



## What to Expect (Parents)

### **Admission Day:**

Please plan to arrive at 8:00 on the day of admission. The first day will primarily be information gathering, assessments and evaluation. Therapists may evaluate your child while you are waiting or speaking with other staff members. You will not accompany them to Physical Therapy, Occupational Therapy or Psychology on the first day. Parents do not stay in the hospital overnight in the Pain Rehabilitation Program.

### **Transportation:**

Parents are responsible for transportation to and from accommodations and hospital.

### **Parent / Family Meetings:**

Parents have active meetings throughout the weeks, including:

- Parent Group (Tuesday at 3:00pm, Wednesday at 3:00pm, and Thursday at 10:00am)
- Family Team Meeting (2<sup>nd</sup> Thursday of the program during the 2:00pm hour for 20 minutes)
- Family therapy (see your own schedule for times)
- Family education (see your own schedule for times during the 1<sup>st</sup> and 3<sup>rd</sup> week)

Sessions may be held virtually and/or in person.

Parents should not be on hospital grounds during the day unless attending in-person meetings.

### **Weekdays in the program:**

You are not permitted on the unit during therapy times. Visitation hours are 5:30pm – 9:00pm Monday, Tuesday and Friday and 6:30pm-9:00pm on Wednesday and Thursday due to Recreational Therapy group. You must check with the front desk regarding whom can visit and when.

### **Weekends in program:**

On Saturday your child will receive physical, occupational, and recreational group services. These are typically prior to lunch but can go as late as 2:30pm. After that time, you may visit.

On Sundays (and some Saturdays) your child will participate in a Therapeutic Leave Day with you for 8 hours total. You may arrive as early as 9:00am but regardless of what time you and your child leave the hospital, you must return by 8:00pm. Your child will be expected to work on therapy goals in a community setting. This also gives you a chance to practice new ways to support them.

Whether in the hospital or the community, please help your child plan some activities to enjoy. Children should also schedule time to work on school work, review program materials, and complete assigned stretches and exercises. They may need help scheduling their activities. You should receive a worksheet to help with planning.

Tips for parents:

*Review and praise them for schoolwork*

*Try yoga and other exercises with them (our therapists often give specific goals)*

*Ask them to demonstrate or discuss Mind Body Skills Homework*

*Scheduled contact with friends/family back home (they will need encouragement)*

*Check their binders to ensure work is done and encourage them to go further!*

**Continued on reverse...**

## What to Expect (Parents)

**Discharge from inpatient program:**

Your child will be discharged on Friday at 4:00pm on their last day inpatient care. You will need to report to the unit at the end of your child's day to complete any discharge paperwork, pack up belongings.

**Day Hospital program:**

Children must arrive by 7:45am in Day Hospital (at the downstairs outpatient check-in location) to join the program. Lunch will be provided on the days they are here, but not breakfast or dinner.

At the end of the scheduled day (4:00pm or 5:00pm), you will pick your child up at the same place they checked in.

**Extended admission:**

There are rare situations where the rehabilitation team recommends a prolonged stay in either the inpatient program, the Day Hospital program, or an intensive outpatient program—this may extend your stay longer than three weeks. Reasons for extension involve access to specialized equipment or therapies, need to maintain therapeutic family separation, expectation of significant functional gain with intensive therapies, or concern for significant decline in functioning if discharged prematurely. The rehabilitation team will be in contact with you if an extended stay is recommended. This is always decided on a case-by-case basis and is a team decision involving the family.

**Discharge and follow-up:**

Prior to discharge, the team will meet with the family across several meetings for further education and sharing recommendations. We encourage families to follow a home program, which may or may not involve further outpatient therapies. We also encourage families to attend our follow-up group "Momentum" monthly for the next three months to support each other in maintaining and building upon the progress made here.

Please review our website for other helpful information:

<https://my.clevelandclinic.org/pediatrics/departments/pain-rehabilitation>

We are looking forward to working with you!!



## What to Bring

### Medication:

- All of your child's medications (including unopened nutritional supplements) in original labeled bottles. The hospital pharmacy will provide all formulary medications, but will use patient's own medications if your child's specific medication is not available on formulary. Cleveland Clinic policy may prohibit some nutritional supplements. Please call ahead if you have questions.

### Clothing:

- Clothing suitable for hospital-based exercise (mid-thigh length shorts, shirt fully covering belly and back, sweatpants). Please see our What to Wear sheet for specifics.
- Athletic shoes in good condition, less than a year old with a supportive arch and a sturdy sole.
- Swim suit for your child that may lose some color and shape as your child will be in a high chlorine pool each day. One-piece suits or a t-shirt to cover a two-piece suit.
- Pajamas or appropriate sleepwear. Child will be walking to a shared shower on the unit so appropriate clothing and footwear to walk within the unit is needed.

### Other Supplies:

- Supportive equipment your child uses or may have used recently (e.g., knee braces, ankle braces, shoe inserts, assistive devices, TENS units).
- Water bottle: Sturdy, refillable bottle for hydration throughout the day.
- Backpack: Sturdy backpack (typical for school) to carry program materials and water.

### School:

- At least 3 weeks of school assignments.
- Any related textbooks from your child's school to be completed during the program.
- The name, phone number and email address for your child's school contact person and your plan for your child's return to school.
- Other reading, workbooks or writing materials to work on during down-time.

### Technology:

- A laptop, iPad, or hand-held gaming device may be brought and used during **non-therapy** times; however, the hospital cannot be held responsible for any lost or stolen items. Game consoles are not permitted. Cell phones may be used **ONLY** during non- therapy hours (i.e., lunch hour and early evening hours). The unit staff will collect the phones if necessary.
- Any device that needs to be plugged into an electrical outlet must be approved by our safety officer before use.

### Nutrition:

- Any special healthy snacks can be stored on the unit in the kitchen area. Nursing can assist with storing and locating food. You may also purchase dinners to bring in occasionally, but please make healthy choices after consulting our dietician.

### Decorations:

- You *may* choose to bring something to decorate your hospital room to make it feel more home-like. This not necessary, though.
- Nursing will approve décor before it is hung in the room, as there are hospital rules to follow.

## What to Wear

**It is important both for appropriate participation in rehabilitation activities AND infection prevention in a hospital setting that patients wear appropriate clothing. The guidelines below are similar to those in a school setting.**

- Shirts, Pants and Shorts
  - Shirts should cover areas from one armpit across to the other armpit
  - Tops must have shoulder straps
  - Pants and shorts should cover at least mid-thigh (about where your fingers reach your leg)
  - Bras should provide support during exercise
  - See-through or mesh garments must have clothing underneath
  - Please avoid clothing that depicts illegal, violent, vulgar, discriminatory, obscene or lewd material (children of all ages are treated here)
  - Please do not wear apparel, jewelry, or accessories that interferes with rehabilitation activities
  
- Shoes must be worn at all times
  - Laced up athletic shoes should be less than a year old with a supportive arch and a sturdy sole (Tip: you should not be able to fold your shoe in half)
  - Sandals, Crocs, or slippers are only to be worn at night and when traveling to the shower
  
- Swim suit
  - Patients should wear a one-piece suit (or a t-shirt to cover a two-piece suit)
  - Suits should be appropriate for exercises, not sunbathing☺
  
- Pajamas
  - Please bring appropriate sleepwear. Children will be walking to a shower room on the unit, so appropriate clothing and footwear to walk within the hospital unit is needed.
  
- Laundry facilities are available, but your child will need enough clothes for several days.

The therapy and medical team will determine what constitutes appropriate dress, and may ask you to change if you are not well-prepared for rehabilitation therapies. If you do not have appropriate clothing for rehabilitation purposes, the hospital may provide you with temporary clothing to wear. Parent(s) will be notified if the child does not have appropriate clothing/footwear to fully participate in rehabilitation.

## When Parents Should Be Present

Below lists the expected times parents will participate in programming with their child. However, please check your child's schedule as well to ensure you have up-to-date information.

### WEEK ONE:

WHEN	WHAT	WHERE
<b>Monday</b>		
<input type="checkbox"/> 8:30 AM	Program Admission	North Court
<input type="checkbox"/> 11:00 AM	Parent Orientation	SMA Room
<input type="checkbox"/> 1:30 PM	Nutrition Education with Dietician	(Zoom Meeting link)
<input type="checkbox"/> 5:30 – 9:00 PM	Visitation Hours	North Court
<b>Tuesday</b>		
<input type="checkbox"/> 2:00 PM	Meeting with school teacher (if scheduled)	(Zoom Meeting link)
<input type="checkbox"/> 2:30 PM	OT/PT Education Group	(Zoom or Teams Meeting link)
<input type="checkbox"/> 3:00 PM	Parent Group	(Zoom Meeting link)
<input type="checkbox"/> 5:30 – 9:00 PM	Visitation Hours	North Court
<b>Wednesday</b>		
<input type="checkbox"/> 3:00 PM	Parent Group	(Zoom Meeting link)
<input type="checkbox"/> 6:30 – 9:00 PM	Visitation Hours	North Court
<b>Thursday</b>		
<input type="checkbox"/> 10:00 AM	Parent Group	(Zoom Meeting link)
<input type="checkbox"/> 11:00 AM	Parent Wellness Group	(Zoom Meeting link)
<input type="checkbox"/> _____	Psychology family session (if scheduled)	(virtual / in person / both)
<input type="checkbox"/> 6:30 – 9:00 PM	Visitation Hours	North Court
<b>Friday</b>		
<input type="checkbox"/> _____	Attend <b>last</b> 30 minutes of scheduled OT/PT session	Large Gym
<input type="checkbox"/> _____	Psychology family session (if scheduled)	(virtual / in person / both)
<input type="checkbox"/> 5:30 – 9:00 PM	Visitation Hours	North Court
<b>Saturday</b>		
<input type="checkbox"/> 2:00 – 9:00 PM	Visitation Hours (after therapies are complete)	North Court
<b>Sunday</b>		
<input type="checkbox"/> Varies	Up to 8 hours of Therapeutic Leave WITH specific therapy goals	Parent with child in the community

\*Other appointments MAY be scheduled which require your attendance.

\*\*Create and follow a personalized schedule on the weekend

## When Parents Should Be Present

Below lists the expected times parents will participate in programming with their child. However, please check your child's schedule as well to ensure you have up-to-date information.

### WEEK TWO:

WHEN	WHAT	WHERE
<b>Monday</b>		
<input type="checkbox"/> 5:30 – 9:00 PM	Visitation Hours	North Court
<b>Tuesday</b>		
<input type="checkbox"/> 2:30 PM	Meeting with school teacher (if scheduled)	(Zoom Meeting link)
<input type="checkbox"/> 3:00 PM	Parent Group	(Zoom Meeting link)
<input type="checkbox"/> 5:30 – 9:00 PM	Visitation Hours	North Court
<b>Wednesday</b>		
<input type="checkbox"/> 3:00 PM	Parent Group	(Zoom Meeting link)
<input type="checkbox"/> 6:30 – 9:00 PM	Visitation Hours	North Court
<b>Thursday</b>		
<input type="checkbox"/> 10:00 AM	Parent Group	(Zoom Meeting link)
<input type="checkbox"/> 11:00 AM	Parent Wellness Group	(Zoom Meeting link)
<input type="checkbox"/> _____	Psychology family session (if scheduled)	(virtual / in person / both)
<input type="checkbox"/> 2:00 PM	Family Team Meeting (15 minutes sometime during this hour)	(Zoom Meeting link)
<input type="checkbox"/> 6:30 – 9:00 PM	Visitation Hours	North Court
<b>Friday</b>		
<input type="checkbox"/> 4:00 PM	Discharge from inpatient	North Court
<b>Saturday</b>		
<input type="checkbox"/> Varies	Follow Home Program and personal schedule	Home/Community
<b>Sunday</b>		
<input type="checkbox"/> Varies	Follow Home Program and personal schedule	Home/Community

\*Other appointments MAY be scheduled which require your attendance.

\*\*Create and follow a personalized schedule on the weekend

## When Parents Should Be Present

Below lists the expected times parents will participate in programming with their child. However, please check your child's schedule as well to ensure you have up-to-date information.

### WEEK THREE:

WHEN	WHAT	WHERE
<b>Monday</b>		
<input type="checkbox"/> 7:45 AM	Admission to Day Hospital Program	Lower Level
<input type="checkbox"/> 4:00 PM	Pick-up (Practice Home Program in evening)	Lower Level
<b>Tuesday</b>		
<input type="checkbox"/> 7:45 AM	Admission to Day Hospital Program	Lower Level
<input type="checkbox"/> 3:00 PM	Parent Group	(Zoom Meeting link)
<input type="checkbox"/> 4:00 PM	Pick-up (Practice Home Program in evening)	Lower Level
<b>Wednesday</b>		
<input type="checkbox"/> 7:45 AM	Admission to Day Hospital Program	Lower Level
<input type="checkbox"/> 3:00 PM	Parent Group	(Zoom Meeting link)
<input type="checkbox"/> 4:00 PM	Pick-up (Practice Home Program in evening)	Lower Level
<b>Thursday</b>		
<input type="checkbox"/> 7:45 AM	Admission to Day Hospital Program	Lower Level
<input type="checkbox"/> 10:00 AM	Parent Group	(Zoom Meeting link)
<input type="checkbox"/> 11:00 AM	Parent Wellness Group	(Zoom Meeting link)
<input type="checkbox"/> _____	Psychology family session (if scheduled)	(virtual / in person / both)
<input type="checkbox"/> Varies	Complete Discharge Assessment	Check your email
<input type="checkbox"/> Varies	Schedule Follow-up Momentum group	
<input type="checkbox"/> 4:00 PM	Pick-up (Practice Home Program in evening)	Lower Level
<b>Friday</b>		
<input type="checkbox"/> 7:45 AM	Admission to Day Hospital Program	Lower Level
<input type="checkbox"/> _____	Attend <b>last</b> 30 minutes of scheduled OT/PT session	Large Gym
<input type="checkbox"/> _____	Psychology family session (if scheduled)	(virtual / in person / both)
<input type="checkbox"/> 2:00 PM	Complete any relevant discharge paperwork	Lower Level
<input type="checkbox"/> 4:00 PM	Pick-up and Discharge from program	Lower Level

\*Other appointments MAY be scheduled which require your attendance.

\*\*Create and follow a personalized schedule on the weekend





**Inpatient Pain Program Schedule**

Name: SAMPLE

PSY: J. Doe

Week #: 2

Week of: XX/XX – XX/XX

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
7:30 – 8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00 – 9:00	Kawa Group	Education Group	Circuit Training Group	Chores Group	Functional Circuit Group
9:00 – 10:00	School	School	PSY	School	OT/PT
10:00 – 11:00	Yoga Group	Pool	Pool	Pool	Pool
11:00 – 12:00	School	OT/PT	School	PSY with Parent	School
12:00 – 1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 – 2:00	Back in the Game	PSY	OT/PT	OT/PT	School
2:00 – 3:00	OT/PT	MBS Group	MBS Group	Family Meeting	Music Group
3:00 – 4:00	RT Group	RT Group	Cooking Group	RT Group	MBS Group
4:00 – 5:00					
5:00 – 5:30	Dinner	Dinner	Dinner	Dinner	
5:30 – 6:30			Evening RT	Evening RT	
6:30 – 10:00	Homework, Therapy Exercises, Mind Body Skills, Productive Time	Homework, Therapy Exercises, Mind Body Skills, Productive Time	Homework, Therapy Exercises, Mind Body Skills, Productive Time	Homework, Therapy Exercises, Mind Body Skills, Productive Time	
10:00	Lights Out, Electronics Off, Bedtime	Lights Out, Electronics Off, Bedtime	Lights Out, Electronics Off, Bedtime	Lights Out, Electronics Off, Bedtime	



Day Hospital Pain Program Schedule

Name: SAMPLE

PSY: J. Doe

Week #: 3

Week of: XX/XX – XX/XX

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8:00 – 9:00	Kawa Group	Education Group	Circuit Training Group	Chores Group	Functional Circuit Group
9:00 – 10:00	OT/PT	School	School	OT/PT	PSY with Parent
10:00 – 11:00	Yoga Group	Pool	Pool	Pool	Pool
11:00 – 12:00	School	School	OT/PT	PSY	School
12:00 – 1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 – 2:00	Back in the Game	OT/PT	School	School	OT/PT with Parent
2:00 – 3:00	PSY	MBS Group	MBS Group	School (on unit)	Music Group
3:00 – 4:00	RT Group	RT Group	Cooking Group	RT Group	MBS Group
4:00 – 5:00					