



COMFORT ABILITY PROGRAM (CAP)

NEW INTERVENTION for PEDIATRIC CHRONIC PAIN and FUNCTIONAL DISORDERS

St. Luke's Children's is excited to offer a NEW intervention for the treatment of chronic pain and other functional disorders. The Comfort Ability Program (CAP) is a brief psychological intervention for chronic pain education and symptom management for adolescents with chronic pain and their parents.

What problem is CAP addressing?

Rehabilitation from pediatric chronic pain requires a multidisciplinary approach inclusive of psychological intervention. However, many patients do not receive these services due to access barriers, geographical limitations and limited understanding of psychological intervention efficacy.

CAP was developed at **Boston Children's Hospital and Harvard Medical School** with a primary aim of increasing access to evidence-based psychological intervention for pediatric chronic pain.

CAP is a group-based, interactive intervention helping adolescents and their parents or caregivers learn how to manage chronic pain. **CAP provides up-to-date neuroscience pain education, evidence-based cognitive behavioral therapy strategies, parent training skills, and social support to families who have an adolescent (ages 10-17) with persistent pain.** CAP teaches skills and strategies to improve all types of pain including headache, abdominal, neuropathic, or musculoskeletal pain. Additionally, it has been expanded to treat other functional disorders including chronic nausea, non-epileptic seizures, POTS, etc. The intervention can be delivered in-person or virtually.

What is the evidence that CAP works?

CAP has been running consistently at Boston Children's Hospital since 2010 and has been disseminated to dozens of children's hospitals in the USA, Canada, and Australia. Research suggests that after completing CAP patients and parents reported improved pain self-efficacy and reduced pain catastrophizing. Additionally, patients demonstrated functional gains and reported reduced pain severity at 3-months post treatment.

PATIENT REFERRALS

Who is eligible?

Patients ages 10-17 with chronic or recurrent pain or functional condition. Registration is rolling; the group is offered many times throughout the year. For questions about the program, please contact:

Dr. Kelsy Newton (newtonk@slhs.org) or Dr. Mikaela Sebree (sebreem@slhs.org)

TO REFER a PATIENT— Specify that the referral is for CAP Send referrals to:

St. Luke's Children's Neuro- & Behavioral Psychology

305 E. Jefferson

Boise, Idaho 83712

Phone: 208.381.5000

Fax: 208.381.5005

(St. Luke's internal referrals: use REF407)