

Biofeedback:

Relaxation techniques and education constitute important elements in the treatment of pain. Using a Biofeedback device, processes like tension and relaxation (= electrical muscle activity) are visualized and projected as an image on a monitor.

During the biofeedback sessions, the children learn to manage their own stress or physical tension and to develop strategies which are helpful in managing or preventing chronic pain in everyday life.

On the psychosomatic pain station Lighthouse, there are now five trained biofeedback-trainer who perform with the children and youth meetings. Due to high demand of biofeedback sessions a second device already has been purchased.

Computer:

The computer is available to all patients in the station.

Most of the time, therapeutic tasks are handled, information collected or the children keep in touch with their home schools. Working with the computer is an important link to the home school and the outside world.

Since children with chronic pain often have a lot of absenteeism at school, the treatment of the course material and the contact with friends and classmates are very important. Therefore after hospitalization an immediate re-integration in the classroom is ensured and a possible social isolation can be counteracted effectively.

Infrared Camera:

Many children and young people of the clinic suffer from pain in the musculoskeletal system, which lead to movement restrictions.

The infrared camera is used to document the motor skills of the children during the night. A comparison of the movements during the day or at night provides important insights into the severity of movement disorders.

Are, for example, in their sleep movements of body parts (feet, arm, hand, leg) possible, which is not possible during the day? Answering this question is for the patient immensely important; it might make it even states that the supposedly paralyzed limb can be moved yet. This finding may lead to a breakthrough therapy and speed up the healing success.

The recordings are explained to the parents and patients and illustrated in a joint discussion.

Examination table for the medical child protection clinic:

The Medical child protection clinic is a focal point for children, where there is a suspicion of abuse, neglect or abuse. Since the clinic in 2011, began its work, the number of the featured children has doubled almost every year, from 124 children in 2011 to around 550 in 2014. For 2015 more than 650 patients are being expected.

The focus of the work is the child- and proper examination of the patient as well as protection against further hazards. The examination of the patient performs a doctor who is specially trained in the fields of child protection and child gynecology. It is important that the investigation happened in the pace of the child. Especially studies, who do not know the children, such as colposcopy, so the assessment of the genital area, you have to tell the children in single steps.

Mostly a stuffed animal is first examined together with the child. Then the children can pick and choose the order in which they themselves will be investigated. During these investigations, the deck is used. It can be adjusted in height and orientation, which is important to ensure that children have the opportunity to pursue the investigation on screen. To have control of the situation and to make the experience that nothing is done against their will is absolutely essential for the patient.

Bruises, fresh or old fractures, burns or scalds that are not a result of an accident, with symptoms such as malnutrition or developmental delays as a result of lack of care and children who are victims of sexual abuse are common indications.

The task is not primarily to convict an offender but the necessary investigations carried out without the child burdening unnecessarily. They show them, that their wounds heal and try to give them back the feeling of physical integrity.