“Nursing and Allied Health Treatment for Chronic Pain”

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Project ECHO®

Changing the world by connecting healthcare providers.

Faculty/Presenter Disclosure

- Faculty: Lisa D'Alessandro, Sarah Ohana, Fatima DiValentin
- Relationships with commercial interests:
  - None

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Learning Objectives

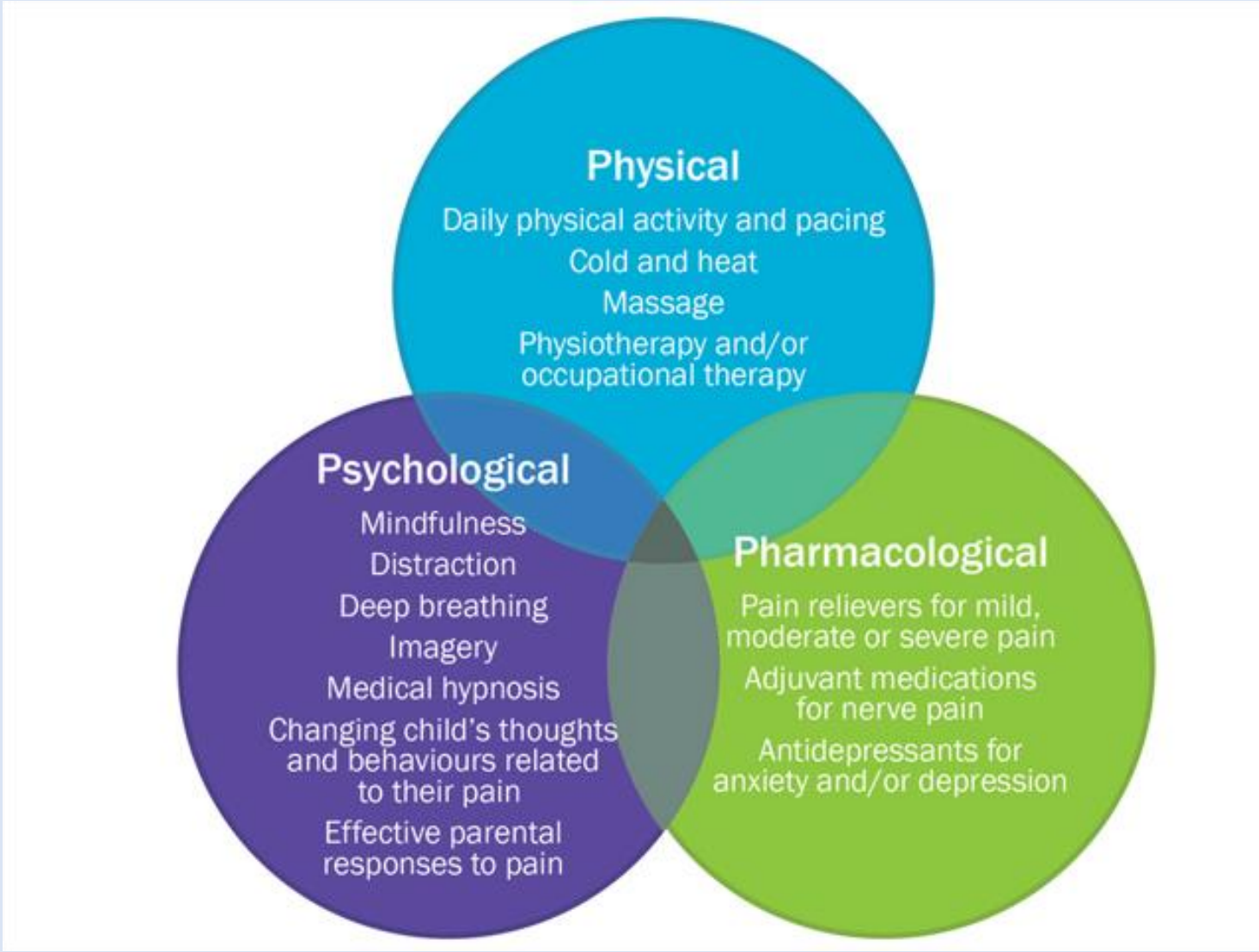
1. Describe common chronic pain management strategies from the lens of various allied health and nursing perspectives

2. Discuss where and how to incorporate the various allied health and nursing treatments within the 3P approach to chronic pain management

3. Describe an interprofessional care model to chronic pain management plans across different practice settings

Chronic Pain Treatment

- Nursing, Social Work and Occupational Therapy theories deal with the conceptualization of specific aspects of patient care
- Theoretical underpinnings of allied health care providers overlap
- Potential for role & responsibility confusion



Advanced Practice Nurse Role

What is Chronic Pain Nursing?

NURSING SCOPE OF PRACTICE STATEMENT

“The practice of nursing is the promotion of health and the assessment of, the provision of care for and the treatment of health conditions by supportive, preventive, therapeutic, palliative and rehabilitative means in order to attain or maintain optimal function.”

NURSE PRACTITIONERS

“Nurse Practitioners (NPs), also known as Registered Nurses in the extended class, are registered nurses who have met additional education, experience and exam requirements set by the College. They are authorized to diagnose, order and interpret diagnostic tests, and prescribe medication and other treatment.”

(CNO, 2023)

Figure 1: Conceptual framework for organizing competencies[2]

[2] Copyright © 2015 The Royal College of Physicians and Surgeons of Canada. Retrieved from http://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e. Adapted with permission.

Diagnosing

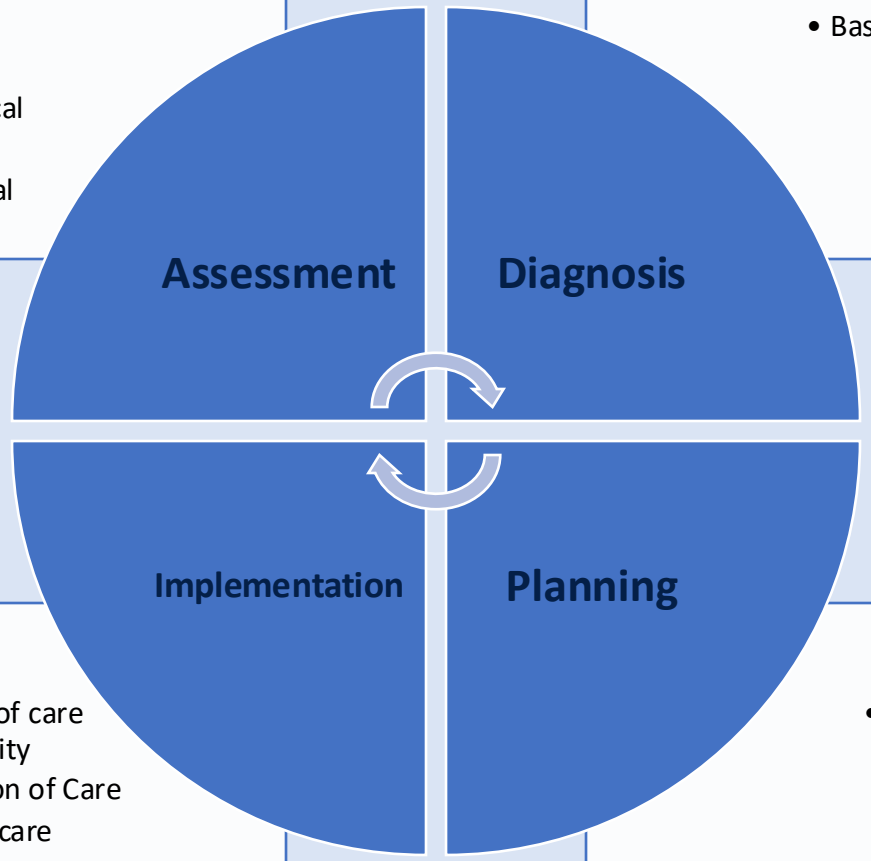
IASP
INTERNATIONAL ASSOCIATION FOR THE STUDY OF PAIN
CELEBRATING | 1974–2024

MG30 Chronic pain
MG30.0 Chronic primary Pain
MG30.1 Chronic cancer related pain
MG30.2 Chronic postsurgical or post traumatic pain
MG30.3 Chronic secondary musculoskeletal pain
MG30.3 Chronic secondary visceral pain
MG30.5 Chronic neuropathic pain
MG30.6 Chronic secondary headache or orofacial pain

(WHO, 2019/2021)

Nursing Process

- Environmental
- Cultural
- Physical
- Psychological
- Safety
- Psychosocial



- Clinical judgment
- Basis for nursing care plan

- Continuity of care in community
- Coordination of Care
- Transfer of care

- Goal setting

Evaluation

Both the patient's status and the effectiveness of interdisciplinary chronic pain care must be continuously evaluated, and the care plan modified as needed.

POWER OVER PAIN PORTAL FOR YOUTH

(Toney-Butler & Thayer, 2023)

Chronic Pain Nursing Interventions

Prescribe & Monitor Medications

Patient Advocacy

Patient & Caregiver Education

Care Coordination

Patient Needs

Chronic Pain Nursing Interventions

Patient & Caregiver Education

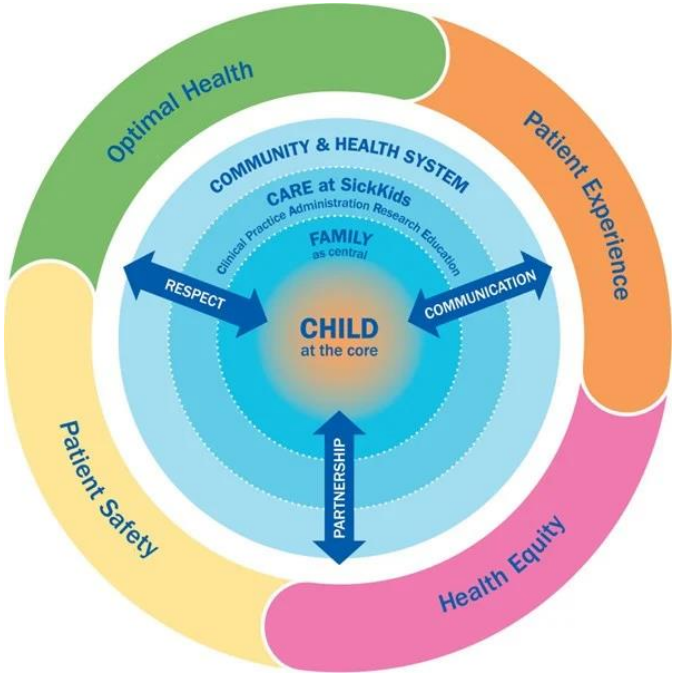
- Education supports a functional rehabilitation approach to chronic pain management
- Education also allows patients to set realistic goals and expectations

"Overall patient outcomes are improved when pediatric pain treatment is approached with a sufficient knowledge and a positive attitude"

(Fenta et al., 2023)

Chronic Pain Nursing Interventions

Patient Needs



During each encounter, focus on patient safety and quality of care by applying appropriate nursing interventions

Address needs & preferences → *Addresses fears & frustrations*

(Kwame & Petrucka,, 2021)

Chronic Pain Nursing Interventions

Care Coordination

- Monitor client care to help ensure needed services happen at the right time and in the correct sequence
- Coordination amongst health care specialty services & community
- Transfer to adult care
- Transfer to family practice
- Obtain and utilize healthcare services based on those needs

Chronic Pain Nursing Interventions

Patient Advocacy

- Advocates for health equity for all, particularly for vulnerable and/or diverse clients and populations
- Resolves questions about unclear orders, decisions, actions, or treatment
- Assess clients to determine their risk for health inequities and take steps to ensure the best client outcomes

(CNO, 2023)

Chronic Pain Nursing Interventions

Prescribe & Monitor Medications

- Evaluate effectiveness of care plan and modifies accordingly
- Anticipates actual and potential health risks and possible unintended outcomes
- Recognizes and responds immediately when client safety is affected

Nursing Assessment Tool Examples

Assessment Tools	Purpose of Assessment
Numeric Pain Rating Scale >8yo (use age-appropriate scales)	Multidimensional observational assessment of a patients' experience of pain
Patient Global Impression of Change (PGIC)	Reflects a patient's belief about the efficacy of treatment.
The Brief Pain Inventory (BPI)	The basic aim of the BPI is to provide the information on the intensity of pain, along with the degree to which the pain interferes with the everyday functioning of life.
PROMIS Pain Interference (PROMIS-PI)	Measures the extent to which pain hinders an individual's engagement with physical, mental, cognitive, emotional, recreational, and social activities. PROMIS-PI also includes items related to enjoyment in life and sleep.

Nurse Scholar

- Translates knowledge from relevant sources into professional practice
- Implements planned improvements in healthcare and delivery structures and processes
- Participates in quality improvement and evaluation of client care outcomes and health service delivery

Occupational Therapy Role

What is Occupational Therapy (OT)?

OTs help individuals do the everyday activities that they want & need to do

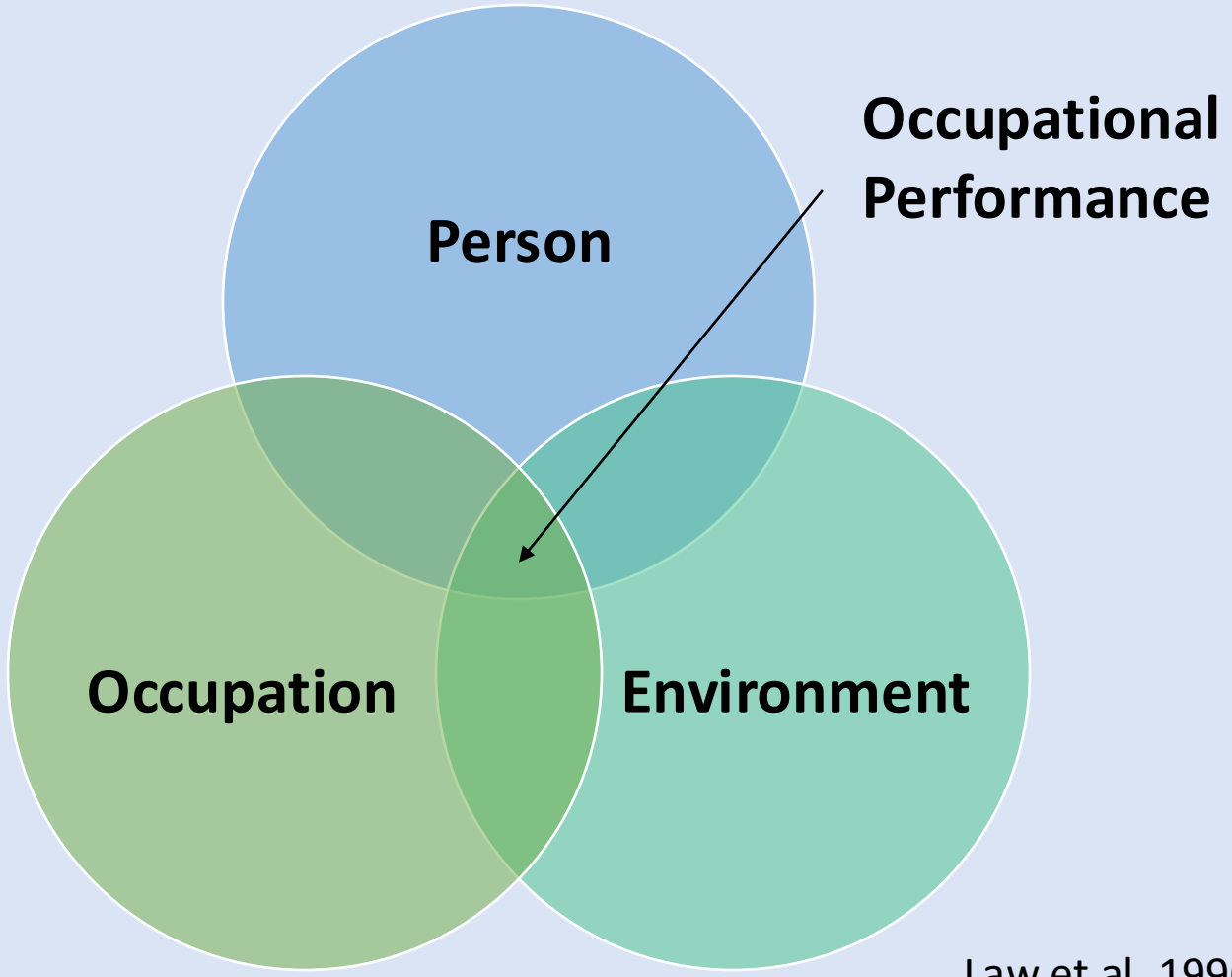
- OT is a regulated health profession trained to understand medical, physical and psychosocial factors impacting on function
- Work with all ages in a variety of environments (home, hospital, rehabilitation centre, clinics, school, nursing homes)
- Often work closely with other rehabilitation professionals, such as physiotherapy and speech language pathology
- OT is client centred, strength focused, and grounded in function

Canadian Association of Occupational Therapists (CAOT), 2023; College Occupational Therapist of Ontario (COTO), 2023

Person Environment Occupation Model

OTs consider the following in their assessment and interventions:

- **Person factors:** affect, cognition, sensory integration, physical function, cultural
- **Occupation factors:** demands of the task
- **Environmental factors:** physical, social, and institutional environmental factors related to the task being performed



Law et al.,1996

Occupation for Children

Everyday activities that are important to the child or youth like:

Self care

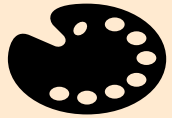
- Dressing
- Hygiene tasks
- Eating
- Sleeping

Productivity

- School or daycare
- Volunteer
- Jobs

Leisure

- Play
- Social interactions
- Sports
- Hobbies



Where does OT fit in Paediatric Chronic Pain Management?

- Clients with chronic pain experience **occupational performance and participation** challenges
- OTs support clients in optimizing their engagement in occupations and developing pain tools to support **functional goals** in various domains
- OTs can also reinforce and help with patient carryover of other team member interventions

Canadian Association of Occupational Therapists, 2012; Reeves et al., 2022

OT assessment tool examples

Assessment Tools	Purpose of Assessment
JAMAR Hand Dynamometer	Assesses youth's grip strength
Sensory Profile 2 ™	Evaluates youth's sensory processing skills in different environments (community, home, school)
McMaster Handwriting Assessment Protocol 2nd edition	Assessment of child's handwriting skills to help identify need for intervention
Task Analysis	Analyze the dynamic relationship between the client, occupation/activity, and the environment
Sleep Health Habits Checklist	Identify established sleep habits and future habits

Wilson and Landry, 2014

Goal Setting

Canadian Occupational Performance Measure (COPM):

- Identify **occupational performance problems**
- Rate **importance** of each occupation
- Client chooses **most important problem areas** to be addressed in OT intervention
- Client rates their **performance** and **satisfaction** for each occupational performance problem
- May be administered at initial assessment and to monitor progress

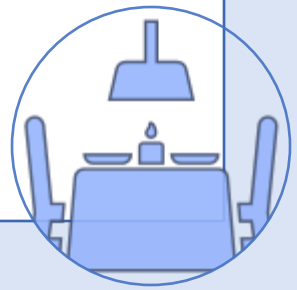
Occupational Performance Problem	Importance (1-10)	Performance (1-10)	Satisfaction (1-10)
Attending school	9	2	1
Brushing hair	7	6	2
Cooking	5	7	8

COPM, 2023

OT Treatment: Self-care

- Motor coordination activities
- Ergonomics: identify body and arm position
- Adaptations: built up utensils, non slip mat under plate

Eating



- Pacing
- Grading task: increase client's involvement
- Adaptive aids, such as long handled scrub brush

Bathing

OT Treatment: Self-care

- **Sleep:**
  - Consistent sleep schedule on weekdays and weekends
  - Bedtime fading
  - Wind down routine
  - Decrease screen time
  - Use bed for sleep
  - Environment: temperature, lighting, pillows, blanket (e.g. weighted blanket 5-10% of body weight)

OT Treatment: Productivity

School

- Gradual return to school plan
- School accommodations: elevator, extra time, breaks
- Executive functioning strategies: to do lists, timers, chunking
- Handwriting strategies: grips, slant board, pacing

Work and volunteering

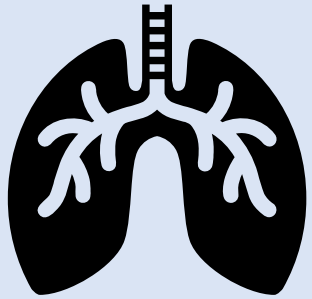
- Energy conservation: body position & breaks
- Optimize work shifts/schedule
- Identify accommodations

OT Treatment: Leisure

Hobbies

- Prioritize most meaningful hobby
- Incorporate energy conservation strategies
- Recommend modifications/ adaptations as needed
- Fabricate splints if indicated
- Support client in using leisure activity as a coping strategy (e.g. art, crocheting, instrument)

OT Treatment: mental health

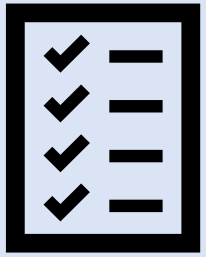


- Explore mind body strategies:
  - Identify practical strategies (yoga, breathing, progressive muscle relaxation, mindfulness etc.)
  - Pair it with a functional activity
- Incorporate sensory tools to support regulation:
  - Identify practical strategies and situations to use strategies
  - Common tools: noise cancelling headphones, weighted items, oral sensory

OT Treatment: mental health

Develop and maintain routines:

- Typical aids: block schedule, calendar schedule, check lists
- Incorporate client's interests and motivations
- Consider occupational balance: set realistic goals around required and leisure activities
- Embed other pain management strategies: return to leisure, mind body, energy conservation



OTs may practice the controlled act of psychotherapy and use evidence-based approaches, such as CBT and ACT

College of Occupational Therapists of Ontario, 2019

Social Work Role

Bio-psycho-SOCIAL Work!

- System focus
- Trained in environmental inputs
- Activate community support and referrals
- Treat and empower caregivers

Social Worker and Paediatric Pain

- Family assessment (lifespan environmental assessment)
- Education and caregiving coaching
- Psychotherapy: Individual & family therapy
- Breaking system barriers
- Securing and referring to resources
- Advocating for family and patient needs (cultural, spiritual, community needs)
- Research

The impact of Pain on the patient and family

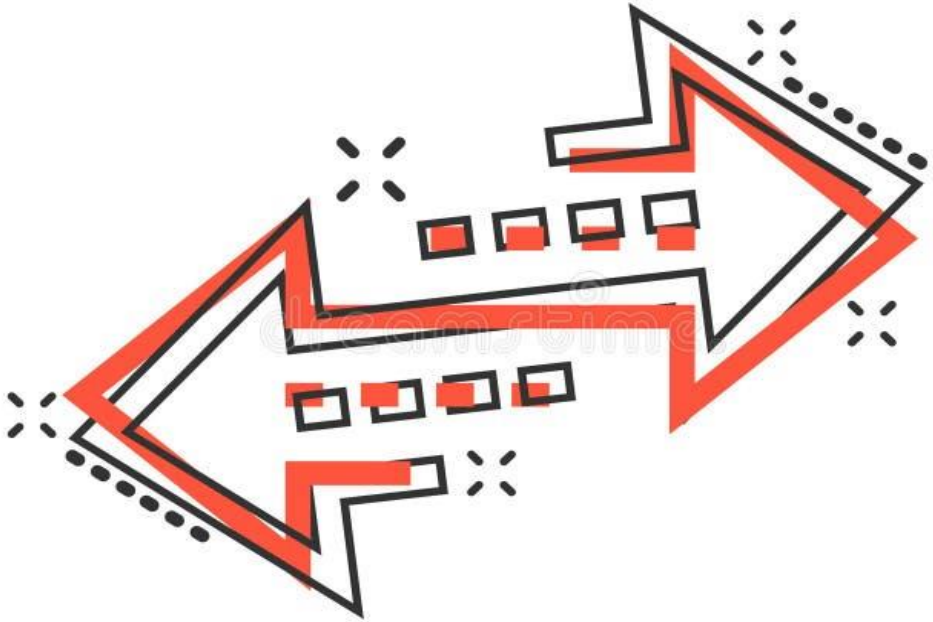
The UNWANTED GUEST

Pain impacts the whole family

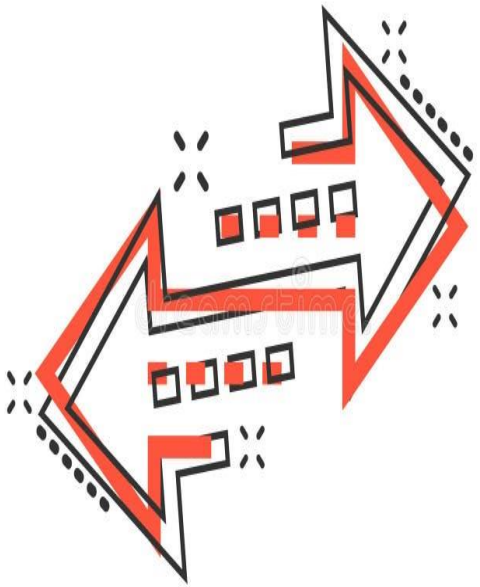
The Role of Social Work In Chronic Pain

- Understand the journey of the whole family system
- Uncover the family's pain beliefs
- Address the fears and worries
- Recruit the skills of the caregivers
- SW realizes the continuous interplay of physical, emotional, & the cognitive factors in the experience of pain

Paradox of Parenting for Pain



Paradox of Parenting for pain



- Stop talking/asking about pain
- Encourage movement, even when pain is present
- Attend school, even when feeling pain
- Encourage independence even when the child is expressing it is hard & reaching for your help
- Yes! to family contact, though the child may rather isolate themselves
- Want pain to stop, however keep focus on function
- Caregivers feel helpless, and they have a powerful influence over child and health outcomes

- Family values around pain
- Challenging their own chronic pain
- Undoing the impact of chronic pain on the family
- Acknowledging the pain beliefs in the family and challenging them

Training up your V.I.P.’s

- Take them from the bio-medical model to the bio-psycho-social model
- Mind/body connection
- Healthier parenting strategies
- Repairing relationships (predate & due to pain experience)
- Increase family by-in to the model of care
- Managing sibling care
- Self-care for caregivers

Psychotherapy: Family Therapy

- Discover the missing piece when treatment is at a standstill
- Improve family communication
- Improve validation skills
- Coach & model healthy interactions that promote healing

Social Workers support the frontline team

Caregivers are on the front-line monitoring:

- Sleep, food intake, socialization, movement, connection, community connection, spiritual support, school, treatment homework, mental wellnes
- Responsible for empowering the child to independence
- Support treatment adherence

Caregivers have a big job and need support and training too!

Social Workers can unlock family magic

- Harvest the power of attachment
- Access universal family support to aid in the transition to adulthood
- Activate the family network

Hidden Gems

- Families have a resiliency that SW can support, cheerlead, and amplify
- SW can be a conduit to the other practitioners

Don’t leave your families out in the cold!

- Social Work as part of the interdisciplinary team
- Access the holistic services of Social Work
- Psychotherapy skills
- Family care plan
- Resources access and referral to the community
- Research
- SOCIAL work

OT Resources

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