

FACT SHEET:

Complex Pain Syndromes

Why Choose Blythedale?

Blythedale has been a leader in pain management and palliative care for infants, children and adolescents since 1996. An interdisciplinary team, led by a neurologist Board Certified in Hospice and Palliative Care, combines years of experience in pain management to help children maximize function, minimize disability and improve coping skills. Pain in children may be acute (procedural and/or post-operative), or chronic, due to conditions such as complex regional pain syndrome (RSD), fibromyalgia, post-trauma, sickle cell disease, juvenile rheumatoid arthritis, or other chronic illness. At Blythedale, a variety of treatment modalities may be employed, including pharmacotherapy, coping skills training, psychiatric and psychological support, virtual reality therapy, guided imagery, medical play, aromatherapy, and biofeedback. Parent and family support is typically a large component of the treatment plan for our children with these diagnoses.

Many patients have been through extensive medical work-ups prior to admission. In Child Life they can process this journey through therapeutic conversation, or through medical play, writing, music or art. Simultaneously, we offer extensive education regarding pain and anxiety, as well as management strategies to maximize benefits of rehabilitation therapy sessions, giving children a sense of control over their experience of and response to pain. Well-known for superior outcomes and the ability to help patients achieve their maximum potential and reach their treatment objectives, the goal at Blythedale is to help all of our young patients return to their families, schools and communities.



- Blythedale's new inpatient building features private and semi-private patient rooms, with accommodations for a caregiver to stay bedside.
- Board-certified pediatricians 24/7, including full-time staff in psychiatry and psychology, and experienced nursing staff (70-80% R.N.) specially trained in pediatric pain management.
- Largest hospital-based pediatric therapy department in New York State, with 75 full-time pediatric therapists (physical, occupational, speech pathology and feeding).
- Full-time child life specialists provide emotional support, assistance with strategies for coping with pain and anxiety, and procedural preparation.
- Six full-time pharmacists, including a Board Certified Clinical Pharmacist, able to compound medications on-site.
- Comprehensive discharge planning services coordinated by a social worker and a discharge planning nurse.
- School programming at the Mt. Pleasant Blythedale UFSD, the Hospital's on-site K-12 public school district, to facilitate continued education during recovery.
- Unique Day Hospital program for patients who need intensive rehabilitation and/or medical care.

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The Blythedale Team

**Joelle Mast, Ph.D., M.D.,
Chief Medical Officer and Director
of the Pain and Palliative Care Team**

Dr. Mast is a pediatric neurologist with a Ph.D. in cognitive psychology. She completed residencies in Pediatrics and Neurology at The New York Hospital – Cornell Medical Center. She is Board Certified in Pediatrics, Hospice & Palliative Care, Child Neurology and Neurodevelopmental Disabilities.

**Jay E. Selman, M.D.,
Chief of Neurology**

Dr. Selman completed both his Pediatric and Neurology residencies at Jacobi Medical Center in the Bronx, New York. He is Board Certified in Child Neurology, Pediatrics, Neurodevelopmental Disabilities, and Sleep Medicine.

**Josephine Kuhl, M.D.,
Chief of Psychiatry**

Dr. Kuhl completed residencies in Adult Psychiatry at the State University of New York Downstate, and in Child and Adolescent Psychiatry at Long Island Jewish Medical Center. Dr. Kuhl is Board Certified in Adult Psychiatry and Child and Adolescent Psychiatry.

Melinda Payne, M.D., Psychiatrist

Dr. Payne completed both her residencies in Adult Psychiatry, and Child and Adolescent Psychiatry at the University Medical Center, University of Cincinnati College of Medicine. Dr. Payne is Board Certified in Adult Psychiatry, and Child and Adolescent Psychiatry.

**Jaishree Capoor, M.D.,
Chief of Physical Medicine and
Rehabilitation**

Dr. Capoor completed her residency at Columbia Presbyterian Medical Center, where she served as Chief Resident, and was a fellow in spinal cord injury medicine at Mount Sinai. Dr. Capoor is Board Certified in Physical Medicine and Rehabilitation; Pediatric Rehabilitation Medicine; Spinal Cord Injury Medicine; and Sports Medicine.

**Judi Peacock, M.P.H., R.N., W.C.C.,
Chief Nursing Officer**

Ms. Peacock's career spans more than 30 years in nursing, with extensive pediatric and pediatric critical care expertise. She earned her bachelor's degree in nursing from Boston University and received her M.P.H. from Columbia University's Mailman School of Public Health.

**Lisa Levinson, C.C.L.S.,
Child Life Coordinator**

Ms. Levinson started the Child Life Program at Blythedale and has been the program's coordinator since 2001. Ms. Levinson worked as a Child Development Specialist at Blythedale for a decade before her transition to Child Life. She completed her Child Life Internship and Fellowship at Johns Hopkins Hospital and Cohen Children's Medical Center, respectively. She has been a member of Blythedale's Pain and Palliative Care Team since its inception in 1996.

**Diane Nusso, P.T., M.P.H.,
Senior Physical Therapist**

Ms. Nusso's physical therapy career spans more than 25 years, exclusively in pediatrics with extensive clinical expertise in lower extremity splinting for children with complex medical and/or developmental conditions and treatment of infants and children with a variety of neurological, orthopedic and developmental diagnoses. She received her bachelor's degree in physical therapy from New York University and received her M.P.H. from New York Medical College's School of Public Health.

On-Site Services and Support Areas Serving Patients with Complex Pain Syndromes:

- Pain Management Team
- Child Neurology
- Child Psychiatry, Psychology and Neuropsychology
- Pediatric Rehabilitation Medicine
- Pediatric Medicine
- Child Life
- Pediatric Nursing
- Pediatric Occupational Therapy
- Pediatric Physical Therapy

Additional Specialty Support Areas Available:

- Pediatric Pulmonology
- Pediatric Orthopaedics
- Pediatric Infectious Disease
- Pediatric Gastroenterology
- Pediatric Nutrition
- Pediatric Respiratory Therapy
- Speech Pathology and Feeding Therapy

Clinical Support Services

- Social Work/Case Management
- Audiology
- Radiology
- Lab Services
- Assistive Technology
- On-site Equipment Clinic
- Patient Advocacy



Contacts:

For Referrals or Feedback on Referred Complex Pain Syndromes Patients:

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