

## CORPORATE OFFICE

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### RE Official information request CDHB 10390

I refer to your email dated 22 July 2020 to the Ministry of Health which they subsequently transferred to us on 18 August 2020 requesting the following information under the Official Information Act from Canterbury DHB regarding Cerebral Palsy and Pain Management. Specifically:

#### 1. What pain management services are available to children with Cerebral Palsy?

Post-operative pain management is provided by the inpatient pain management team within Christchurch hospital.

There is no specific outpatient-based pain management service for children with cerebral palsy. Children with cerebral palsy who are thought to be in pain will be seen and managed by their general paediatrician, developmental paediatrician or Neurologist. Each specialist is responsible for investigating the cause of pain. Other services such as Orthopaedics or the hospital dental service may be recruited to help investigate and manage pain. Pharmac funds a range of medications that can be used to manage the medical problems that cause pain.

A paediatric pain management specialist in Starship Children's Hospital is also available for consults when necessary, though there is no outreach outpatient service provided to Canterbury.

The Burwood Hospital Pain Management Centre (PMC) provides paediatric chronic pain management. This is post a paediatrician review and liaises Burwood Pain Management Centre with the Starship Children's Hospital Team. If a child requires acute biomedical pain management for difficulties associated with spasticity, post-surgical pain or other complication then this is best managed by the appropriate paediatric service (CPH Paediatric Dept., Child Development Service etc.), however if the acute management has been optimised and the child is living with chronic pain that requires specialist care then it may be appropriate to refer to specialist pain services including Starship or Burwood PMC.

#### 2. What pain management services are available to adults with Cerebral Palsy?

The Burwood Pain Management Centre offers Interdisciplinary treatment for Chronic Pain developed around the needs of each patient to provide continuously updated global treatment care plans. The goals of treatment are to improve functional ability and enable individuals to live as independently as possible despite their pain.

Chronic Pain Management involves learning different ways of thinking and acting so that pain interferes less with life. This self-management approach requires an individual to play an active role in their pain management and emphasises an improvement in quality of life and function, rather than a cure.

A diagnosis of Cerebral Palsy is not seen as an exclusion criteria for acceptance to the service.

**3. How are these services accessed?**

Children will be referred by their family doctor or physical therapists to appropriate paediatric services for investigation and management of pain. The Burwood Pain Management Centre accepts referrals based on clinical need and resource availability from GP's and Specialists.

**4. Are these services available to all New Zealanders or only in some parts of the country?**

This response applies to Canterbury DHB only.

Information is also publicly available on our HealthInfo website <https://www.healthinfo.org.nz/>

I trust this satisfies your interest in this matter.

Please note that this response, or an edited version of this response, may be published on the Canterbury DHB website after your receipt of this response.

Yours sincerely



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**Acting Executive Director**  
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