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**CHILDREN'S COMFORT AND COPING STRATEGY
& THE PAEDIATRIC CHRONIC PAIN PROGRAM
PRESENTS**

**#itdoesnthavetohurt:
WHY PAIN MANAGEMENT MATTERS**

**THURSDAY FEBRUARY 1, 2018
SUMNER AUDITORIUM
8:00am - 4:30pm**



AGENDA

Purpose: To open public dialogue in the Children's Hospital community on pain assessment and interventions, where pain and emotional distress is acute. The Children's Hospital Comfort and Coping Strategy will be introduced. 25% of this program is dedicated to interactive learning opportunities.

Learning Objectives: Participants will obtain an understanding of the current research on paediatric pain outcomes and interventions, including hands-on skills that can be utilized in practice. Additionally, participants will learn how their professional expertise can be a part of a coordinated, organizational approach to managing pain and discomfort.

Moderated by: Kyna Patterson	
8:00 - 8:30	Registration/Opening Remarks
8:30 - 9:30	Keynote Address: Dr. Christine Chambers Why Pain Management Matters
9:30-10:30	Patient and Family Panel Discussion
10:30 - 11:00	Refreshment Break
11:00 - 12:00	Breakout Session #1
12:00 - 1:00	Lunch
1:00 - 2:00	Breakout Session #2
2:00 - 2:15	Break
2:15 - 4.00	Keynote Address: Dr. Stefen Freidrichsdorf Organizational Perspective on Pain Management Leadership Panel: Children's Comfort and Coping Strategy
4:00-4:30	Completion of Evaluations and Closing Remarks



**Dr. Christine
Chambers**

Dr. Christine Chambers will deliver the first keynote address focused on the outcomes of mismanaged pain, and why as a pediatric health care professional, it should matter to you! As the Canada Research Chair in Children's Pain and her extensive experience as a Professor in the Departments of Pediatrics and Psychology & Neuroscience at Dalhousie University in Halifax, Nova Scotia, Dr. Chambers brings to light the gap in evidence and clinical use of pain management interventions and coping strategies. She is a member of the Royal Society of Canada's College of New Scholars, Artists and Scientists. Dr. Chambers' research lab is based in the Centre for Pediatric Pain Research at the IWK Health Centre. She has published over 125 peer-reviewed papers on the role of developmental, psychological, and social influences on children's pain, with a current research focus on the role of families in pediatric pain and social media for health knowledge mobilization

Dr. Stefen Friedrichsdorf will explore what an organizational approach to pain assessment and intervention can look like when it is a priority. In his tenure as the medical director of the Department of Pain Medicine, Palliative Care and Integrative Medicine at Children's Hospitals and Clinics in Minnesota, he is instrumental in the implementation of "The Comfort Promise". Dr. Friedrichsdorf is the sponsor of the 2013-2016 system wide (Toyota Lean) Value Stream "No Needless Pain" quality improvement initiative at both campuses and outpatient centers of Children's Hospitals of MN. Dr. Friedrichsdorf lectures extensively nationally and internationally about pediatric pain medicine, palliative care and integrative medicine and has a track record of publications in the field, including contributions to more than 20 books on the subject. He is course director of the annual week-long Pediatric Pain Master Class



**Dr. Stefen
Friedrichsdorf**

BREAKOUT SESSIONS

The Role of Psychosocial Interventions in Easing Emotional Distress and Reducing Discomfort

A panel of psychosocial professionals from Children's Hospital will present their role in pain management and increasing comfort in the medical environment. The importance of trusting therapeutic relationships for children and teens in coping, as well as how to include parents will be explored. Panel experts will include a Certified Child Life Specialist, Music Therapist, Art Therapist and a Registered Nurse that work together in the Paediatric Medical Day Unit.

Barriers to Effective Management and the Role of HCP Comfort with Emotion

Dr. Javeed Sukhera, Senior Designate Physician Lead of Child and Adolescent Psychiatry, Kathy Rupert, Social Worker Pediatric Chronic Pain Service, and Jennifer Crotogino, Psychologist for Pediatric Chronic Pain Service, will guide the discussion during this session. Evidence on the multifaceted barriers to effective and safe comfort measures will be presented, including how Health Care Professional emotions may effect patients and family outcomes.