

Simulation – Scenario 1

Pain Assessment – Getting patient history

Learning Objectives

- 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.
- Learners will demonstrate effective interviewing skills to complete the assessment of the above domains for both patient and caregiver.
- Learners will demonstrate a collaborative interprofessional team approach to complete a subjective assessment.

Quick Tips - Biopsychosocial Model of Pain

The Canadian Pain Task Force recommends a biopsychosocial approach to assessment and management of pain where all these interconnected factors influence the pain experience and need to be addressed (Canadian Pain Task Force, 2020).

Biological examples	Psychological examples (cognition and emotion)	Social examples
• Genetics • Tissue injury, damage, or disease • Physical health problems • Medication effects	• Mood, anxiety, distress • Emotions like anger, fear • Perceived injustice • Coping styles • Self-efficacy, personality • Catastrophizing • Beliefs about causes and consequences of pain • Attitudes about pain including acceptance and expectancy of recovery	• Social expectations • Social support system • Social exclusion • Educational status • Living status • Family finances • Substance abuse • Language and cultural barriers • Stigma, discrimination

Canadian Pain Task Force. (2020). Working Together to Better Understand, Prevent, and Manage Chronic Pain: What We Heard. Retrieved from <https://www.canada.ca/content/dam/hc-sc/documents/corporate/about-health-canada/public-engagement/external-advisory-bodies/canadian-pain-task-force/report-2020-rapport/report-2020.pdf>; European Pain Federation. (2022). What is the biopsychosocial model of pain? Retrieved from <https://europeanpainfederation.eu/what-is-the-bio-psycho-social-model-of-pain/>

Simulation – Scenario 2

Physical & Psychological Assessment

Learning Objectives

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

Physical Assessment Components

- Observation
- Range of Motion (ROM)
- Strength
- Sensory testing
- Mobility/gait

Chronic Regional Pain Syndrome (CRPS)

Budapest Criteria

For a diagnosis to be made, there is continuing pain disproportionate to any inciting event and there should be no other condition able to explain the presented signs and symptoms.

Symptoms	
Reports one symptom in 3 of the 4 categories is present.	
Sensory	Hyperesthesia - an abnormal increase in sensitivity, and/or allodynia , which is pain caused by stimuli which shouldn't trigger a painful response
Vasomotor	Skin colour changes and/or changes in temperature of the limb.
Sudomotor/edema	Swelling of the limb and/or an excess of sweat from the affected limb, or changes in sweating and swelling of the limb.
Motor/Trophic	Decreased range of motion and/or motor dysfunction (weakness, tremor or dystonia) and /or trophic changes include changes to the hair, nails or skin on the affected limb.

Signs	
On clinical examination, <i>at least one sign must be present</i> in two or more of the categories.	
Sensory	Hyperalgesia (to pinprick), a heightened sensitivity to pain, and/or allodynia to light touch or deep somatic (physical) pressure and/or joint movement
Vasomotor	Temperature asymmetry between limbs, and/or skin colour changes and/or skin colour asymmetry
Sudomotor/edema	Edema and/or sweating changes and/or sweating asymmetry
Motor/trophic	Decreased range of motion and/or motor dysfunction (weakness, tremor or muscle spasm) and/or trophic changes (hair and/or nail and/or skin changes).

Harden et al., (2010). Validation of proposed diagnostic criteria (the "Budapest Criteria") for Complex Regional Pain Syndrome. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2914601/>; St Pancras Clinical Research. (2020). The Budapest Criteria for CRPS Diagnosis. Retrieved from <https://stpencrasclinicalresearch.com/the-budapest-criteria/>