

# The SKIP team

SUPPORT KIDS IN PAIN

*Our experienced and caring multidisciplinary team is dedicated to working with children and families.*

## Medical Lead

**Dr. Kathleen Cooke FANZCA, FFPMANZCA**

Paediatric Anaesthetist and Pain Medicine Physician. Dr. Cooke has extensive experience in paediatric pain management and has worked in hospitals in Australia, the United Kingdom and the United States.

## Clinical Coordinator

**Huong Nguyen**

Huong is a clinical occupational therapist with extensive experience in pain management and pain rehabilitation.

## Allied Health Team

**Dr. Jacqueline Evans – Paediatric Pain Specialist**

**Penny Mackay – Clinical Psychologist**

**Samantha Ferguson – Clinical Psychologist**

**Tamara Callaghan – Clinical Psychologist**

**Nicole Haynes – Physiotherapist**

**Ash Bransgrove – Physiotherapist**

**Zoe Jones – Occupational Therapist**

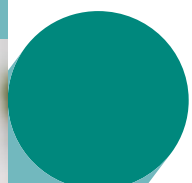


SUPPORT KIDS IN PAIN

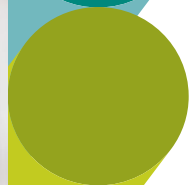
[www.skip.org.au](http://www.skip.org.au)



Support Kids in Pain



**Mail:** PO Box 3045  
West End  
QLD 4101



**Email:** [referrals@skip.org.au](mailto:referrals@skip.org.au)



**Phone:** 0434 747 547





Helping families kick persistent pain,  
so kids can just

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### About Us

Support Kids in Pain (SKiP) is Australia's first not-for-profit organisation dedicated to improving the lives of children and adolescents with chronic pain.

### Our Vision

To provide children and their families with the skills and knowledge to overcome persistent pain.

### Our Service

We provide a free multidisciplinary group pain management program for children and adolescents under 14. Our program teaches active self-management skills to help children meet the personal, social and emotional challenges of living with chronic pain.

We liaise with families, schools, GPs and other service providers to ensure ongoing self-management is supported at home and in the general community.

SKiP is also dedicated to improving public awareness and understanding of paediatric chronic pain. We offer information through our website and education via community talks and professional education sessions.

*1 in 5 children will experience pain that lasts longer than expected, for months if not years. Luckily, SKiP is here to help!*

### Our Program

SKiP delivers five Pain Management Programs annually, each taking place over an eight-week period.

Conducted in a small group setting, our program includes:

- 1) a one-day multidisciplinary assessment
- 2) a four-day active self-management program
- 3) a one-day follow-up and reassessment

A refresher session is offered to participants after two months for long-term support.

Our interactive workshops are family-centred, as well as fun!

Participants learn a variety of techniques for managing their pain, including understanding pain physiology, relaxation, healthy sleep, coping with emotions, and return to meaningful activities.

Parents are actively involved in the program and given practical advice on how to best support their child's condition.

### Our approach

Our multi-disciplinary approach to pain management reflects global best practice and is leading the way in outpatient paediatric pain care in Australia.

By working with a coordinated team of allied health clinicians, we are able to assess the physiological, psychological and social factors impacting on each child's condition and deliver a management plan tailored to their individual needs.

Our program focuses on functional indicators of improvement, such as increased school attendance, improved psychological well-being, and re-engagement in social and sporting activities.

### Referral Pathways

All referrals to the SKiP program should be addressed to Dr. Kathleen Cooke, Support Kids in Pain.

Referrals may be submitted via email to: [referrals@skip.org.au](mailto:referrals@skip.org.au)

Or via post to:  
**PO Box 3045**  
**West End QLD 4101**

A template referral form is available on the SKiP website ([www.skip.org.au](http://www.skip.org.au)).

Acceptable referral sources include:

- Public or private Paediatrician/ Paediatrician Sub-Specialist
- Lady Cilento Children's Hospital, Persistent Pain Service
- General Practitioner (GP)

After participating in the SKiP program, each child will be given an ongoing pain management plan to implement at home with the support of their GP.

