



## Pediatric Pain Rehabilitation Program GUIDELINES & EXPECTATIONS

### Our Philosophy

The goal of the pain rehabilitation program is to teach children to improve their daily functioning by learning skills that strengthen their bodies and minds – even though pain is still present. Our team works hard to achieve this goal, but we'll never put children in any situation that is unsafe or above their potential. Clear communication and trust in the process helps ensure we are all working as a team.

We ask children and families to be respectful, supportive and positive to themselves and their peers, family and staff.

Respect, encourage, support,  
communicate, trust and have fun too!



### Guidelines

#### PATIENTS

- › Participate in **ALL** program activities.
- › Stay out of their room during scheduled therapy hours (8 a.m. to 4 or 5 p.m.).
- › Out of bed during waking hours.
- › Follow all meal and drinking guidelines.

#### VISITORS

- › Visiting hours begin at 5:30 or 6:30 p.m. each day and end at 9 p.m.
- › Families and visitors are **NOT** allowed on the unit during the day unless they have a scheduled appointment or meeting.

#### ELECTRONICS AND CELL PHONES

- › Electronics and cell phones are not permitted to be used during scheduled therapy hours with the exception of lunch.
- › No video game consoles are permitted in patient rooms.
- › Program staff have the right to take away cell phones and/or electronics that are used during non-permitted times or if they're deemed disruptive to sleep.

## Patient Expectations

### MORNINGS

- › Make bed and open window blinds.
- › Eat breakfast and post daily schedule on the board.
- › Be ready for morning group by 8 a.m.

### EVENINGS

- › Occupational/Physical Therapy: Complete assigned stretches and exercises.
- › Psychology: Complete MBS worksheet and practice coping skills.
- › School: Complete school work assignments.
- › Social Time: Interact with peers and family on the unit, in the Cavs room or outside in the courtyards.
- › Patients and families are not allowed in other patient rooms.

### BEDTIME

- › Get ready for bed between 9-10 p.m.
- › Cell phones and other electronics put away and turned off.

To learn more, scan  
QR code with your  
mobile phone's camera.

