

Scenario 1: Participant Information

Learning Objectives:

1. Learners will identify at least 3 of the correct domains of the biopsychosocial assessment of pain including attitudes/beliefs, physical function, sleep, school, emotional, family, social
2. Learners will demonstrate effective interviewing skills to complete the assessment of the above domains for both patient and caregiver
3. Learners will demonstrate a collaborative interprofessional team approach to complete a subjective assessment

History of Presenting Illness/Situation

Hanna is a 16-year-old female presenting with pain in different locations. She cannot remember when the pain started exactly, but it has aggravated over the past 18 months. The pain started in her lower extremities, and 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. Hanna 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 or neurology clinics. Hanna was previously healthy, with no relevant medical history. There is a positive family history for chronic pain: Hanna's mother has a medical history of migraines, and there is a paternal aunt with the diagnosis of fibromyalgia.

You suspect Hanna has chronic primary MSK pain that is widespread.

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 for what other information you need to retrieve using a biopsychosocial approach. Once you are ready, please articulate that you would like to connect with Hanna and her mother to obtain the remainder of the information from them. Consider the impact of pain on Hanna's overall life. You've met Hanna and her mother once before. Hanna is at the clinic with her mum (June). Hanna lives with her mum, 13-year-old sister (Chloe) and maternal grandparents (Anna - grandmother and Charles - grandfather). Dad (Thomas) lives out of the country and is not involved.

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