

WELCOME!

PAIN LANGUAGE WORKSHOP

24 JUNE 2023

MHAT WE KNOW



124

CONDITIONS

COWER LIMBS ARE CRUCIAL & CHILDREN WE NEED SHARE HOW WE TALK ABOUT KIDS HEALTH

rids feel powerless, thylose sleep thy Missout on life!





CHRONIC PAIN CAN OCCUR FOR DIFFERENT (ENGTHS & TIME FOR KIDS

IT IMPACTS OLDER
KIDS & FEMALES MORE

PARENTS /

ARE FORCED to

CHANGE \$

ADAPT





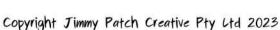




PSYCHOLOGICAL

IMPACT

CAN BE VERY DIFFICULT



3 STORIES

FROM KIDS WITH LEG PAIN



- O CERTAINTY of DIAGNOSIS
- 1 HOWTHEY WOULD EXPLAIN they PAIN
- WHAT MANAGEMENT STRATEGIES WOULD THEY USE TO HELP WITH the PAIN



1 | YEARS OLD

- Q HAS HEAL PAIN RELATING TO CALCANEAL APOPHYSITIS
- HE IS WORRIED ABOUT the PAIN BECAUSE IT'S MAKING HIM WANT & GIVE UP SOCCER



TAMAR

- I I YEARS OLD
- LOVES AFL
- HAS JIA & EVEN THOUGH IT APPEARS WELL CONTROLLED IT IS IMPACTING HIM IN SCHOOL, HIS SPORT & HOW MUCH HETELLS HIS FAMILY

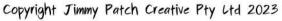


- 12 YEARS OLD
- SHE'S HAD LEG PAINSINCE SHE WAS 5 THAT MAKES HER CRY AT NIGHT
- SHE HAS SEEN A NUMBER of HEALTH PROFESSIONALS WHO TELL HER SHE WILL GROW OUT of IT
- THIS PAIN IS IMPACTING ALL & THE FAMILY, THEIR SLEEP, THEIR WORK & THEY ARE WORRIED ABOUT the FUTURE













ARCHER

CERTAINTY

- COMMON & MANAGEABLE
- QUITE CERTAIN
- CONFIDENT in the DIAGNOSIS AND MANAGEMENT

PAIN EXPLANATION & PAIN MANAGEMENT STRATEGIES

OSELF-RESOLVING

OPAIN FREE IS POSSIBLE

- OCHECK THEIR UNDERSTANDING ATTURE PAIN
- @ REASSURANCE
- MOT USING *DISEASE'
- APOPHYSITIS

- GROW & BE HAPPY
- Q DON'T CREATE
- PERSON CENTRED

- ABOUT WHAT WE KNOW
- O SHOWING VISUALS OF WHAT MIGHT BE CAUSING the PAIN









TAMAR

CERTAINTY

- G FAIRLY CERTAIN
- BY MEDICAL
- IT DOES FIT WITH

PAIN EXPLANATION & PAIN MANAGEMENT STRATEGIES

- THE MUM IS

 the one who

 NEEDS SUPPORT.

 THE CHILD HAS

 TOY
- PAIN WITH the CHILD
- JOINT STIFFNESS

O SEEING A

PAIN SPECIALIST

- o You CAN'TCHOSE O PHYSIO, EP & HYDRO the CONDITION,
- BUT YOU CAN
 CHOSE HOW & ENCOURAGE the KIDS &
 MANAGE IT
 MANAGE IT
 OF THE PARENTS
 OF EVERY DAY
 IS DIFFERENT
- HAVE PAIN O OFFLOADING
 - O ACKNOWLEDGING THAT
- WHAT MAKES
 YOU HAPPY?
 OMANAGEMENT
 IS NEVER TWO CHILDREN
 TEAMS
 - APPROACH OF
 - OMDT FEEL WHAT HE FEELS











CERTAINTY

- O ONGOING SEARCH for A DIAGNOSIS
- DO MORE PEOPLE NEED to BE INVOLVED?
- SHOULD WE ORDER MORE TESTS?
- UNCERTAINTY IS OK

PAINEXPLANATION É PAIN MANAGEMENT STRATEGIES

- 600D to RULE OUT the SCARY STUFF
- @ TEAM for PARENT SUPPORT
- O ANALOGIES & HELP EXPLAIN

- O THERE'S SO MUCH DOOM HERE
- a IT'S OK AS A HEALTHCARE PROFESSIONAL NOT TO KNOW EVERYTHING
- MAN AGEMENT VIA TEAM & IMPROVE FUNCTION O HOW MUCH IS MUM COMMUNICATING?

- @ EMPOWERING FLLIEL UNDERSTAND HER PAIN
 - O JUST BECAUSE NOTHING O HOLISTIC LIFESTYCE SHOWED UP AT AGE 5 DOESN'T MEAN THERE'S NOTHING NOW

O IS IT TIME for PAIN OF ANXIETY MEDICATION?

- CHANGES
 - @ MUM'S STRESS: IS IT IMPACTING on LAURA?

- O CONNECT PAIN & PAST EXPERIENCES
- O DIETICIAN, FNDOCRINGOGIST or PAEDIATRICIAN?
 - o IMPORTANCE of IMPACT on SLEEP





