

Get up and Go

Persistent Pain Service

Referral Guide: Get Up and Go Persistent Pain Service

This guide is to assist practitioners to navigate the referral process for the Get up and Go Persistent Pediatric Pain Service at Holland Bloorview Kids Rehabilitation Hospital. **Referrals will be considered from chronic pain clinics.**

Indications for Referral:

Referrals are assessed and prioritized for children and families with persistent pain, and who meet the following criteria:

- All reasonable investigations have been completed and there are no outstanding investigations.
- The client has been sufficiently assessed by the referring clinic (minimally, with respect to mental health and family functioning, physiotherapy and pharmacotherapy). Assessment from other team members where appropriate.
- Pain has an impact on some aspects of life including self-care, sleep, mobility, school attendance, leisure activities, family life, social relationships and/or mood.
- Reasonable and accessible treatments have been tried with insufficient success **or** referral team believes that an intensive approach will result in expedited return to function.
- Client and family have consented to the referral
- Client and family are willing to engage in all therapeutic modalities in Get Up and Go Persistent Pain Service.

Typical diagnoses may include:

- CRPS (complex regional pain syndrome)
- Chronic widespread MSK pain
- Chronic neuropathic pain
- Recurrent gastrointestinal pain/discomfort
- Chronic daily headache
- Post-concussion symptoms
- Ehlers Danlos Syndrome/significant hypermobility

Exclusion Criteria:

- Clients who require frequent medication changes over the 4 week admission (e.g. no high-dose opioid weaning or titrating antidepressants)
- Clients who have unstable medical conditions
- Clients who have unstable mental health conditions (e.g. psychosis, suicidal behaviours, substance use disorder)
- Clients with significant cognitive impairments that will hinder full participation in the program
- Clients who do not have follow up support after discharge (arranged prior to admission)

Get Up and Go Persistent Pain Service will require:

- Completion of the referral form
- Accompanying documents where appropriate (e.g. psychological assessments, psychoeducational assessment, psychiatric reports, physiotherapy assessment report, school IEP, school report card)

Note: Incomplete forms may delay the referral process. Following discharge from the Get Up and Go Persistent Pain Service, the referring physician/provider will receive a written report with recommendations for ongoing management. A follow up appointment will be made by the referring chronic pain clinic.