

Mattel Children's Hospital

UCLA

# Pediatric Pain and Palliative Care

Inpatient and outpatient services  
Enhancing quality of life



## Inpatient consultations

Our pain and palliative care team is committed to reducing pain and other symptoms children with complex illnesses may experience. Our goal is to provide the best quality of life possible for our pediatric patients and their families.

Our team provides recommendations for many different types of treatments — both medical and non-medical — to help with pain, nausea, anxiety and other discomforts associated with illness. We are an interdisciplinary team that includes physicians, a nurse practitioner, a social worker who heads a special bereavement program for families of children who have passed away and a research psychologist who helps identify, develop and study new types of services for the children we serve, including home care and telemedicine.

We also provide connections with the chaplain, child life program (which helps patients cope with their illness and hospitalization) and Heart Touch, a program that offers massage therapy for our patients. In addition, our nurse practitioner is trained to provide mind-body support for our patients, including aromatherapy, massage, yoga and Reiki energy therapy.





## Enhanced quality of life

Studies show that patients who receive the type of palliative care we offer not only may live longer but enjoy happier lives. They often report less suffering, reduced pain, enhanced feelings of well-being, lower rates of depression and may experience fewer days in the hospital.

Family members may also benefit from the extra emotional and spiritual support they receive from our palliative care professionals.

## Comfort corner

The Mattel Children's Hospital UCLA Comfort Corner is a space for pediatric patients, families and healthcare providers to relax and escape the hectic hospital environment. We provide a serene setting with tea, hot chocolate, aromatherapy and a listening ear.

For parents, we provide resources on how you can actively help your child cope with his/her symptoms. For healthcare providers, we offer clinical consultations and informal debriefing opportunities, as well as team meetings for groups of clinicians involved in a child's care.

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## Outpatient clinics and complementary therapies

Our team of pain and palliative care physicians and other clinicians provide outpatient services for symptom management that accounts for the well-being of children and their families. The program has a special focus on pain and symptoms associated with complex medical conditions or chronic pain problems.

We also provide mind-body care that integrates the patient's psychological, physical and social needs. Incorporated into our outpatient program, we work together with music and art therapists, massage and craniosacral therapists, hypnotherapy and biofeedback clinicians, yoga and mindfulness instructors, physical therapists, psychologists and child psychiatrists.

## Ask your child's doctor

If you think your child could benefit from pediatric pain and palliative care services, please ask his/her doctor for a referral.

Healthcare providers recognize the benefits of pain management and palliative care services for their patients and typically welcome our specialists to the healthcare team.

## Additional information

For more information, please call the UCLA Pediatric Pain & Palliative Care Program at (310) 825-0731 or visit our website at [uclahealth.org/pedspain](https://uclahealth.org/pedspain). For appointments, please call (310) 825-0867.

## Pain management and palliative care

The UCLA Pediatric Pain & Palliative Care Program is dedicated to alleviating pain and other causes of distress for children with serious, chronic or life-threatening illnesses, with a focus on:

- Providing support to children and families
- Relieving pain and other symptoms
- Facilitating communication among family members and healthcare providers
- Enhancing the child's quality of life

Unlike hospice, palliative care can include curative treatments in early stages of illness and is not just focused on children with diseases for which a cure is unlikely. Its focus is on quality of life for all suffering or sick children.



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Appointments: (310) 825-0867

[uclahealth.org/pedspain](https://uclahealth.org/pedspain)