

Scenario 2: Participant Information

History of Presenting Illness/Situation

You've just completed a comprehensive biopsychosocial pain assessment of Samantha, a 14-year-old girl with chronic pain in many different locations. As a team, you've decided that Samantha's clinical symptoms fits the diagnosis of chronic widespread musculoskeletal pain. Chronic widespread musculoskeletal pain is a primary pain disorder with diffuse pain that has persisted for more than 3 months. The pain is present on both sides of the body, below and above the waist, and in the axial skeletal. The main mechanism of chronic widespread pain is thought to be secondary to central sensitization. The central nervous system "turns up the volume" in response to any potentially unpleasant stimulus in the body. Critical elements of management included graded physical exercise and cognitive behavioural therapy (CBT) with behavioural interventions to establish a more adaptive routine including returning to school, sleep hygiene, and learning pain coping and problem-solving strategies.

Samantha and her mom have been very frustrated by this persistent pain and its impact on her daily life. They are also frustrated by the lack of a diagnosis after their extensive medical workup with multiple healthcare providers in the past. They really want to know what her diagnosis is and why she is experiencing this pain.

As a team, you will provide pain education on her diagnosis and treatment approach to Samantha and her mom. You would like to recommend a multidisciplinary treatment plan. Please take a couple of minutes to plan as a team how you would explain chronic widespread pain and why these treatments are important to Samantha and her mother. Your team comes up with the following 3P approach:

- Pharmacological: recommend continuing taking acetaminophen and ibuprofen as needed to support physical exercises. Pharmacological treatments for chronic widespread pain are not well studied in children and adolescents. If pain persists despite non-pharmacological treatment, then can consider a trial of anti-epileptics such as gabapentin or pregabalin or antidepressants such as duloxetine, amitriptyline or nortriptyline.
- Physical: PT assessment with view to treatment using graded exercise to support return to dance. Consider use of breathwork with movement (ex Qi gong or YOGA) to help with down training the nervous system.
- Psychological: psychological assessment and possible treatment for anxiety. Patient will likely benefit from working with a psychologist to learn cognitive behavioral therapy (CBT) focused on teaching behavioral pain coping skills.

Once you are ready, please articulate that you would like to connect with Samantha and her mother (Mary) to provide feedback to them.