

Scenario 2: Participant Information

Learning Objectives

1. Learners will demonstrate a pain focused physical examination.
2. Learners will review the limits of confidentiality with patient
3. Learners will demonstrate an assessment of substance use and psychosocial function with the adolescent on their own.

History of Presenting Illness/Situation

You've just completed a comprehensive subjective pain assessment of Ella who is a 14-year-old female with chronic left ankle/foot pain. She fell during a dance class 3 months ago and had immediate pain in her left ankle and it became swollen. She was seen in the emergency department and diagnosed with a grade 2 ankle ligament sprain. She was recommended to wear an Aircast for comfort for 3 weeks. Her pain worsened after she stopped using the Aircast and she was referred to the pain clinic. This is her first assessment in the pain clinic.

Ella was referred to the pain clinic by orthopedics. The referring physician states that she has normal healing and no activity restrictions. You have completed the interview with Ella and her parents. Now you and two other team members have brought Ella into an exam room alone for the pain focused physical examination and psychosocial function.

Past Medical History/Background

Weight: 55kg

PMHx: Healthy

Allergies: None

Medications: Acetaminophen, ibuprofen as needed

Pain location: L anterior ankle, radiating up to calf and down to mid foot.

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

Quality: sharp, shooting, tingling, burning, throbbing, aching, uncomfortable, annoying

Aggravating factors: touch – even light touch, moving it, standing on it, walking.

Easing factors: Rest, elevation with a pillow

24-hour pattern: Constant pain, random worsening of pain, worse at the end of the day.

Associated symptoms: Left leg feels cooler and has purplish discoloration.

Sleep: Not sleeping well, difficulty falling asleep and waking up at night due to pain.

Referral history: Referred by orthopedics, Xray did not show any fracture – pain is out of keeping with expected healing. Ella and her family have been very frustrated by this persistent pain and its impact on her daily life.

As a team, you will perform a pain focused physical exam, a confidential assessment regarding alcohol/drug use and psychosocial stressors of the teen.