



SUPPORT KIDS IN PAIN NEWSLETTER, DEC 2017

## Season's Greetings

*from the SKiP team*

Dear SKiP supporters,

What an incredible year 2017 has been for our team!

As well as delivering five comprehensive Pain Education Programs and three individual assessment days, we also successfully provided outreach visits to four major regional centres in Queensland, facilitated two professional education sessions, including an inservice presentation to the Australian Physiotherapy Association (QLD), and provided work shadowing to six clinicians.

In November 2017, we also held our first SKiP Adventure Camp for past participants of our Pain Education Program. Held in partnership with PCYC Bornhoffen and generously funded by a grant from Allens Linklaters, the camp was enjoyed by children and staff alike. A full write-up with photos is included later on.

We thank everyone who has supported our programs during the past twelve months, in particular our generous donors, and wonderful staff and volunteers. We are especially grateful to Alison, our valued Art Therapist, who very kindly donated her time to run the SKiP art program. We are on the look out for an equally fabulous volunteer to take her place, so please get in touch if you are interested in supporting us in this capacity.

We wish all our supporters a safe and happy festive season.





# Latest News

## SKIP CAMP

On 27-29 November 2017, the SKiP team hosted the inaugural SKiP Adventure Camp.

Designed to support past participants of the SKiP Pain Education Program, the camp was delivered in partnership with the PCYC and held at their Bornhoffen Leadership Centre in the beautiful Gold Coast Hinterland.

Campers enjoyed three days of fun-filled activities, including creeking, ropes courses, hiking, bush-walking, rafting and leadership challenges.

The 2017 SKiP Camp was generously funded by a grant from Allens Linklaters.





# Programs



## SKiP Outreach Program



This year, the SKiP team embarked on an ambitious trial to conduct outreach service trips to four major regional areas of Queensland. The trial was funded by a generous grant from the Women & Change giving circle. Services included individual multidisciplinary assessments for children and their families, public education sessions to raise awareness about paediatric chronic pain, and professional education workshops and advisory services for local practitioners. Regions included the Gold and Sunshine Coasts, the Darling Downs, and Far North Queensland.

Our practitioners worked with local pain management services and Primary Health Networks (PHNs) to deliver an integrated service to local communities. We would particularly like to thank the North Queensland Persistent Pain Management Service (NQPPMS) for partnering with us on our Townsville service.



We received wonderful feedback for this program and were able to assist 20 families to access improved pain care, and educate over 200 health practitioners.

The SKiP team will use the feedback from this trial to develop an ongoing outreach program.

## 11th International Symposium on Paediatric Pain (ISPP)

On 6-9 July 2017, a delegation of SKiP practitioners attended the 11th International Symposium on Paediatric Pain (ISPP) in Kuala Lumpur, Malaysia. SKiP was among 41 international organisations chosen to present their clinical findings in the form of a Research Poster abstract (included on the following page).

The SKiP team, including Medical Lead, Dr Kathleen Cooke, Pain Specialist, Dr Jacqueline Evans, and Clinical Coordinator, Huong Nguyen, received many positive comments and enquiries, and were able to make valuable connections with the international pain community.



**1 in 5 children will experience some form of chronic pain...**



Left untreated, paediatric chronic pain can lead to a lifetime of debilitating illness.

SKiP's programs help children to manage their pain on a long-term basis with the help of their GP, reducing the need for hospital care and increasing the chance of rehabilitation. Find out more or donate at [www.skip.org.au](http://www.skip.org.au).

# A PROGRAM IN THE SUBURBS – SKIP EMBRACING THE VOID AND CREATING CHANGE

## BACKGROUND & AIMS

Support Kids in Pain (SKiP) is the first not-for-profit organisation in Australia to offer a community based multidisciplinary pain management service to children with chronic pain. With no government funding, limited resources, and reliance on in-kind donations, SKiP has delivered an evolving and responsive service. This study outlines the evolution of SKiP's services and early outcomes of a clinical pathway involving an Assessment Clinic, 4-Week Group Treatment Program, Follow-Up Clinic and Refresher.

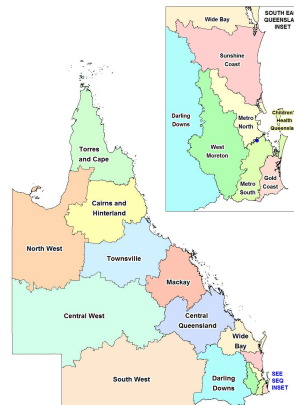
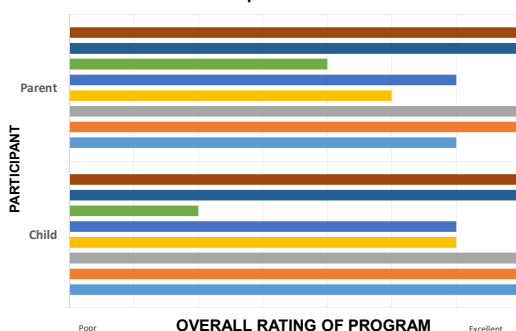
## METHOD

Data from patient lists 2012 to 2016 were obtained to generate a timeline of services and number of participants. Satisfaction surveys from children and parents who participated in the full SKiP Program in 2016 were collected and evaluated. ePPOC outcome measures issued at initial and 2-week post follow-up intervals were also examined in functional domains and average pain severity.

## RESULTS

- 2012-2014: 28 single-day pain assessment and group education clinics. Over 112 participants.
- 2015: 4 single-day assessment clinics and 4 four-day group programs. 18 participants.
- 2016: 5 single-day assessment clinics + four-day group programs + single-day follow-up + single-day refresher clinics. 20 participants
- 50% of program participants were from regional centres, Graph 1
- Based on 40% of completed surveys, children generally rated the program higher than parents, Graph 2.
- Functional improvement (especially school tolerance, socialising and physical activity) emerged at the completion of program, Table 1a.
- Children perceived better pain improvement than parents, Table 1b.

Graph 2: Patient Satisfaction



GRAPH 1: PARTICIPANTS FROM REGIONS

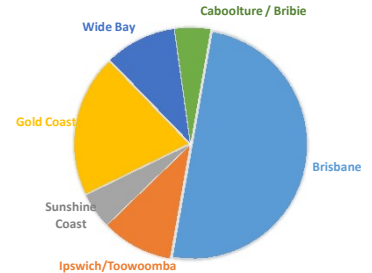


Table 1a: Emerged Changes in Function After 6-Weeks (FDI)

	% reported improved change	% reported no change	% reported worse change
Being at school all day	44%	33%	22%
Reading or doing some homework	22%	44%	33%
Doing chores at home	33%	33%	33%
Doing something with a friend	44%	33%	22%
Playing sports	55%	33%	11%

Table 1b: Emerged Changes in Pain Perception After 6-Weeks

	% reported improved change	% reported no change	% reported worse change
Parent's rating of child's average pain	33%	44%	22%
Child's rating of usual pain (in last week)	77%	0%	22%

## CONCLUSION

The SKiP experience demonstrates that small organisations can produce positive outcomes in children's persistent pain management and group multidisciplinary approaches in the community are effective. Attempts to address low follow-up attendance and survey completion have been made with the introduction of a refundable deposit. SKiP is committed to ongoing clinical innovations to tackle public health system voids. In 2017, SKiP commenced outreach services into regional Queensland communities and a resilience adventure camp for past participants is planned.

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## ACKNOWLEDGEMENT

ePPOC at the University of Wollongong (UOW) Australia

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# Fundraising



In September, the SKiP running team once again hit the road to compete in the 2017 Bridge to Brisbane. The team included SKiP Clinical Coordinator, Huong Nyguen, and SKiP Clinicians, Hannah Kennedy and Zoe Jones, along with Zoe's husband, Scott. Together, the team raised over \$1000. We are extremely grateful for their efforts and look forward to next year's race!



Thank you to those organisations and individuals that donated to SKiP in 2017. Despite our vital community role, SKiP currently receives no government funding for its programs and relies on the generosity of sponsors to fund its clinical offerings. We thank our sponsors for recognising the positive difference SKiP is making to paediatric persistent pain in Queensland.

## 2017 SKiP Fundraising Dinner

On Friday 25<sup>th</sup> August, SKiP hosted a Fundraising Dinner at Victoria Park Golf Complex. The evening was well attended and featured an inspiring keynote speech by Sister Elvera Sesta (OAM), past principal of St Rita's College.

SKiP would particularly like to thank Venus Ganis from Leaf & Co for generously donating her beautiful art pieces for the raffle. The event raised over \$3000 for our 2018 programs.



Allens < Linklaters

## Christmas Fundraising

Would you like to give a gift that counts this Christmas?



Visit [www.skip.org.au](http://www.skip.org.au) to see how you can set up your own fundraiser via the Everyday Heroes website or make a one-off donation.

