

Vi Riddell Intensive Pain Rehabilitation Program (IPRP)

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.

IPRP is a 3 week, 5 day a week, intensive program for youth with chronic/complex pain. The program is focused on self-management skills and is conducted by a team of pain management experts.

Improvements in Youth Associated with IPRP

Before IPRP

Overall low quality-of-life with high rates of:

- Poor sleep
- Anxiety and depressive symptoms
- Interference due to pain
- Functional disability

After Discharge

- Better sleep quality
- Less interference due to pain
- Fewer anxiety symptoms
- Less functional disability
- Higher quality-of-life

At 3-months

Youth report:

- Sustained improvement in; sleep quality, pain interference, anxiety symptoms, functional disability, and quality-of-life
- Fewer depressive symptoms

Parents report:

- Less problematic family functioning
- Fewer depressive symptoms
- Less monitoring of child's pain

What is included in IPRP?



Physiotherapy



Psychology



Anesthesia & Nursing

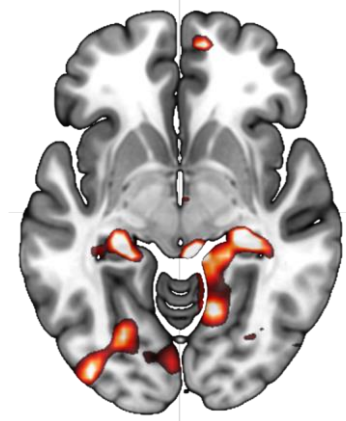


Art Therapy



Education

In addition we are seeing changes in the brain related to these outcomes!



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

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