

Pain

Emma Wells

Pain

Chair ~ Jonathan Spencer

Better pain management for haemophilia in the future ~ *Dr Carolyn Arnold*

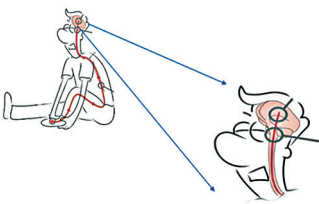
Physiotherapy approaches to pain management in haemophilia care ~ *Cat Pollard*

Strategies to manage procedural and acute pain in children ~ *Michelle Perrin*

This highly anticipated session included three presenters who shared their expertise and knowledge regarding the topic of pain. I found these speakers to be inspiring, informative and educational.

Chronic pain is more common in people with haemophilia, commented Dr Arnold, a Pain Medicine Specialist. Dr Arnold stated that this pain is mostly from haemophilic arthropathy in joints, so the aim is to reduce bleeding joint episodes. Dr Arnold mentioned the benefits of MDT (multidisciplinary team) clinics, based on an interdisciplinary approach, which can provide a range of pain management strategies.

Pain Specialist Physiotherapist, Cat Pollard outlined that musculoskeletal bleeding is the most common complication of haemophilia. Ms Pollard discussed the complex interactions of how pain is experienced and processed and said that targeting all areas can improve the ability to manage pain more effectively.



Focusing on the brain

- Individual pain education
- Function reactivation
 - goal and task specific
- Building fitness for function
- Pacing
- Graded exposure to feared activities
- Establishing positive routines
- Reinforcement of psychological concepts
- Desensitisation techniques
- Mirror therapy
- Visualisation and meditation
- Virtual reality.


Aims:

- Increase understanding about pain
- Reduce fear avoidance, health anxieties
- Increase overall fitness and activity
- Engagement in a manageable manner
- Working towards goals
- Promote better quality of life.

The final speaker, Michelle Perrin, Child Life Therapist, outlined strategies to manage procedural and acute pain in children and emphasised the long-term negative impacts on children and young people if medical procedures are not well managed. The importance of building strong relationships with the treating team to ensure patients feel informed, safe and empowered was acknowledged as an essential part of engagement.

Practical strategies

- Environmental considerations
- Individualised coping plans
- Diversion or focussed attention
- Coached breathing - balloon, hand, bubbles, counted breaths, box breathing
- Describe and praise coping
- Plan for post procedure
- Record positive experiences



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