

Chronic pain negatively affects 15-40% of youth. This pain can impact many aspects of life including; academic performance, social well-being, physical abilities, and mental health.

The CPC utilizes a biopsychosocial model of care in order to improve functioning in physical, psychological, and social domains. Typically this is done through goal setting and self-management strategies.

CPC Specialists



Anesthesia & Nursing



Psychology



Physiotherapy &
Occupational Therapy



Family Therapy

Improvements in Youth Outcomes

From prior to the initial CPC visit to 3 months after that visit, youth reported;

- Less pain
- Fewer anxiety symptoms
- Greater quality of life
- Less pain catastrophizing (magnification, rumination & helplessness)

Changes in pain, pain catastrophizing, and quality of life were maintained at 6 months after the initial visit. In addition, youth reported less interference due to pain at 6 months.

Improvements in Parent Outcomes

From prior to the initial CPC visit to 3 months after that visit, parents reported;

- Fewer depressive symptoms
- Greater quality of life for their child
- Fewer protective behaviours in response to child pain
- Less pain catastrophizing (magnification, rumination & helplessness)

Changes in pain catastrophizing and protective behaviours were maintained at 6 months after the initial visit.

The CPC sees patients with pain where:

- The pain affects everyday life
- Previous tests and treatments have been performed
- Other pain management strategies have failed

Youth with headache pain can be referred to Alberta Children's Hospital Neurology

Youth with abdominal pain can be referred to Alberta Children's Hospital Gastroenterology (GI)

Referrals from a physician/nurse practitioner can be sent to the Alberta Children's Hospital Complex Pain Clinic.

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