

# Connecting Children and Adolescents with Persistent Pain: Management and Teamwork

Presented by the SKiP Team for Chronic Pain Week 2021

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## Learning objectives:

1. Discuss the challenges of paediatric and adolescent persistent pain
2. Discuss the principles of management of paediatric and adolescent pain from a medical perspective
3. Discuss the principles of self-management from a multidisciplinary teamwork perspective with the young person/ family at front and centre of care
4. Case Study

## Summary:

- Persistent pain affects many children and adolescents – prevalence higher than perceived
- Common presentations – headaches, abdominal pain, musculoskeletal, limb pain
- Biopsychosocial framework is the gold standard approach
- Biomedical management is limited, medications is not the mainstay
- Multidisciplinary / interdisciplinary pain management addresses the multi-dimensional aspects of treating pain in the whole young person
- Physiotherapy, psychology, occupational therapy have a key role in pain rehabilitation
- Teamwork fosters consistency and reinforcement of messages to support self-management
- Developmentally sensitive and family centred
- Goal is to empower the young person to be the boss of their body!

## Resources:

### Videos:

- Tame the Beast (5min)- <https://www.youtube.com/watch?v=ikUzvSph7Z4>
- Brainman chooses <https://www.youtube.com/watch?v=jlwn9rC3rOI>
- Painbytes (7 episodes) ACI <https://www.aci.health.nsw.gov.au/chronic-pain/painbytes>

### Readings:

- A Journey to Learn About Pain (comic) <https://westernkidshealth.com/a-journey-to-learn-about-pain/>
- Explain Pain, Protectometer, Rewire Pain books – suitable for parents
- Be the Boss of Your Pain, Be the Boss of Your Stress books – suitable for young kids

### Pain Concept Inventory:

- Concept of Pain Inventory (COPI) - child's concept of pain questionnaire (contact authors for use of the questionnaire) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5789294/>

### Website:

- ACI Website – transition <https://www.aci.health.nsw.gov.au/chronic-pain>
- Support Kids in Pain - <http://www.skip.org.au/>



Online Programs:

- eCentreClinic <https://ecentreclinic.org/>
- Online Pain Programs: – This Way Up <https://thiswayup.org.au/> - no paediatric program at this stage, but suitable for young adults and parents

Apps:

- Roadmap (Pacing App for kids) – <https://recover.centre.uq.edu.au/pain-roadmap-mobile-app-help-people-chronic-pain>
- Protectometer (NOI)
- Smiling Minds

References:

Harrison LE, Pate JW, Richardson PA, Ickmans K, Wicksell RK, Simons LE. *Best-Evidence for the Rehabilitation of Chronic Pain Part 1: Pediatric Pain*. J Clin Med. 2019;8(9).

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