

# Pediatric Pain Medicine Program



**Referring a Patient/Requesting a Consultation: 202.476.1210**

# About the Pediatric Pain Medicine Program

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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

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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. 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

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.

## Features of the Pain Medicine Care Complex



*Pictured: A child using a multi-sensory POD bed.*

- 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.*

## Diagnoses & Symptoms

Diagnoses and symptoms that we treat include the following:

- Amplified musculoskeletal pain syndrome (AMPS)
- Back, neck and other musculoskeletal pains
- Cancer pain
- Central pain syndromes
  - Spinal cord lesions
  - Traumatic injuries
  - Brain lesions (stroke)
- Chronic abdominal pain
- Complex regional pain syndromes (CRPS)
- Headache
- Infection-related pain (HIV, AIDS, herpes)
- Joint pains caused by Ehlers-Danlos syndrome, juvenile rheumatoid arthritis and other conditions
- Neuropathic pain (e.g. diabetic neuropathy)
- Oro-facial pain
- Persistent post-surgical pain
- Postural orthostatic tachycardia syndrome (POTS)
- Radicular Pain (cervical, thoracic, lumbar)
- Sickle cell disease related pain



*There is no "typical" pain patient. Each patient is unique and needs an individual plan to manage pain.*



## Clinical Team:

Suresh Thomas, MD, Medical Director

Sean Alexander, MD

Angela Fletcher, PsyD

Laura Gray, PsyD

Mirini Kim, CPNP

Michael Lotke, MD

Celeste Martin, MD

Marian McEvilly, RN, CPN

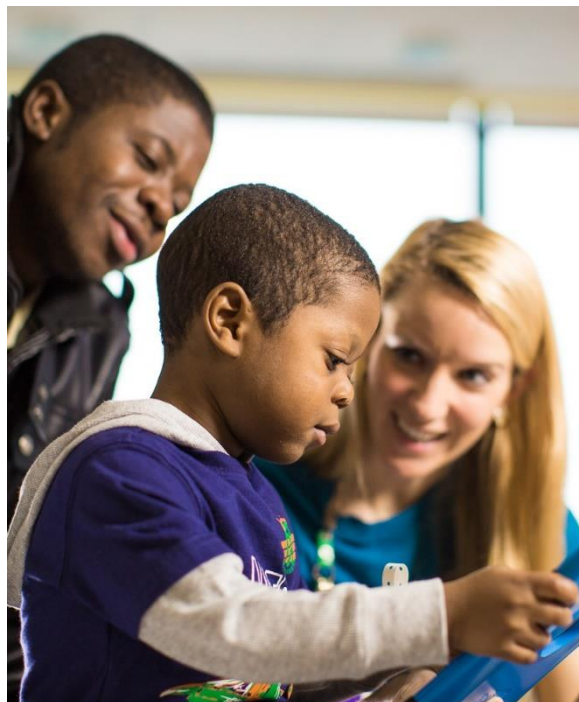
Jeffery Rabin, DO

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

### Clinic Locations & Hours:

#### Sheikh Zayed Campus

111 Michigan Ave NW

Washington, DC 20010

Monday-Friday, 8am-5pm

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 (3263)

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