

# My First Pain Clinic Appointment

You can use this page to help follow your journey through the Pain Management Clinic. Place a sticker or mark off each step as you complete it.

**1**



## Arrive at the Pain Clinic at Children's Mercy

- Plan for enough time to park and check in for your appointment.
- Check-in at the kiosk in the Yellow Zone Waiting Room on the 1st floor.

**2**



A staff member will come get you from the waiting area.

They will measure your blood pressure, height, and weight.

**3**



Then you will go to an exam room to talk about:

- medicines you are taking
- your family medical history
- any mental health concerns

**4**



## Meet the Team

You will spend about 3-4 hours with many team members.

### A Clinical Psychologist will:

- Talk with your child and ask them questions.
- Give you advice about coping strategies.

### A physician or Nurse Practitioner will:

- Do a physical exam of your child.
- Create a plan for how to care for your child.

### A massage therapist will:

- Introduce you to relaxation-based massage therapy.
- Give your child a massage if they choose to have one.

### A social worker will:

- Talk with you (the parent/caregiver) and ask you questions.
- Talk about school resources (i.e. 504 Plan, IEP) with you.
- Share community resources with you.

**5**



## Review Next Steps

- We will talk about the team's plan for your child.
- We will go over any papers and instructions that we send home with you.
- We will schedule a follow-up appointment.

Thank you for letting us be a part of your child's care!