

How to find us when you come for an appointment

Step 1: The CPS clinic is located in the **Ambulatory Care Building (ACB) of BC Children's Hospital**. Pay parking is available on site. For maps and more information, go to www.bcchildrens.ca/aboutus

Step 2: You will get a call from BC Children's Hospital Admitting to pre-register you for this appointment.

If you have been pre-registered, come right to the Ambulatory Care Building.

If you have not been pre-registered, you will need to stop at Admitting inside the main entrance to BC Children's Hospital before you come to your appointment.

In the Ambulatory Care Building, take the elevator down to Level 0, turn left and go to **Room K0-134 (Reception Area 2)**. Tell the receptionist you are here for the Complex Pain Service.

Step 3: A CPS team member will meet you in K0-134 and take you to your appointment.

Name:

CPS Appointment Date & Time:

The CPS has a long waiting list of children requiring assessment. Please notify us **at least two weeks in advance** if you need to cancel or change this appointment.

Developed by the health care professionals of the Complex Pain Service with assistance from the Department of Learning & Development

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Complex Pain Service (CPS)



An agency of the Provincial
Health Services Authority

4480 Oak Street, Vancouver BC, V6H 3V4
www.bcchildrens.ca

CPS contact information

Phone: 604-875-2345 Local 5108
Toll-free within BC: 1-888-300-3088 ext. 5108

Fax: 604-875-2767
Toll-free: 1-888-300-3088 ext. 2767

What is the Complex Pain Service (CPS)?

The CPS helps children and teens manage pain.

The CPS is a team of health care professionals. They are specialists who care for children and teens.

The CPS team has a:

- doctor
- psychologist
- nurse clinician
- physiotherapist.

The CPS assesses and treats children and teens who:

- have been in pain for a long time;
- have pain that gets in the way of normal living;
- have pain that is hard to explain and treat.

How can your child/teen be seen by the CPS?

Ask your doctor to make a referral to the CPS by calling the CPS at BC Children's Hospital, 604-875-2345 local 5108. The administrative assistant or nurse clinician will call you to arrange an appointment.

What can you expect from the CPS?

The CPS will work with you and your child/teen to:

- better understand the reasons for chronic pain
- develop a plan to manage the pain that deals with the whole person.
- “stop pain from hurting” and help your child/teen return to normal life.

Treatment may include:

- **medication** to help with pain, as well as sleep, energy, concentration, or mood;
- **skills** such as mind-body techniques for relaxation and pain management;
- **exercises** for strengthening, stretching, and general reconditioning;
- **support** to relieve life stressors at school or home that can make pain worse.

What will happen at the CPS Clinic visit?

The first visit takes 2 to 3 hours. Follow-up visits will be arranged at the first visit. These visits usually start within a couple of weeks and last about 60 minutes.

Your child/teen may not see every team member at every visit.

How do you know if the treatment plan is working?

All the CPS team members meet to review your child/teen's progress.

If the treatment is not working we will discuss other options for managing the pain with you.

The CPS doctor will write a report after he/she sees your child/teen. The report will be sent to you and your child/teen, your family doctor, and other doctors and professionals in the community who your child/teen is working with.