

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 persistent or chronic 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 are the goals of the program?

- Improve functioning so your child can go back to their normal routine. This includes things like going to school and joining in social and athletic activities.
 - Teach your child ways to cope with pain and stress.
 - Reduce or get rid of pain, when possible.
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How long is PReP?

It is a **full-day** outpatient treatment program that meets Monday through Friday. Treatment usually lasts 2 weeks.

What can I expect?

We will work with you to define a plan for successfully completing the program (discharge) before you begin. Each week you will receive a schedule for treatment and updated discharge plans for your child.

Depending on the needs of your child, an adult (parent or an adult family member) may need to be with them between appointments and during lunch.

Your appointments

The table on the next page explains the types of appointments your child and you will attend each week. It includes information about the appointments, who attends, when and how long they are, and goals.

To Learn More

- Pain Medicine Clinic
206-987-1520
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Your Child	You
First visit with pain psychologist For 1 hour: Define treatment goals	
Pain Medicine Medical Visit with PReP provider and nurse At the start of each week, for 1 hour: Physical exams that focus on progress, issues and safety	
Team Meeting with PReP team Thursday each week, for 30 minutes: Review progress, identify goals, and determine if your child is ready to complete the program	
Weekly visits with pain psychologist Several times each week, for 1 hour: Help with strategies to cope with and control pain	Social Work Visit Weekly, for 45 minutes: Discuss what you and your child need during and after leaving the program
Physical, Occupational, and Pool Therapy with PT/OT provider Daily: Improve strength, endurance, range-of-motion and balance	Parent Caregiver Group with pain psychologist Weekly, for 1 hour: Pain education and parenting strategies to support treatment
School Most days, for 1 hour: Complete school work they bring from home	

What happens during lunch or breaks?

Your child will have a break for lunch every day. We highly recommended you stay on the hospital campus for lunch. If you go off campus, please be back in time for the next appointment.

Where and when do I check in each morning?

Check in at the Ocean zone, level 8 registration desk each morning. Plan to arrive 15 minutes before your child's first appointment of the day.

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

If you are late or cannot attend an appointment, call Occupational/Physical Therapy at 206-987-2113.

For all other questions or concerns, call the Pain Medicine Clinic nurse line at 206-987-1520, option 4.

What should my child wear and pack for the day?

- Shorts and a T-shirt
- Sweat pants and jacket
- 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 or tablet device (can be used during downtimes or when deemed appropriate by your child's treatment team)

You and your child are responsible for the items you bring.

How can I support my child?

- Attend and participate in your appointments.
 - 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 assigned each evening.
 - Encourage your child's independence in taking control of their pain.
 - Stay positive, recognizing small and large gains.
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Once my child has completed the program, what can I expect?

The goal of treatment is to help with functioning so that pain can improve. Sometimes patients complete the program with improved function and still have some pain. Each child's response to the program is different.

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 us 4 to 6 weeks after the program.
