

Improving Pain Outcomes for Kids & Families: from Global Initiatives to Practical Tips

Fiona Campbell MD

Co-chair, SickKids Pain Centre

Professor, University of Toronto

Co-chair Canadian Pain Task Force

 @DrFCampbell

Pain ECHO Education Event (E3); March 2021

Declaration of Disclosure

I have no actual or potential conflicts of interest in relation to our presentations

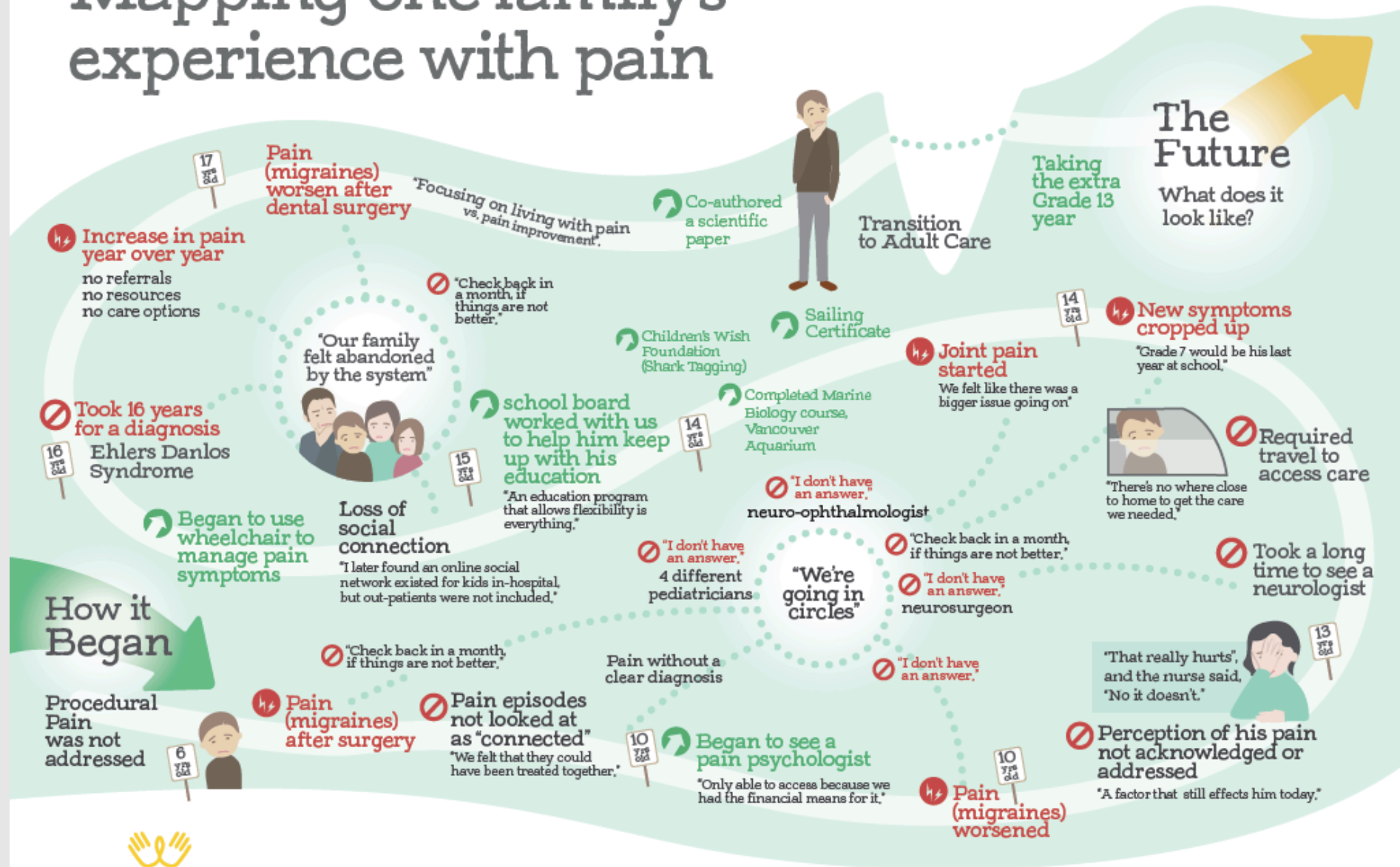


Learning Objectives

By the end of this talk participants will be able to...

Explain	chronic pain context, and why it matters
Describe	global & national initiatives to improve pain outcomes in kids
Use	tips and access resources to make pain better

Mapping one family's experience with pain



PAIN

“Pain is an unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage or describe in terms of such damage.” (IASP)

Acute pain - symptom of tissue harm; protective

Chronic Pain - persists or recurs for >3 months; not protective

International Classification of Diseases (ICD-11)

- Chronic primary pain
- Chronic secondary pain
 - Chronic cancer-related pain
 - Chronic postsurgical or post traumatic pain
 - Chronic secondary MSK pain
 - Chronic secondary visceral pain
 - Chronic neuropathic pain
 - Chronic secondary headache or orofacial pain
 - Chronic pain unspecified

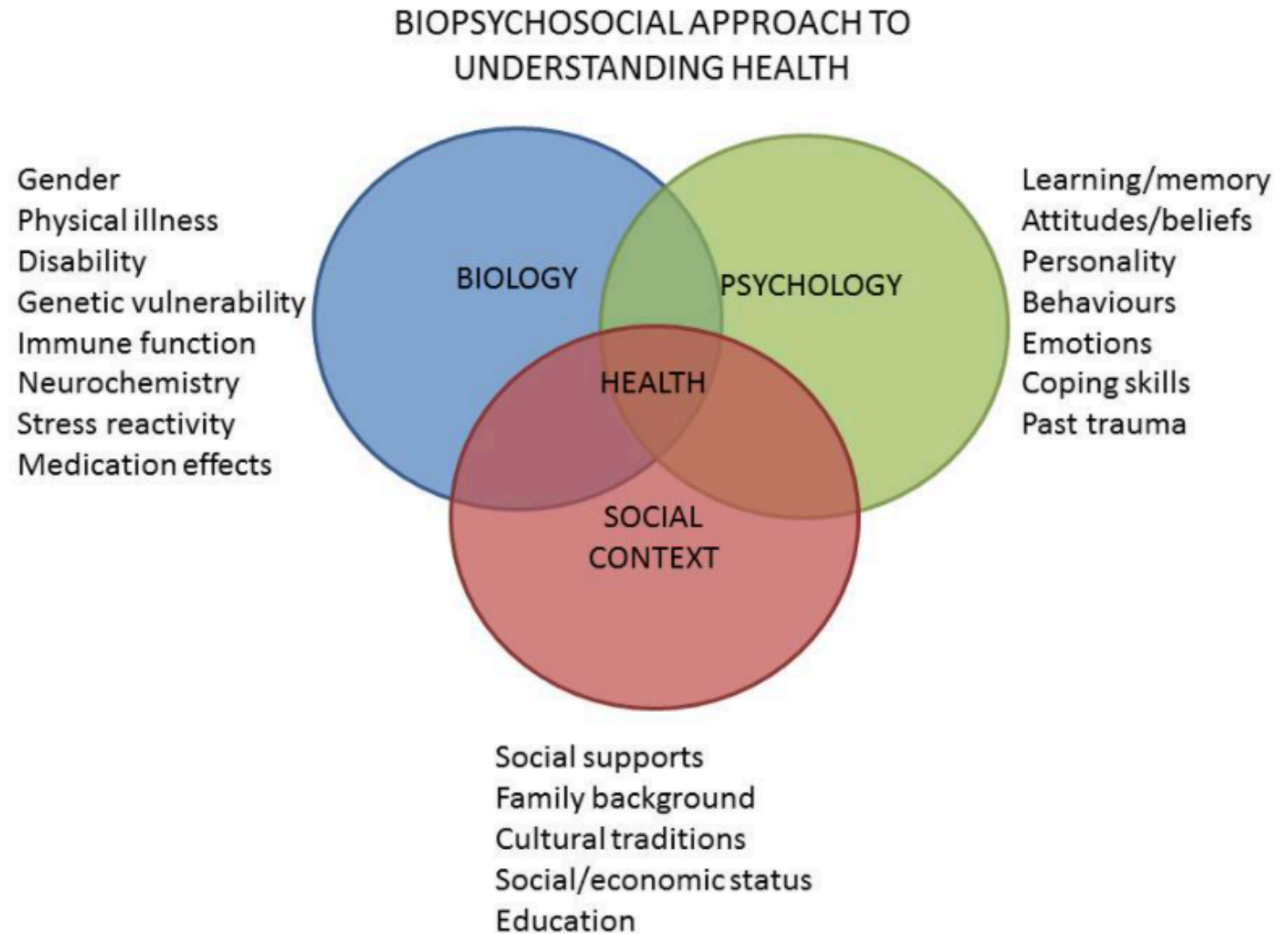
Guidelines on the management of chronic pain in children

Common chronic pain diagnoses in Children

Pain Sites	Prevalence (Range)	Age differences	Sex Differences
Headache	8-82.9%	Older>younger	Girls>boys
Abdominal pain	3.8-53.4%	Younger> older	Girls>boys
Back Pain	13.5-24%	Older>younger	Girls>boys
Musculoskeletal/limb pain	3.9-40%	Older>younger	Girls>boys
Multiple pains	3.6-48.8%	Unclear	Girls>boys
Other/general pain	5-88%	Unclear – possible age X sex interaction	Girls>boys

(King et al., 2012)

Chronic Pain – biopsychosocial framework



MORE THAN

100,000 CHILDREN
RELY ON THE LIFE-SAVING CARE
PROVIDED AT SICKKIDS EACH YEAR

77 PER CENT

of these patients will experience some sort of pain during their stay at the hospital.

THE PAIN THAT THEY WILL EXPERIENCE CAN BE CATEGORIZED AS EITHER:

ACUTE PAIN

A pain that comes on quickly, generally caused by some sort of tissue damage or illness; or

CHRONIC PAIN

A pain that persists, despite the fact that an injury to the body might have healed.

While well-managed pain is associated with faster recoveries, fewer complications and overall enhanced patient care...



1 IN 4 CHILDREN

in Canada suffer from recurring or chronic pain which can be associated with serious disability.

IT IS AN ISSUE CHARACTERIZED BY TWO UNDERLYING PROBLEMS:

A LACK OF RESEARCH

Pain is one of the most grossly underfunded areas of health research in Canada.



While chronic pain is associated with the poorest quality of life as compared with any other chronic disease, **pain research amounts to only one quarter of one per cent of all health-related research in Canada.**

INSUFFICIENT EDUCATION AND KNOWLEDGE TRANSLATION



The majority of health-care professionals are not equipped with the knowledge to manage paediatric pain.

On average, medical students receive approximately 18 hours of pain management training during medical school. By comparison, veterinarians receive closer to 88 hours of training - **five times more pain education than physicians.**

AND IF THE PROBLEM REMAINS UNADDRESSED, IT WILL AFFECT US ALL:

PAIN

In Canada, chronic pain is incredibly burdensome, consuming more medical resources than any other disease.

78%

The percentage of emergency room visits in Canada where pain is listed as a presenting complaint.

\$60 BILLION

The total health costs and indirect costs chronic pain places on the Canadian economy each year.



Delivering transformative action in paediatric pain: a Lancet Child & Adolescent Health Commission



Christopher Eccleston, Emma Fisher, Richard F Howard, Rebekah Slater, Paula Forgeron, Tonya M Palermo, Kathryn A Birnie, Brian J Anderson, Christine T Chambers, Geert Crombez, Gustaf Ljungman, Isabel Jordan, Zachary Jordan, Caitriona Roberts, Neil Schechter, Christine B Sieberg, Dick Tibboel, Suellen M Walker, Dominic Wilkinson, Chantal Wood

#4goals4pain



“Paediatric pain should matter to everyone,
and cross-sector collaboration is needed to
make quick and effective progress”

Commission: Delivering transformative action in paediatric pain

Every child experiences pain. But pain is too often silenced and appropriate relief too infrequently given.

It is time for action.

Make pain **matter**

We need to improve equity, eliminate stigma, and make pain matter to everyone—health professionals, policy makers, funders, researchers, clinicians, and society at large.



Make pain **understood**

We need to improve our knowledge of all types of pain across the life course through investment in research. Our understanding must integrate biological, psychological, and social elements.

Make pain **visible**

We need standardised and reliable assessments for pain. Pain status should be determined in every child and treatment decisions driven by a person-centred approach.



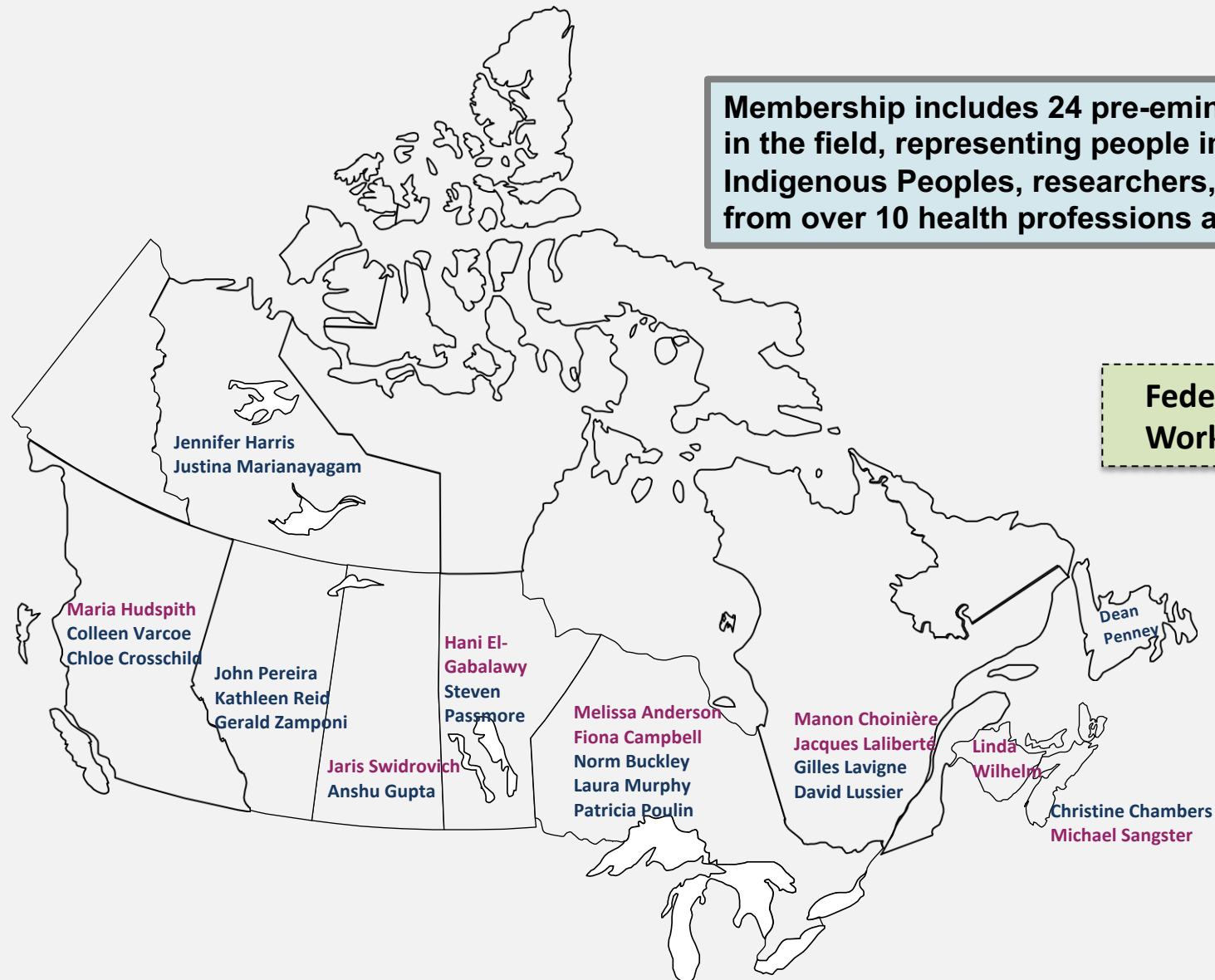
Make pain **better**

We need to avoid unnecessary pain and prevent the transition from acute to chronic pain. We must strive for universal access to effective pain treatments for all children and adolescents.



For full details, read the Commission:
Delivering transformative action in paediatric pain

Canadian Pain Task Force & Expert Advisory Panel



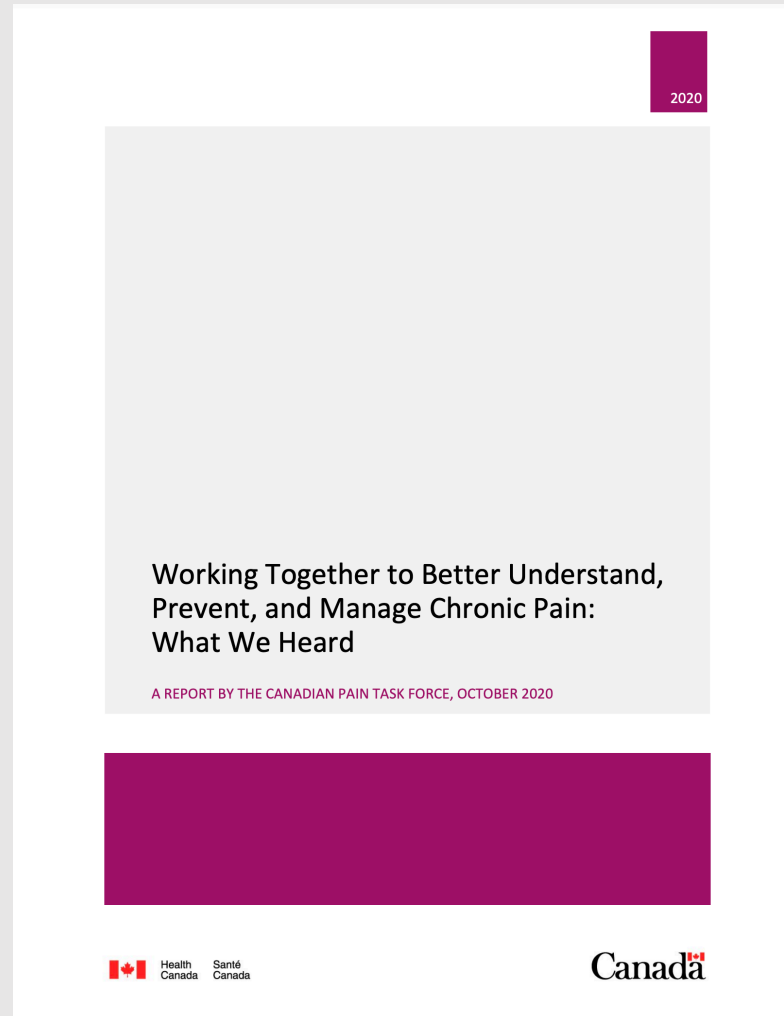
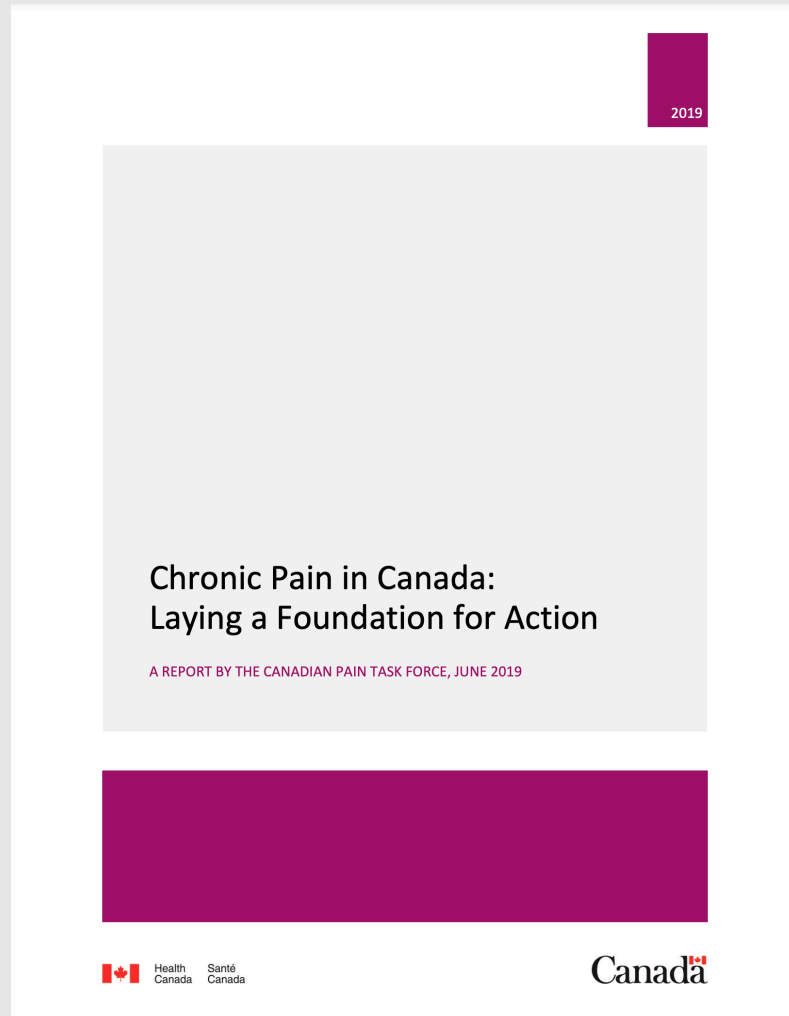
Membership includes 24 pre-eminent experts and leaders in the field, representing people impacted by chronic pain, Indigenous Peoples, researchers, educators, and clinicians from over 10 health professions and varied disciplines

Federal, Provincial, and Territorial Working Group on Pain

Interdepartmental Working Group on Pain

Health Canada Secretariat

Canadian Pain Task Force



Final Report - March 31 2021

- Provide recommendations on priority **actions** required to improve the understanding, prevention, and management of pain in Canada
- Prioritize next steps for decision-makers across the country; tangible, practical yet ambitious recommendations
- Hold the government to account

A National Plan for Action on Pain in Canada

Significant, common, debilitating, expensive public health issue

- 1 in 5 children, devastating impact QoL
- Risk for chronic pain, substance use, mental health later as adults

To address:



Gaps in **access to care** – 12 pediatric pain clinics in Canada



Public **awareness**; inadequate **education & training**



Insufficient **research** funding / infrastructure - Canada is a beacon in pediatric pain research!



Surveillance and **health system quality monitoring** – registries; no national surveillance of pediatric pain

Leadership and resources – needed to coordinate, scale-up, speed-up excellent work in these areas, which exist in pockets across the country

A national knowledge mobilization network

Our mission is to improve children's pain management by mobilizing evidence-based solutions through coordination and collaboration

Readiness, Resources
and Evidence

Tool production &
promotion

Facilitation of change

Urgency & Awareness



Hub & Spoke
Model



SickKids®
Pain Centre

Children's
Healthcare
Canada

Santé
des enfants
Canada



Knowledge Mobilization Activities



Readiness,
Resources
& Evidence

Opioids and Our Kids

National scoping meeting co-hosts SKIP & CFHI

- 20 Diverse stakeholder groups
- Perspectives and needs of patients, caregivers, health professionals, and policy makers
- National environmental scan of existing efforts and evidence

Canadian Foundation for **Healthcare Improvement**

Fondation canadienne pour **l'amélioration des services de santé**

OPIOIDS AND OUR CHILDREN

EXECUTIVE SUMMARY: EVIDENCE TO ACTION

ACTIVITIES, RESOURCES AND RECOMMENDATIONS TO INFORM
EFFECTIVE AND SAFE USE AND PRESCRIBING OF OPIOIDS FOR
ACUTE PAIN IN INFANTS, CHILDREN AND YOUTH

AUGUST 2020



Canadian Foundation for Healthcare Improvement

Fondation canadienne pour l'amélioration des services de santé

LES OPIOÏDES ET NOS ENFANTS

RÉSUMÉ : DES DONNÉES PROBANTES À L'ACTION

ACTIVITÉS, RESSOURCES ET RECOMMANDATIONS POUR
ENCADRER UNE UTILISATION ET UNE PRESCRIPTION SÛRES
ET EFFICACES D'OPIOÏDES POUR LA PRISE EN CHARGE DE LA
DOULEUR AIGUË CHEZ LES NOURRISSONS, LES ENFANTS ET LES
ADOLESCENTS

AOÛT 2020



Canadian Foundation for Healthcare Improvement

Fondation canadienne pour l'amélioration des services de santé

Knowledge Mobilization Activities



Tool Production
& Promotion

Pediatric Pain Management Accreditation Standard

Collaborating with Health Standards
Organization to develop an accreditation
standard for pediatric pain management.



Facilitation
of Change

ChildKind International

Recognizes & certifies healthcare facilities that
demonstrate institution-wide excellence in
assessment, prevention, treatment of children's pain.
SKIP - supporting efforts of institutions to implement



2019-2020 SNAPSHOT



70+ PATIENT
PARTNERS

3 AFFILIATE
INSTITUTIONS

4 REGIONAL
HUBS

100+ Canadian and
International
SKIP Partners

2000
SOCIAL MEDIA
followers

27 Media
engagements

39 TOOLS &
RESOURCES

4 Institutions pursuing
ChildKind certification

34 CONFERENCES AND
WORKSHOPS

27 Institutions with pain champions
identified and engaged

27,000 KNOWLEDGE
USERS
REACHED

Mission: Prevent & minimize pain for all children in a family-centered environment by fostering collaboration, excellence, integrity, & innovation between interprofessional teams that integrate **clinical** care, **education**, & **research**.
Membership: Free for everyone – <https://www.sickkids.ca/en/care-services/centres/pain-centre/>

Patient Advisory Committee

Clinical Committee (Pain Matters)

- Pain policies & CPGs (hosted on website)

Education / KM Committee

- Kids & Families
- Health Professionals



Research Committee

- PICH (Pain in Child Health) Committee; research training initiative
- Covid impact on pain

How is COVID-19 affecting youth with chronic pain?

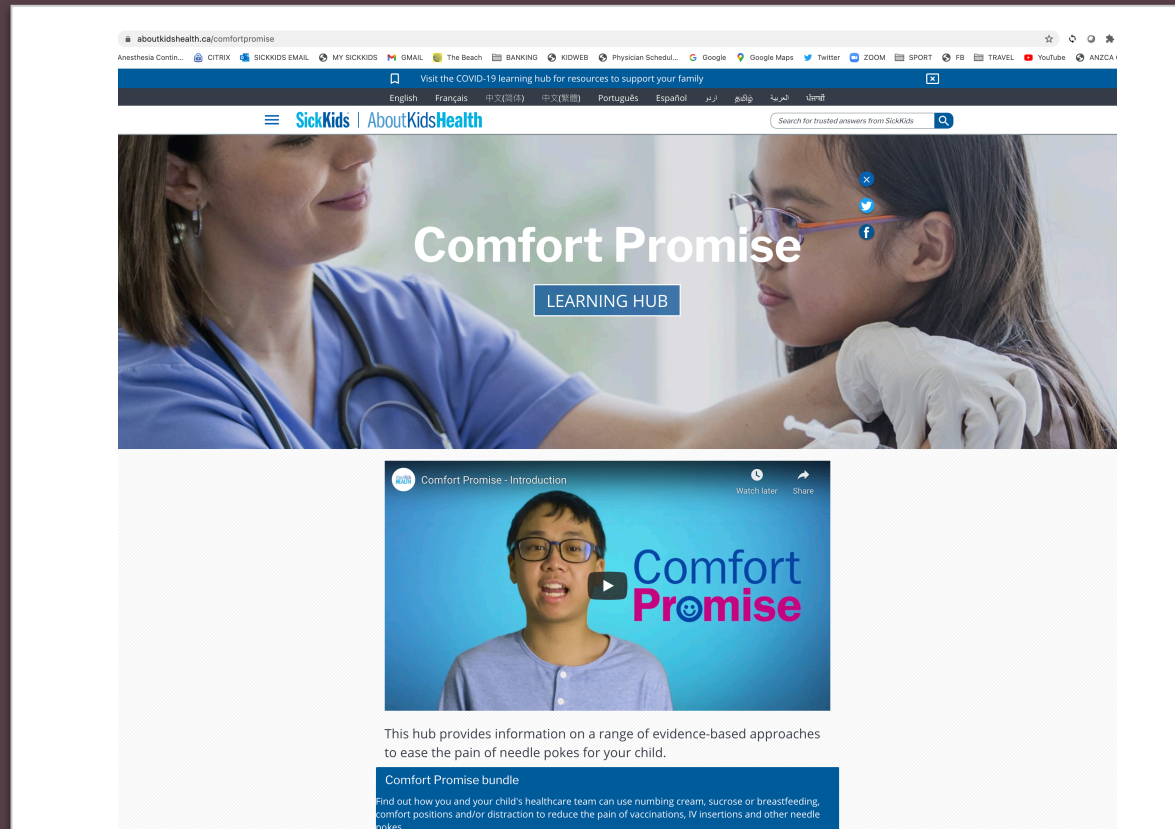
Canadians aged 8 to 18 who live with pain are invited to share their experiences with researchers. Family members are also invited to participate.

<https://is.gd/COVIDPainSurvey>

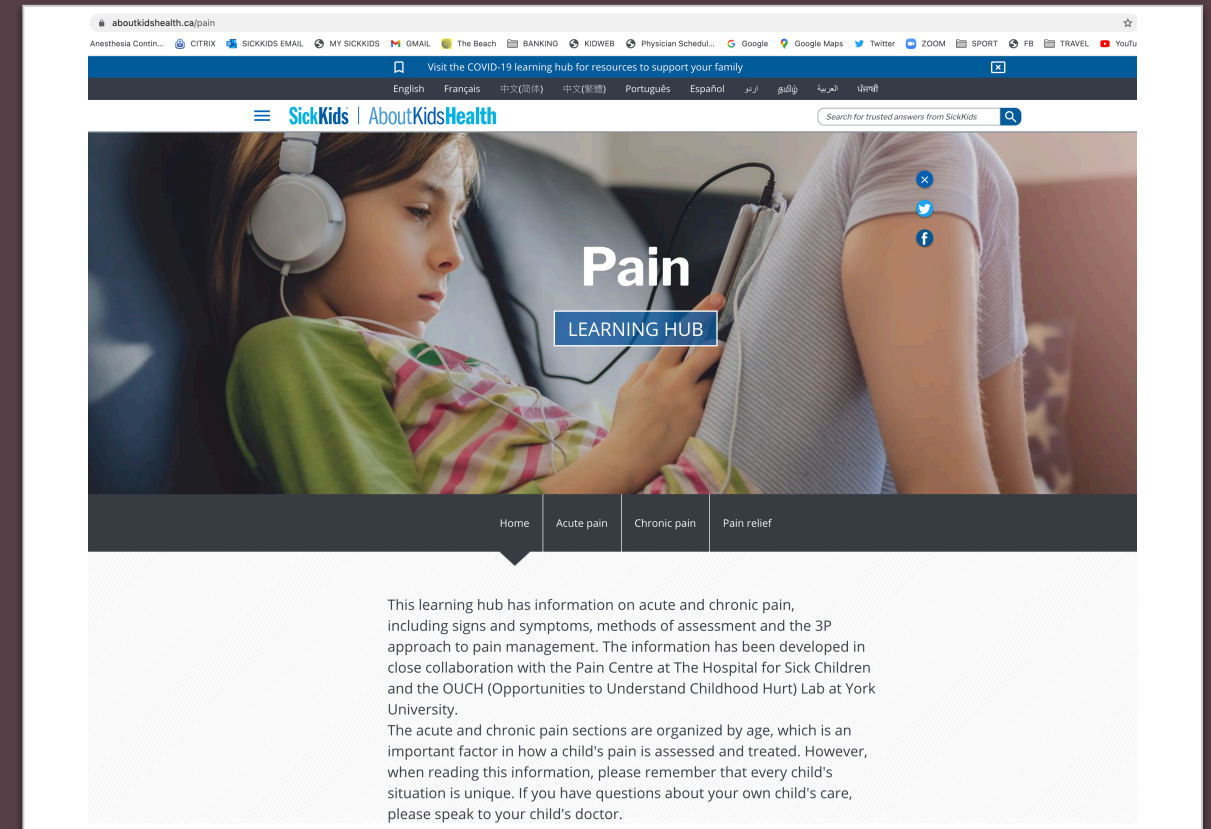


Pain Education for kids & families

AboutKidsHealth.ca



The screenshot shows the AboutKidsHealth.ca website with the URL aboutkidshealth.ca/comfortpromise. The page features a large banner image of a healthcare professional in blue scrubs and gloves attending to a young girl. The text 'Comfort Promise' is prominently displayed in white, with a 'LEARNING HUB' button below it. A search bar at the top right contains the text 'Search for trusted answers from SickKids'. Below the banner, there is a video player showing a young boy speaking, with the title 'Comfort Promise - Introduction' and a play button. Below the video, a paragraph states: 'This hub provides information on a range of evidence-based approaches to ease the pain of needle pokes for your child.' At the bottom, a section titled 'Comfort Promise bundle' provides further information: 'Find out how you and your child's healthcare team can use numbing cream, sucrose or breastfeeding, comfort positions and/or distraction to reduce the pain of vaccinations, IV insertions and other needle pokes.'



The screenshot shows the AboutKidsHealth.ca website with the URL aboutkidshealth.ca/pain. The page features a large banner image of a young girl wearing headphones and holding a tablet, with a healthcare professional's arm visible. The text 'Pain' is prominently displayed in white, with a 'LEARNING HUB' button below it. A search bar at the top right contains the text 'Search for trusted answers from SickKids'. Below the banner, there is a navigation bar with links: 'Home', 'Acute pain', 'Chronic pain', and 'Pain relief'. Below the navigation bar, a paragraph states: 'This learning hub has information on acute and chronic pain, including signs and symptoms, methods of assessment and the 3P approach to pain management. The information has been developed in close collaboration with the Pain Centre at The Hospital for Sick Children and the OUCH (Opportunities to Understand Childhood Hurt) Lab at York University. The acute and chronic pain sections are organized by age, which is an important factor in how a child's pain is assessed and treated. However, when reading this information, please remember that every child's situation is unique. If you have questions about your own child's care, please speak to your child's doctor.'



Save the Date!

Conquering the Hurt Conference

Virtual Innovations & AI
November 1st & 2nd, 2021



Online Paediatric Pain Curriculum

<https://www.sickkids.ca/en/care-services/centres/pain-centre/#oppc>



1. Neurobiology of Pain



2. Development of Children's Pain Perception



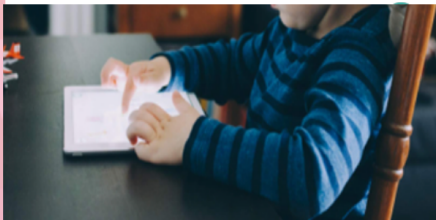
3. Epidemiology & Taxonomy of Paediatric Pain



4. Assessment and Measurement of Paediatric Pain



5. Paediatric Pain: Pharmacological Therapies



6. Treating Pain in Children: Non-Pharmacological Therapies



7. Acute Pain: Special Considerations



8. Chronic Pain Management: Special Considerations



9. Management of Pain in Paediatric Palliative Care



10. Ethical Considerations for Children with Pain

Paediatric Project ECHO

Managing Pain for Children & Youth

Fridays 12-1 pm



Changing the world...



by connecting...



healthcare providers.

<https://sickkids.echoontario.ca>

IMPACT

Of those surveyed 12 months after joining the program...

participants reported an increase in **self-efficacy** in **95%** of curriculum topics.



84% reported positively in their ability to have a positive professional impact on their community. **+++++**

participants reported **improved knowledge** in **100%** of curriculum topics.

HUB LEADS



Dr. Naiyi Sun, MD



Elisa Nigro, NP



Shirin Ataollahi-Eshqoor, OT

HUB TEAM

Jennifer Tyrrell, CNS
Lisa D'Alessandro, CNS
Dr. Fiona Campbell, MD
Dr. Lisa Isaac, MD
Anne Ayling Campos, PT
Sara Klein, PT
Dr. Catherine Munns, C. Psych
Dr. Danielle Ruskin, C. Psych

RESEARCH

Dr. Jennifer Stinson, PhD, CPNP
Founding Project Lead
Dr. Chitra Lalloo, PhD
Research Lead
Jo-Ann Osei-Twum, MPH
Research Coordinator

UPCOMING

Upcoming eLearning Modules

1. Headaches
2. Chronic widespread pain
3. Abdominal pain
4. Procedural pain



Join **virtual** and **accredited*** ECHO sessions:



Didactic Presentations

Quick 10—15 minute presentations on paediatric pain topics selected using comprehensive needs assessments and feedback from participants.




Q&A Discussions

An opportunity to ask questions and share additional knowledge.



Case-based Learning

Case discussions among an interprofessional health network garnering multi-modal treatment and recommendations for healthcare providers to consider.

A large, abstract blue watercolor splash shape on the left side of the slide, with various shades of blue and some white speckles. The text is white and positioned within this shape.

Tips to manage kids who live with pain

- Therapeutic encounter
- Procedural Pain Prevention
 - Does the intervention need to be done
 - Minimize pain and suffering e.g. Comfort Promise
- Biopsychosocial framework
 - Pain Assessment
 - Pain Management

The Therapeutic Encounter

- Warm, friendly manner
- Sit at patient level, engage caregivers, but conduct interview with child
- Active listening, thoughtful pauses
- Convey empathy
 - avoid saying 'I understand' – can increase anxiety
 - acknowledge emotional response - e.g. 'this must be difficult for you', or 'I am sorry that this has happened to you', but we are here to help...
- Maximize the placebo effect
- BE KIND !

Pain Assessment - QuILT

- **Qu** – Quality
- **I** – Intensity (use valid tools)
 - Word scales – None, Small amount, Medium, A lot
 - Number Scale – “0” no pain to “10” worse pain you can imagine
 - (NCCPC-R) Non-communicating Children’s Pain Checklist Revised
- **L** - Location
- **T** - Timing



Pain Interference

- Physical Functioning
 - Decreased activity levels
 - Impact on pursuit of life goals
- Role/Social Functioning
 - Absenteeism
 - Stress and anxiety related to missed academic work
 - Bullying
 - Isolation from peers
- Emotional functioning
 - Anxiety and depressive symptoms
- Sleep time and quality

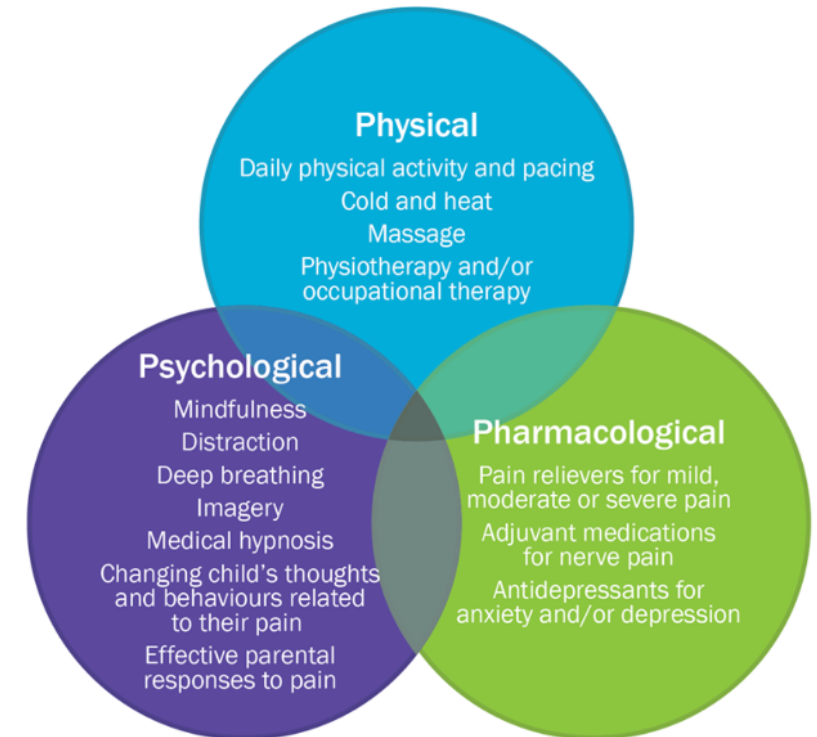


Pain Management

- Believe the patient
- Explain pain - provide best-fit diagnosis
 - Diagnostic uncertainty; ask whether they think something is being missed
 - Failure to detect serious tissue harm → reframed as positive
 - Software vs Hardware, Analogies
- Treatment plan – tailored to goals
 - Functional rehab model
 - 3P approach
 - Realistic expectations
 - Capitalize on the placebo effect!

Chronic pain treatments involve a mix of psychological, physical and pharmacological (medication) strategies. Together, these are called the 3Ps of pain control. Like three legs of a stool, the 3Ps are complementary, or supportive, to one another.

3P approach to managing your older child's pain



The 3P approach combines psychological, physical and pharmacological strategies to manage pain. Each strategy is described below.

Pharmacotherapy For Chronic Pain:



Take aways...

- Chronic pain – common, invisible, stigmatizing, undertreated disease; costly
- Global, national, local initiatives are raising awareness and providing solutions
- Clinical tips
 - Optimize the therapeutic encounter
 - Believe the patient & be kind
 - Prevent/minimize painful procedures
 - Assess pain and its impact using a biopsychosocial framework
 - Use 3P approach to treating pain



Resources

WHO Guidelines on the management of chronic pain in children -

<https://www.who.int/publications/i/item/9789240017870>

Canadian Pain Task Force - [https://www.canada.ca/en/health-](https://www.canada.ca/en/health-canada/corporate/about-health-canada/public-engagement/external-advisory-bodies/canadian-pain-task-force.html)

[canada/corporate/about-health-canada/public-engagement/external-advisory-bodies/canadian-pain-task-force.html](https://www.canada.ca/en/health-canada/corporate/about-health-canada/public-engagement/external-advisory-bodies/canadian-pain-task-force.html)

Lancet Commission -

[https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(20\)30277-7/fulltext?fbclid=IwAR0-0cvz9HeZq--IK6b8gYzStjIDKla0lOri7SUXzXqZyKz3UereosN_rOA](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(20)30277-7/fulltext?fbclid=IwAR0-0cvz9HeZq--IK6b8gYzStjIDKla0lOri7SUXzXqZyKz3UereosN_rOA)

SKIP - <https://www.kidsinpain.ca/>

OPPC - <https://www.sickkids.ca/en/care-services/centres/pain-centre/#oppc>

Comfort Promise -

<https://www.aboutkidshealth.ca/comfortpromise#:~:text=Comfort%20Promise%20bundle,insertions%20and%20other%20needle%20pokes>

AboutKidsHealth Pain Learning Hub -

https://www.aboutkidshealth.ca/pain?gclid=CjwKCAiA6aSABhApEiwA6Cbm_w0WrOCVydKnZnx9ze63LtaUu2kf8Rt9L3ZctFyRB1Slkx76neSUmRoCYqwQAvD_BwE

ECHO - <https://sickkids.echoontario.ca/>

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Department of Anesthesiology and Pain Medicine



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Creating the Canadian Pain Task Force and funding our CPTF Secretariat