



## Support Kids in Pain (SKiP)

Corporate Office

PO Box 3045

West End Qld 4101

P: 0434 747 547

F: (07) 3041 6187

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

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Dear Health Practitioner,

After another successful year delivering our free community-based pain management service to children and families living with chronic pain, we are touching base with you to let you know that our SKiP program dates have been confirmed for 2020. We ask that you consider our program for any patients who are 14 and under who are experiencing chronic pain.

*A reminder of who we are and what we do....*

### **About SKiP:**

SKIP is Australia's first and only Not-For-Profit organization to offer a free community-based outpatient pain service to children and families coping with persistent pain. Our mission is to provide children with the skills and knowledge to overcome persistent pain. We provide support and education for children and their families, and professional in-service training for allied health professionals and general practitioners. Our multi-disciplinary approach to pain management is based on best evidence-based practice overseas and is leading the way in paediatric pain management in Australia.

### **SKiP Persistent Pain Program:**

Our seven-day program has been designed to assist children in managing persistent pain conditions. This is a free service provided by SKiP's experienced multidisciplinary team, which includes Paediatric Pain Specialists, Physiotherapists, Occupational Therapists, and Clinical Psychologists. Our team individually reviews each child's condition and provides an ongoing pain management plan tailored to their needs.

Please see below for a list of program dates for 2019 and an overview of the program schedule.

**2020 Program Dates:**

Intake	Assessment Day	Week 1	Week 2	Week 3	Week 4	Follow Up Day	Refresher Day
26	11 <sup>th</sup> May	18 <sup>th</sup> May	25 <sup>th</sup> May	1 <sup>st</sup> June	8 <sup>th</sup> June	22 <sup>nd</sup> June	19 <sup>th</sup> Oct
27	6 <sup>th</sup> July	13 <sup>th</sup> July	20 <sup>th</sup> July	27 <sup>th</sup> July	3 <sup>rd</sup> Aug	17 <sup>th</sup> Aug	19 <sup>th</sup> Oct
28	31 <sup>st</sup> August	7 <sup>th</sup> Sept	14 <sup>th</sup> Sept	21 <sup>st</sup> Sept	28 <sup>th</sup> Sept	12 <sup>th</sup> Oct	30 <sup>th</sup> Nov
29	26 <sup>th</sup> Oct	2 <sup>nd</sup> Nov	9 <sup>th</sup> Nov	16 <sup>th</sup> Nov	23 <sup>rd</sup> Nov	30 <sup>th</sup> Nov	2021 TBC

**Program schedule:**

#	Day	Date	Details
1	Monday	Week 1	<p><b>Multi-disciplinary Assessment Day</b></p> <ul style="list-style-type: none"> <li>• Introduction and overview of the program, brief pain education</li> <li>• Individual assessment by SKiP's multidisciplinary pain team</li> <li>• Individual Family Action Plan</li> <li>• <i>all day parent involvement (8:30am - 2:30pm)</i></li> </ul>
2	Monday	Week 2	<p><b>Day 1 Group Program "So where do we start?" – Psychology / Art</b></p> <ul style="list-style-type: none"> <li>• Body-mind-world connection &amp; introduction to pain toolkit</li> <li>• Goal setting &amp; introduction to relaxation</li> <li>• Parents: Parenting the child with chronic illness (Part 1)</li> <li>• Children: art therapy</li> <li>• <i>all day parent involvement (8:30am - 2:30pm)</i></li> </ul>
3	Monday	Week 3	<p><b>Day 2 Group Program "Knowledge is Power" -- Occupational Therapy / Physiotherapy</b></p> <ul style="list-style-type: none"> <li>• Pain neuro-science education</li> <li>• Lifestyle pacing and graded physical activity exposure</li> <li>• Relaxation practice</li> <li>• Children: teaching parents</li> <li>• <i>part day parent involvement (1:30pm - 2:30pm)</i></li> </ul>

4	Monday	Week 4	<b>Day 3 Group Program "I've got this" – Psychology / Art</b> <ul style="list-style-type: none"> <li>• Stress neuro-science education</li> <li>• Introduction to mindfulness skills</li> <li>• Parents: Parenting the child with chronic illness (Part 2)</li> <li>• Children: continuing art and relaxation session</li> <li>• <i>all day parent involvement (8:30am - 2:30pm)</i></li> </ul>
5	Monday	Week 5	<b>Day 4 Group Program "Pacing, Pillars &amp; Play" – Occupational Therapy / Physiotherapy</b> <ul style="list-style-type: none"> <li>• Staying on track</li> <li>• Three Pillars of Health--sleep, exercise and nutrition</li> <li>• Fun and functional exposure activities</li> <li>• Individual Family Action Plan</li> <li>• <i>part day parent involvement (12:30 - 2:30pm)</i></li> </ul>
6	Monday	Week 6 (2 weeks after Week 5)	<b>Follow-Up Review Day</b> <ul style="list-style-type: none"> <li>• Review of strategies and goals</li> <li>• Flare up education -- bumps in the road</li> <li>• Calming and alerting sensory modulation</li> <li>• Home management plan</li> <li>• Individual re-assessment opportunity</li> <li>• Action Plan review</li> <li>• <i>all day parent involvement (8:30am - 2:30pm)</i></li> </ul>
7	Monday	Approx. 3 months after Week 4	<b>Refresher Day</b> <ul style="list-style-type: none"> <li>• Fun session – review and refresher of pain management strategies</li> <li>• Ongoing issues – flare ups, school transition</li> <li>• Individual re-assessment</li> <li>• <i>all day parent involvement (8:30am - 2:30pm)</i></li> </ul>

**Cost:** This is a free program; however, to ensure continued attendance, we ask for a refundable \$100 deposit to be paid prior to Day 1. Each family will also be asked to sign a contract of participation to ensure they are aware of the program expectations. **Due to the high demand for our multidisciplinary services and limited intake capacity, non-attendance at two or more program sessions will result in loss of deposit.** Families in financial hardship are encouraged to get in touch with our referral team so we can discuss alternative arrangements.

Please see attached brochure for our services. Should you have any questions about our program, please do not hesitate to contact us.

Kind regards,

Dr Kathleen Cooke  
**SKiP Medical Director**

Huong Nguyen  
**SKiP Clinical Coordinator**