

# WELCOME!

## PAIN LANGUAGE WORKSHOP 24 JUNE 2023

### PSYCHOLOGICAL IMPACT

CAN BE VERY DIFFICULT  
for CHILDREN

CHRONIC PAIN  
CAN OCCUR for  
DIFFERENT LENGTHS  
of TIME for KIDS

IT IMPACTS OLDER  
KIDS & FEMALES MORE

PARENTS  
ARE FORCED to  
CHANGE &  
ADAPT



WE WANT to  
EDUCATE, DISCUSS  
& EXPLORE DIAGNOSTIC  
UNCERTAINTY

WE NEED SHARE  
HOW WE TALK  
ABOUT KIDS HEALTH

KIDS FEEL  
POWERLESS,  
they LOSE SLEEP  
& they MISS OUT  
on LIFE!



WHAT WE KNOW  
ABOUT KIDS PAIN

### LOWER LIMB PAIN

124  
CONDITIONS

LOWER LIMBS  
ARE CRUCIAL  
to CHILDREN

Kid's  
LEG PAIN

MONASH  
University

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PATCH  
CREATIVE

# 3 STORIES

FROM KIDS WITH  
LEG PAIN

## PODIATRISTS WERE ASKED ABOUT:

- ▣ CERTAINTY of DIAGNOSIS
- ▣ HOW THEY WOULD EXPLAIN the PAIN
- ▣ WHAT MANAGEMENT STRATEGIES WOULD THEY USE TO HELP WITH the PAIN

### ARCHER



- ▣ 11 YEARS OLD
- ▣ HAS HEAL PAIN RELATING TO CALCANEAL APOPHYSITIS
- ▣ HE IS WORRIED ABOUT the PAIN BECAUSE IT'S MAKING HIM WANT to GIVE UP SOCCER

### TAMAR



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

### ELLIE



- ▣ 12 YEARS OLD
- ▣ SHE'S HAD LEG PAIN SINCE 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 of THE FAMILY, THEIR SLEEP, THEIR WORK & THEY ARE WORRIED ABOUT the FUTURE



# ARCHER

## CERTAINTY

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

## PAIN EXPLANATION & PAIN MANAGEMENT STRATEGIES

- SELF-RESOLVING
- REASSURANCE
- PAIN FREE IS POSSIBLE
- CHECK THEIR UNDERSTANDING of the PAIN
- NOT USING the WORD 'DISEASE'
- CALCANEAL APOPHYSITIS
- EMPOWER, GROW & BE HAPPY
- DON'T CREATE FEAR
- BEING PERSON CENTRED
- SHARING STORIES ABOUT WHAT WE KNOW
- SHOWING VISUALS of WHAT MIGHT BE CAUSING the PAIN



# TAMAR

## CERTAINTY

- FAIRLY CERTAIN
- DIAGNOSIS CONFIRMED BY MEDICAL
- IT DOES FIT WITH the JIA PROFILE

## PAIN EXPLANATION & PAIN MANAGEMENT STRATEGIES

- THE MUM IS the ONE WHO NEEDS SUPPORT. THE CHILD HAS JOY
- YOU CAN'T CHOSE the CONDITION, BUT YOU CAN CHOSE How to MANAGE IT
- PHYSIO, EP & HYDRO
- WORK in PARTNERSHIP: ENCOURAGE the KIDS to NOT FEEL RESPONSIBLE for the PARENTS
- EVERY DAY IS DIFFERENT
- DRAWING the PAIN WITH the CHILD
- IT'S OK to HAVE PAIN
- OFFLOADING
- ACKNOWLEDGING that IT IS SCARY
- WHAT MAKES you HAPPY?
- MANAGEMENT IS NEVER the SAME for TWO CHILDREN
- STICKY or JOINT STIFFNESS
- SEEING A PAIN SPECIALIST
- HOLISTIC APPROACH
- WORKING in TEAMS
- PERMISSION to FEEL WHAT HE FEELS
- MDT



# ELLIE

## CERTAINTY

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

## PAIN EXPLANATION & PAIN MANAGEMENT STRATEGIES

- GOOD to RULE OUT the SCARY STUFF
- TEAM for PARENT SUPPORT
- ANALOGIES to HELP EXPLAIN
- THERE'S SO MUCH DOOM HERE
- IT'S OK AS A HEALTHCARE PROFESSIONAL NOT TO KNOW EVERYTHING
- MANAGEMENT VIA TEAM to IMPROVE FUNCTION
- EMPOWERING ELLIE to UNDERSTAND HER PAIN
- JUST BECAUSE NOTHING SHOWED UP AT AGE 5 DOESN'T MEAN THERE'S NOTHING NOW
- How MUCH IS MUM COMMUNICATING?
- CONNECT PAIN to PAST EXPERIENCES
- HOLISTIC LIFESTYLE CHANGES
- DIETICIAN, ENDOCRINOLOGIST or PAEDIATRICIAN?
- MUM'S STRESS; IS IT IMPACTING on LAURA?
- IS IT TIME for PAIN or ANXIETY MEDICATION?
- IMPORTANCE of IMPACT on SLEEP