Interdisciplinary Perspectives in Pediatric Pain Management: A Paradigm Shift

Presented by: Julie Shulman, PT, DPT, PCS, Anne Kenney, PT, DPT, Megan Silvia, MS, OTR/L, Allison Smith, PhD

Description: The purpose of this session is to educate physical therapists on psychosocial factors that influence treatment and provide strategies and tools to manage them in children with chronic pain disorders. The session will integrate case examples throughout the lecture to provide context and to promote learning.

1. Participants will understand common pediatric pain diagnoses.
2. Participants will understand which psychosocial factors influence treatment and how they influence plan of care development.
3. Participants will be able to implement tools for motivational interviewing, graded exposure, and behavior management.
4. Participants will understand the physical therapy goals of pediatric pain treatment.

Julie Shulman, PT, DPT, PCS is the lead physical therapist at the Mayo Family Pediatric Pain Rehabilitation Center (PPRC) at Boston Children’s Hospital in Waltham, MA and PhD student in Rehabilitation Sciences at the Massachusetts General Hospital Institute of Health Professions. Julie completed her Doctorate of Physical Therapy in 2007 at Duquesne University in Pittsburgh, PA. Her PhD thesis will investigate clinical and quantitative sensory outcomes in children with chronic pain disorders. Julie is recognized as a clinical specialist in pediatrics by the American Physical Therapy Association, and is recognized for her expertise in rehabilitation of children with chronic pain.