Pain Rehabilitation Program (PReP)
What to expect and how to prepare

What is the Pain Rehabilitation Program (PReP)?
The Pain Rehabilitation Program (PReP) treats children and teens with chronic musculoskeletal and neuropathic pain problems. The program is for youth who have not had success with outpatient pain treatment and those who need rehabilitation services in a more intensive setting.

What is my child’s weekly schedule for the program?
The program is daily, Monday through Friday, for 1 to 3 weeks. It includes:

• **Medical appointments:** *Monday through Thursday, 7 or 7:30 a.m.* – You and your child will meet with a pain doctor and nurse for 30 minutes.
• **Physical and occupational therapy:** *Monday through Friday, beginning at 8 a.m.* – Your child will actively participate in physical and occupational therapy appointments that continue throughout the day, including pool therapy at 11 a.m.
• **School:** *Monday through Friday at 10 a.m.* – Your child will have an hour in the hospital school room to complete school work. Your child should bring any materials they might need.
• **Pain psychology:** *Monday, Tuesday, and Thursday afternoon* – Your child will meet with a pain psychologist.

You will get an individualized schedule for your child one week at a time from the pain clinic nurse. Here is a sample schedule below.

<table>
<thead>
<tr>
<th>Time</th>
<th>Patient</th>
<th>Time</th>
<th>Parent</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-7:30 a.m.</td>
<td>Pain doctor and nurse</td>
<td>7-7:30 a.m.</td>
<td>Pain doctor and nurse</td>
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<td>8-9 a.m.</td>
<td>Physical Therapy</td>
<td>11:15-12 p.m.</td>
<td>Social Work</td>
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<td>9-10 a.m.</td>
<td>Occupational Therapy</td>
<td>12-1 p.m.</td>
<td>Lunch</td>
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<tr>
<td>10-11 a.m.</td>
<td>School</td>
<td>1-2 p.m.</td>
<td>Occupational Therapy</td>
</tr>
<tr>
<td>11-12 p.m.</td>
<td>Pool Therapy</td>
<td>2-3 p.m.</td>
<td>Physical Therapy</td>
</tr>
<tr>
<td>12-1 p.m.</td>
<td>Lunch</td>
<td>3-4 p.m.</td>
<td>Pain Psychology</td>
</tr>
</tbody>
</table>
What happens during lunch or breaks between appointments?

Your child will have a break for lunch from 12 to 1 p.m. every day. We highly recommended your child stay on campus for lunch. However, if you go somewhere, make sure you are on time for the next appointment.

Some days your child may have up to an hour break between appointments. These breaks are not supervised. If your child is younger than 12, an adult (parent or an adult family member) must be with them.

Where do I check in each morning?

Check in at the Ocean zone, level 8 registration desk each morning. If your appointment starts at 7 a.m., check in at Ocean zone, level 6. Plan to arrive 15 minutes before your child’s first appointment of the day.

What is expected of me as a parent/caregiver to participate?

As a parent/caregiver of a child in PReP, you should be with your child for:

- **Medical appointments.** Parents/caregivers attend each doctor appointment, Monday through Thursday. These appointments are 30 minutes at 7 or 7:30 a.m.
- **First session of pain psychology.** After that, we will decide about these appointments for the rest of the week. These appointments are 60 minutes.
- **Social work services.** One appointment is scheduled at the beginning of the week, typically Monday, with the social worker. These appointments are 45 minutes at 10:30 or 11:15 a.m.
- **Thursday team meeting.** You, your child, PReP therapists and providers meet at 8 or 8:30 a.m. every Thursday for 30 minutes. We will review your child’s progress and identify goals, including a plan to continue in the program or to graduate.

When possible, it is best when both parents/caregivers participate in these appointments.

What if I am late, cannot attend an appointment or need to contact my child?

If you are going to be late, cannot attend an appointment or need to contact your child, call the Pain Medicine Clinic nurse line at 206-987-1520, option 4. Or, call the Occupational/Physical Therapy Department at 206-987-2113.
What should my child wear and pack for the day?
- Shorts and a T-shirt
- Sweat pants and jacket (may go outdoors for some therapy)
- Supportive athletic shoes
- Swim suit (one-piece only) and towel for pool therapy
- Water bottle
- School work
- Lunch and healthy snacks or money for the cafeteria
- Phone, iPad (can be used during down times in the program or when allowed by your child’s team)

You and your child are responsible for keeping track of valuables.

How can I support my child during PReP?
- Encourage your child to get plenty of sleep.
- Make sure your child eats a healthy breakfast.
- Make sure your child arrives on time each day.
- Support your child to be active in the program and in their everyday life.
- Support your child to perform home exercises each evening given by the PReP therapists.
- Limit the attention focused on pain.
- Encourage your child’s independence in taking control of their pain.
- Attend and participate in your appointments, as described above.
- Stay positive, recognizing small and large gains.

Once my child has completed the program, what can I expect?

Once your child has completed the program, their pain may improve or still be present. Each child’s response to the program is different.

Our goal is to provide your child with the tools to increase function and restore normal routine; and, with that, eventually have a decrease in pain. Our team will work with you to help transition your child from the program to the community. You and your child will have follow-up appointments scheduled with the team 2 to 4 weeks after completing the program.