



The Pain Management Center

The Pain Management Center at Cincinnati Children's Hospital Medical Center is nationally recognized for its expertise in the diagnosis, treatment, research and education of complex pediatric pain conditions. Our physician specialists are board-certified in pediatric pain management, and our center is home to one of the few pediatric pain basic science programs in the United States. In 2007, The Pain Management Center became the first pediatric pain program in the country to receive the American Pain Society's Clinical Center of Excellence Award.

CONTACT US

For patient referrals and non-urgent consultation during business hours, contact the program directly at:

Phone: **513-636-7768**

Fax: **513-803-1111**

www.cincinnatichildrens.org/pain

Pain Management Center Leadership

Kenneth R. Goldschneider, MD, FAAP

Full Spectrum of Conditions Treated

The Pain Management Center at Cincinnati Children's treats patients with a variety of medical diagnoses, symptoms and disabilities resulting from chronic pain. Our goal is to help patients participate more fully in daily activities and to develop pain coping skills that help them to successfully manage pain and return to school, home and community life.

Typical problems evaluated by the Pain Management Center include:

- Abdominal pain
- Back pain
- Complex regional pain syndrome (reflex sympathetic dystrophy)
- Fibromyalgia
- Nerve pain caused by an injury or resulting from toxic or genetic causes
- Post-concussive headache
- Pain and symptoms caused by Ehlers-Danlos syndrome, juvenile rheumatoid arthritis and other conditions
- Pain from:
 - cerebral palsy
 - cancer and sickle cell disease
 - epidermolysis bullosa and severe eczema
 - metabolic and hereditary diseases
- Pain-related mental health conditions or symptoms such as depression or anxiety



TREATMENT TEAM

Kenneth R. Goldschneider,
MD, FAAP
Director, Pain Management Center

Susmita Kashikar-Zuck, PhD
*Clinical Research Director,
Pain Psychology Fellowship Director*

Anne M. Lynch-Jordan, PhD
Sara E. Williams, PhD

John B. Rose, MD
Alexandra Szabova, MD
*Director, Pediatric Pain
Medicine Fellowship*

Nursing

Roxane Anderson, PNP
Holly K. Stahlman, PNP
Mary Pat Burke, RN
Tracy Rogers, FNP
Debra L. Wolf, PNP

Rehabilitation Therapy

David W. Pruitt, MD, FAAPMR
*Director, Inpatient
Rehabilitation Program*
Emily Deet, PT
Nancy R. Durban, DPT
Nicole Milhauser, OT

Research

Michael Jankowski, PhD
Renita C. Hudgins, MS

Specialty Care Coordination & Education

Our specialists take a holistic approach, evaluating each patient's situation from a medical, psychosocial and emotional perspective before developing a pain management strategy unique to the child's needs. Many treatment regimens can take place close to home under the care of the child's referring physician. For pain-related disability that requires intensive treatment, we collaborate with our colleagues in Rehabilitation Medicine to provide comprehensive inpatient pain management at the hospital.

Pain management strategies and therapies include:

- Physical and occupational therapy
- Cognitive-behavioral therapies
- Medications
- Transcutaneous nerve stimulation
- Nerve blocks and trigger point injections
- Integrative medicine, including:
 - massage
 - acupuncture
 - martial arts
 - yoga
 - meditation

Our Specialists' Current Pain Management Research

Cincinnati Children's is a leader in pediatric pain research. As a founding member of the Pediatric Research Network for Pain, we work with other leading institutions to develop clinical trials that advance the understanding of pain and pain management therapies.

Current research initiatives include:

- Participation in the NIH-funded Patient Reported Outcomes Measurement Information System (PROMIS) study, which explores how patients communicate their pain experience.
- Laboratory studies to enhance our understanding of the molecular mechanisms underlying sensory neuron responses to peripheral injury. The goal is to develop therapies for musculoskeletal pain associated with ischemia and other painful conditions.
- Studies that focus on parental responses to chronic pain as well as child pain expression and pain behaviors.
- NIH-funded research that explores cognitive-behavioral therapy for patients with juvenile fibromyalgia and long-term outcomes of children with chronic pain.

In addition, the Pain Management Center is one of only two ACGME-accredited pediatric pain fellowship programs in the country and is a major training site for pediatric pain psychologists. Lectures for pediatric residents, observerships for practicing physicians, and multidisciplinary pain seminars are also conducted routinely.

For urgent issues, or to speak with the specialist on call 24/7,
call the Physician Priority Link at **1-888-987-7997**.

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