

# Pain Medicine

Pediatric Pain Medicine Program at Children's National

## Clinic Locations and Hours:

### Sheikh Zayed Campus

111 Michigan Ave NW  
Washington, DC 20010  
Monday-Friday, 8 a.m.-5 p.m.  
202-476-6765

### Northern Virginia Regional Outpatient Center

3023 Hamaker Ct  
Fairfax, VA 22031

### Montgomery County Regional Outpatient Center

9850 Key West Ave  
Rockville, MD 20850

### Appointments:

202-476-EASE (3273)  
Fax: 202-476-7651

### Physician Questions/Consults:

202-476-1210

### Chronic Pain Consults during non-business hours:

Please call the On-Call Chronic Pain Doctor at 202-476-5000

## About the Pediatric Pain Medicine Program

Children's National Pediatric Pain Medicine Program is an interdisciplinary, research-based pain program for children's acute and long-term pain—one of only a few such programs in the United States and around the world. The Pain Medicine Program uses tried and true methods that are safe, but also works toward collecting data that will uncover better treatments that are safe and effective.

Our Pain Medicine experts work with families and their physicians to help manage the pain so it doesn't "control" the child or the family. This takes the interdisciplinary team at Children's National working with the commitment and partnership of the child's family and primary care doctor to successfully manage a child's pain long term.

## Children's Pain Medicine Care Complex

In April 2013, Children's National opened an interdisciplinary Pain Medicine Care Complex that improves and expands outpatient care for children who experience long-term pain.

Most children referred to the Pediatric Pain Medicine Clinic within the Complex have had pain that has lasted longer than 4-6 weeks, have failed standard treatment modalities, and now have significantly impaired quality of life. Pain is more than a physical injury. It also has social, emotional and psychological implications that affect the child, their family and friends.

Our personalized approach is tailored to each child's unique needs and is based on the latest, research-proven approaches to pain medicine. This includes standard therapies and some research-proven alternatives, including multi-sensory techniques that maximize the power of all five senses, focusing a child's attention on the senses less impacted by that pain (sight, sound, taste, smell) to distract and deflect.



Children's National™

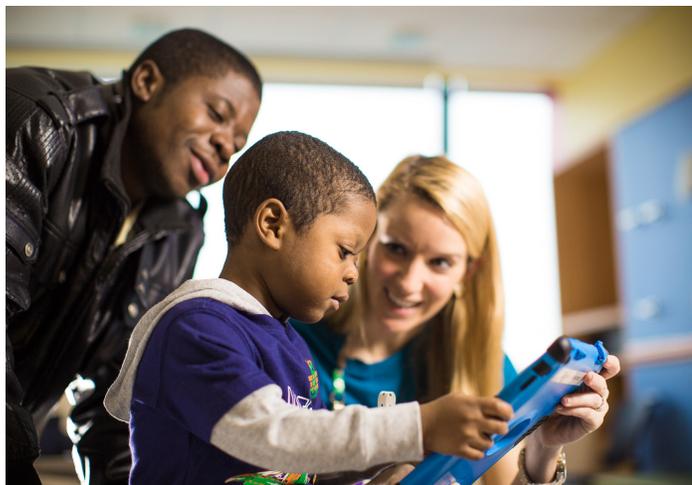
We utilize a team approach to care and provide one-stop access to experts in pain, including pain physicians, psychologists, physical therapists, integrative therapies and traditional medical treatments.

Our program offers the following services:

- Acute Pain Service
- Chronic Pain Clinic
- Medical Acupuncture Service
- Headache Program
- Psychology and Behavioral Medicine
- Physical Therapy
- School Support

## Features of the Pain Medicine Care Complex

- 6,675 sq. ft. of treatment space
- State-of-the-art teleconference and telemedicine technology that allows the Children's National Pain Medicine experts to help diagnose and treat families around the world.
- Semi-private infusion rooms designed to reduce stress on patients requiring infusions
- Comfortable, non-threatening medical and psychological assessment rooms that help children feel more at ease during assessment and treatment



- A high-tech multi-sensory POD bed serves as a biofeedback environment for patients.

(The POD bed is the first clinical application of the technology and includes heart rate monitors, soothing music and lights to allow pain medicine experts to monitor a child's response to the calming environment.)

### Clinical Team:

- Suresh Thomas, MD, Medical Director
- Sean Alexander, MD
- Julia Dorfman, MD, PhD
- Angela Fletcher, PsyD
- Laura Gray, PsyD
- Mirini Kim, CPNP
- Michael Lotke, MD
- Celeste Martin, MD
- Marian McEvelly, RN, CPN
- Jeffery Rabin, DO
- Sarah Reece-Stremtan, MD
- Keetra Williams, BSN, Clinical Supervisor
- Marci Delaney, RN
- McKindria Letsinger, RN

### Physical Therapists:

- Mandana Fisher, PT, DPT
- Krista Eskay, PT, DPT



**Children's National**™

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