

# Getting Comfortable with Pediatric Chronic Pain: A Comprehensive Course for Rehabilitation Professionals



Britta Gurgel, PT, DPT, PCS

## Faculty

Britta Gurgel is a board certified pediatric physical therapist with 14 years of experience across a variety of settings, including educational and hospital-based roles. Britta completed her pediatric physical therapy residency at Oregon Health & Science University's (OHSU) Child Development & Rehabilitation Center (CDRC) in Portland, Oregon in 2014, where she initiated her work with youth with chronic pain. After spending time in different outpatient settings, she returned to the CDRC in 2018 and has been the Associate Director of Physical Therapy in OHSU's Pediatric Comprehensive Pain Center since 2023, where she works within an interdisciplinary team including both inpatient and outpatient providers to provide the best care to children and their families who are dealing with the complexities of persistent pain. In addition to clinical care, Britta regularly lectures on pediatric pain regionally and nationally, including graduate students, physical therapist residents, and practicing clinicians, with the goal of helping people learn to love being a part of the pediatric chronic pain team.

## Audience

OTs, PTs and SLPs working with the pediatric population

## About this Live Webinar

About 1 in 5 kids and teens will experience chronic pain during their formative years, yet providers who feel confident working with chronic pain in pediatrics are difficult for families to find. Chronic pain affects youth participation and function across their daily activities, from movement and mobility for self-care to play and leisure and even school attendance and engagement in learning. This course is designed to increase the pediatric rehabilitation professional's understanding and application of modern pain science for evaluation and treatment of adolescents with chronic pain, helping to build a stronger and larger community of therapists comfortable in the care of youth dealing with persistent pain. In this two-day course, we'll dive into most up to date understanding of pain neurobiology, integrate the biopsychosocial approach within the complexities of pediatric pain, review common risk factors and diagnoses, explore the literature on the effects of pain stigma and biases, and get experience with evidence-based treatment recommendations for therapists within an interdisciplinary treatment model. With a mixture of didactic and case-based learning, this course will be structured in both large and small groups to allow for solidification of new information and real-time application.

## Learning Objectives

- Interpret current pain neurobiology as it relates to pediatric persistent pain.
- Apply the biopsychosocial model of health to pediatric persistent pain.
- Identify key components of a pediatric pain evaluation
- Differentiate when referrals to interdisciplinary providers are necessary.
- Formulate accurate prognosis and appropriate plans of care for children and teens with various pain diagnoses. in order to facilitate participation in home and/or community activities.
- Choose evidence-based intervention plans for children and teens with various pain diagnoses that support movement and engagement in self-care, school, and/or play/leisure.
- Utilize educational interventions in pediatric clients by modifying common explanations of pain neurobiology.

## Disclosure

**Financial Disclosure:** Britta Gurgel receives an honoraria from the following organizations: Pacific University Physical Therapy Department, Western University Health Science Department of Physical Therapy and APTA Pediatric Physical Therapy Residency Consortium.

**Non-Financial Disclosure:** Britta Gurgel has a non-financial relationship with the Oregon Pain Management Commission

Help your patients achieve better outcomes.

## Schedule Day 1 9:40 am - 5:00 pm EST (US)

|             |  |
|-------------|--|
| 9:40-10:00  | Webinar Registration/Zoom Course<br>Opens                            |
| 10:00-12:00 | Pain Neurobiology and Foundational Pain Concepts                     |
| 12:00-12:15 | Break  |
| 12:15-1:45  | Common Diagnosis in Pediatric Pain                                   |
| 1:45-2:15   | Lunch  |
| 2:15-3:15   | Psychosocial Factors Affecting Chronic Pain and Access to Management |
| 3:15-4:15   | Effects of Chronic Pain in Pediatrics                                |
| 4:15-4:30   | Break  |
| 4:30-5:00   | Pulling It All Together  |

## Schedule Day 2 9:40 am - 5:00 pm EST (US)

|             |   |
|-------------|---|
| 9:40-10:00  | Webinar Registration/Zoom Course<br>Opens   |
| 10:00-11:30 | Multi-modal pediatric pain management<br><i>Identification of challenges and successes across settings</i>                                |
| 11:30-11:45 | Break   |
| 11:45-12:45 | Rehabilitation evaluation of pediatric chronic pain<br><i>Case application: introduction of Sam, patient with chronic widespread pain</i> |
| 12:45-2:15  | Rehabilitation treatment of pediatric chronic pain<br><i>Case application: treatment priorities &amp; strategies for Sam</i>              |
| 2:15-2:45   | Lunch   |
| 2:45-3:15   | Case application: interdisciplinary care and follow up  |
| 3:15-4:15   | Case application: patient with chronic ear pain   |
| 4:15-4:30   | Break   |
| 4:30-5:00   | Pulling it all together   |

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**LIVE WEBINAR: Getting Comfortable with Pediatric Chronic Pain: A Comprehensive Course for Rehabilitation Professionals**  
**Britta Gurgel, PT, DPT, PCS**

☐ **September 19 and 20, 2026**

**Course Registration Form**

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