieger.org** or 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. Kennedy Krieger Institute provides care that preserves cultural, psychosocial, spiritual and personal values, beliefs and preferences. Care is free from discrimination based on age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex, sexual orientation, and gender identity or expression, including transgender. We encourage patients and families to become active partners in their care by asking questions, seeking resources and advocating for the services and support they need. © 2020 Kennedy Krieger Institute 07/2020



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