

Scenario 1: Participant Information

History of Presenting Illness/Situation

Samantha is a 14 year old female presenting with pain in different locations. She cannot remember when the pain started exactly, but it was after a viral infection. It has aggravated over the past 18 months. The pain started in the lower extremities, currently she has pain in bilateral ankles, knees, hips, lower and middle back, neck, right wrist and elbow and left shoulder. She was seen by her pediatrician, who referred her to a rheumatologist and neurologist. Samantha had extensive medical work-up done before she was seen in your clinic: she had a whole-body MRI, blood work with inflammatory markers and an electromyography (or EMG = measurement of normal nerve stimulation of the muscles). All previous tests came back normal. There is no follow up scheduled in rheumatology nor neurology clinic. Samantha was previously healthy, no relevant medical history. There is a positive family history for chronic pain: Samantha's mother has a medical history of migraines and there is a paternal aunt with the diagnosis of fibromyalgia.

You suspect Samantha has chronic widespread musculoskeletal pain but want to do more of an assessment before disclosing this information.

You have started your assessment with her and have obtained the following information (see below). Please take a couple of minutes to plan as a team what other information you need to retrieve using a biopsychosocial approach. Once you are ready, please articulate that you would like to connect with Samantha and her mother to obtain the remainder of the information from them. Consider the impact of pain on Samantha's overall life. You've met Samantha and her mother once before. They are at home and live in a bungalow. Mum's name is Mary and dad's name is Mark.

Past Medical History/Background

Weight: 45 kg

PMHx: Healthy

Allergies: NKA

Medications: Acetaminophen, ibuprofen

Imaging: Whole-body MRI: normal findings, no signs of inflammatory disease, arthritis, enthesitis or myositis.

Pain location: Bilateral ankles, knees, hips. Lower and middle back, neck area. Right wrist and right elbow. Left shoulder.

Intensity (Numerical Pain Rating Score): Currently 7/10, Range 4-9/10, Average 7/10

Quality: Aching, hurting, shooting, tingling, uncomfortable, annoying.

Aggravating factors: All physical activities and movements, being in one position for a longer period of time: sitting, standing.

Easing factors: Resting, a warm bath feels comforting in the moment

24-hour pattern: Constant pain, seems random, worse at end of day

Associated symptoms: sleep difficulties, 'cracking of joints'

Treatments tried: ibuprofen, acetaminophen, rest, ice, heat, elevation, massage therapy