



# **Practical Treatment Options for Chronic Pain in Children and Adolescents: An Interdisciplinary Therapy Manual**

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# Practical Treatment Options for Chronic Pain in Children and Adolescents: An Interdisciplinary Therapy Manual

## Practical Treatment Options for Chronic Pain in Children and Adolescents: An Interdisciplinary Therapy Manual

Pain is an increasingly common symptom in children and adolescents, and nearly 5% of the paediatric population now suffer from severe chronic pain conditions. This manual describes the inpatient treatment programme of one of the world's largest treatment facility for chronic pain in children – The German Paediatric Pain Centre – and the guidance provided is also applicable to outpatient pain management. Epidemiology, aetiology, diagnostics and treatment principles are all examined in detail. Criteria for inpatient treatment are explained, and the structure and organisation of a treatment centre for chronic pain are described. Therapeutic interventions are presented with the aid of many examples of pain management and health care from clinical practice. Special features of pain therapy for children and adolescents suffering from comorbid mental disorders, family difficulties or physical complaints are also discussed.

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