

8th September 2020

Email [REDACTED]

Dear [REDACTED]

Official Information Act Request for – Cerebral Palsy and Pain Management (Ref H202005434)

I write in response to your Official Information Act request received by us 18th August 2020 by way of transfer from Ministry of Health (REF: H202005434) you requested the following information:

“I am currently doing some research into Cerebral Palsy and Pain Management. I live with Cerebral Palsy and pain. I was wondering if the Ministry of Health could answer me the following questions.

- 1. What pain management services are available to children with Cerebral Palsy?**
- 2. What pain management services are available to adults with Cerebral Palsy?**
- 3. How are these services accessed?**
- 4. Are these services available to all New Zealanders or only in some parts of the country?”**

Counties Manukau Health Response:

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

Children with persistent pain in the greater Auckland region (longer than 3 months) for any reason, including cerebral palsy, under age 15 can be referred to the Starship Complex Paediatric Pain Service by their paediatrician – this is a tertiary service with a Paediatrician Pain Specialist, Psychologists, Child & Adolescent Psychiatrists, Nurses, Occupational Therapists and Physiotherapists (outpatient and inpatient).

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

Adolescents with persistent pain in Counties Manukau (longer than 3 months) for any reason, including cerebral palsy, between ages 12 and 20 can be referred by GPs or specialists to CM Health General Paediatrics, where they will be seen by the Centre for Youth Health, where we have a monthly Adolescent Pain Clinic (staffed by a Youth Physician, Pain Specialist/Child & Adolescent Psychiatrist, Youth Health nurse, Paediatric Psychologist and Pain Physiotherapist). Psychological intervention and Physiotherapy/gym group may be offered as part of this.

Older Adolescents, young adults and adults of all ages with persistent pain in Counties Manukau

(longer than 6 months) for any reason, including cerebral palsy, can be referred by GPs or specialists to the CM Health Chronic Pain Service (CPS). CPS is an outpatient only service with clinical staff, including medical specialists (Pain Specialists, Anaesthetists, Psychiatrist, Musculoskeletal Specialist, Gynaecologist, Palliative Care Physician and Fellows in training), Nurse Practitioner and Clinical Nurse Specialists, Physiotherapists and Psychologists.

3. How are these services accessed?

In addition to the access information provided in questions 1 and 2, the CM Health CPS provides clinics at Manukau SuperClinic on Tuesdays, Wednesdays and fortnightly Friday clinics at Pukekohe and 4 weekly followup clinics at Botany SuperClinic. CPS does not have an ACC Tertiary Pain Management contract, so people with an open ACC claim related to their pain are seen by ACC Community Services Pain Contract providers or at TARPS (the ADHB pain service).

All these pain services utilise a biopsychosocial approach to functional restoration in order to assist people to improve their quality of life, according to the patients' needs, beliefs and abilities. The aim is to support patients to increase their level of activity and participation in their whanau and community. Medication usually plays a small role in management.

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

The New Zealand Pain Society website has links to national District Health Board pain services. For the Counties Manukau community more information about the CM Health Chronic Pain Service can be found on our website <https://countiesmanukau.health.nz/our-services/az/chronic-pain-service/>.

For context Counties Manukau Health employs over 7,500 staff and provides health and support services to people living in the Counties Manukau region (approx. 569,400 people). We see over 118,000 people in our Emergency Department each year, and over 2,000 visitors come through Middlemore Hospital daily.

Our services are delivered via hospital, outpatient, ambulatory and community-based models of care. We provide regional and supra-regional specialist services i.e. for orthopaedics, plastics, burns and spinal services. There are also several specialist services provided including tertiary surgical services, medical services, mental health and addiction services.

I trust that this information is helpful. You are entitled to seek a review of the response by the Ombudsman under section 28(3) of the Official Information Act. Information about how to make a complaint is available at www.ombudsman.parliament.nz or Freephone 0800 802 602.

Please note that this response or an edited version of this may be published on the Counties Manukau Health website.

Yours sincerely



Fepulea'i Margie Apa
Chief Executive Officer
Counties Manukau Health