

*The* ROYAL MARSDEN

NHS Foundation Trust

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## CHAMP Service

Centre for Holistic Approach to  
Management of Paediatric Pain

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### **Patient Information**



**NHS**

## Who we are

The CHAMP service is led by a charity-funded team, who run a multidisciplinary team (MDT) pain clinic at The Royal Marsden Oak Centre. It is available to children and young people who are under the care of a paediatric oncologist at The Royal Marsden. This pain clinic will focus on those children and young people with persistent/chronic pain.

## Our aim

We aim to provide your child with a multidisciplinary team (doctor, physiotherapist, nurse and psychologist) pain service, which is well coordinated, provides a positive patient experience and improves health outcomes. This will enable your child's pain history to be shared only once to the whole team, which is consistent with best practice and known standards of care.

Our approach is to work in partnership with the child and young person, as well as you, your child's oncologist, your GP and others involved in their care, to deliver a child and family-centred pain service. This is to enable your child to achieve their individual goals.

## Your child's appointment with the CHAMP service

Your child will be referred to the CHAMP service by your oncologist, GP or another doctor. You will then be offered an initial outpatient appointment that will take place at our clinic on Tuesday afternoons at The Royal Marsden Oak Centre. This appointment will cover how your child's pain has developed, how it may impact on their everyday life (school/college and home) and what has been done so far to help manage it. The appointment is likely to last approximately 60 minutes and a further 30 minutes for completion of health questionnaires (see below).

## During the appointment

We will give you several health-related questionnaires to complete in the waiting area before your appointment, to help us understand your child's pain needs and to improve our service. We will ask you to complete the same questionnaires again at specific points throughout the pain management program. This will help us monitor your child's progress and any changes to interventions (treatment plans).

During your appointment, a number of health care professionals will be present, including a consultant paediatrician, nurse specialist, physiotherapist and psychologist. This consultation aims to assess your child's current pain needs which includes a physical assessment of your child's functional abilities, and to make a decision with you about which professionals are best placed to support your child's pain management plan. Some families can find this a little daunting, however we do this to reduce you having to repeat your pain history and the number of appointments that you need to attend.

As we are a specialist centre, students and visitors may be observing our team. We will always ask your permission for them to observe your child's appointment.

## **After your appointment**

At the end of the first appointment, your child will be offered further follow up and the most appropriate professional from the MDT will take the lead on their pain management.

The consultant will write to the referring doctor to explain what happened at the appointment and will share this with you and any other healthcare professionals involved in your child's care.

Patients will be under the CHAMP service up to a maximum time of two years.

## **Complementary therapies**

Acupuncture and reflexology will be available from the CHAMP service team.

Massage therapy can be booked through the rehabilitation service. During your appointment, we can discuss whether these therapies may be of benefit to your child.

## **Changing or cancelling your appointment**

If you need to change or cancel your child's appointment, please contact Dr Anderson's secretary on 0208 661 3625.

Please let us know as soon as possible if you cannot attend, so we can offer the appointment to another family.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.



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