Psychology in the intensive interdisciplinary pain treatment setting

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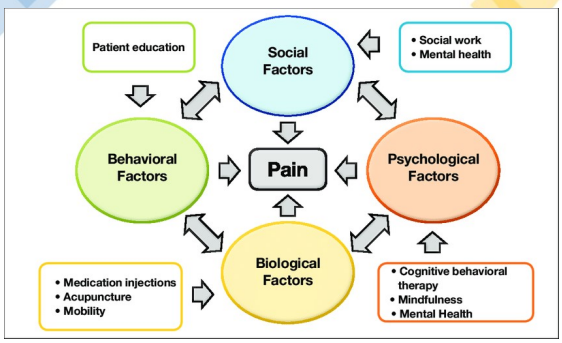

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Psychologist's role in pain assessment

- Evaluating the roles of psychological factors and coping style in the pain experience
- Assessing the system (family, school, peers)
  - Responses of important others to pain
  - Stressors that may interact with the pain experience
- Eliciting the meaning, the context, and the consequences of the pain to the child and family
- Gauging suitability for the treatment setting and readiness to engage in pain self-management

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Psychology treatment: Individual

Pain CBT includes:

- Pain coping skills
  - Relaxation, biofeedback
- Cognitive strategies
  - Address negative thinking, cognitive restructuring
- Acceptance-based strategies
  - Values, mindfulness
- Behavior plans
  - Rewards & consequences
  - Exposure to feared situations
- Addressing anxiety and mood and their role in pain

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Points earned so far:

Sarah's Point Plan

0 = no effort/ behavior not demonstrated
1 = some effort/ behavior demonstrated inconsistently and frequent reminders needed
2 = good effort/ behavior demonstrated for a majority of the session and few reminders needed

BONUS POINTS: For having a positive attitude, for giving extraordinary effort, or anything else that's awesome!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Goal 1 (PT): Standing on an uneven surface for XX sec	10 s						
PT:						AM	AM
OT:							
Psych:							
TR:						PM	PM
Group PT/OT/TR:							
Group Psych/TR:						Night	Night
Family:							
After PPRC :							
Bonus Points:							
Total:							
Goal 2 (OT): Put L shoe on & tie laces w/o touching anything (+ vibration plan)							
PT:						AM	AM
OT:							
Psych:							
TR:						PM	PM
Group PT/OT/TR:							
Group Psych/TR:						Night	Night
Family:							
After PPRC :							
Bonus Points:							
Total:							
Goal 3 (PY): initiating coping independently							
PT:						AM	AM
OT:							
Psych:							
TR:						PM	PM
Group PT/OT/TR:							
Group Psych/TR:						Night	Night
Family:							
After PPRC :							
Bonus Points:							
Total							

Rewards

Small (40 points):
Approx 1 day of work ($5)
Putty, Stress balls/fidgets, frappuccino, ice cream, head band, nail polish

Medium (150 points):
Approx 3 days (~$15)
Guaranteed fun for 15 min of session of choice, go out to dinner to place of choice, movies with snack, new clothes, manicure, crafts stuff

Large (300 points):
Approx 7 days (~$35)
New clothes,

X-Large (600 points):
Approx 2 weeks (~$50/75)
Ginormous pillow,

XX-Large (1200 points):
Approx 1 month ($100-200)

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Psychologists as consultants to other disciplines

Behavior analytic principles relevant to PT/OT treatment in pain rehab:

- Differential reinforcement: reinforcing only appropriate response, ignoring undesired responses
- Planned ignoring of maladaptive pain behaviors (we don't talk about pain)
- Escape extinction – not allowing behaviors to enable patients to escape aversive situations (e.g. you can't leave gym until you complete this exercise)

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Psychology treatment: Group

- Peer support
- Group-based skill building
- Practice for other social environments

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Psychology treatment: Family therapy

- Addressing maladaptive family patterns
- Improving communication between family members
- Shifting focus of the family away from pain
- Guiding parents to respond to pain in ways that encourage function

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Psychology treatment goals: Increase self managementapproach to pain

- 'I am in control, not my pain'
- 'I have tools to cope with pain'
- 'I can function in spite of my pain'

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Psychology treatment goals: Reduce fear of pain

Mayo Family Pediatric Pain Rehabilitation Center

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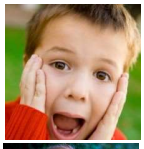
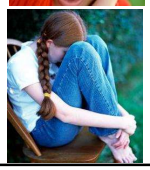
Psychology treatment goals: Improve mood and decrease anxiety

- Apply **cognitive behavioral techniques** to mood and anxiety symptoms
- **Exposure** to previously avoided activities
- Make use of the setting – **activation, social interaction**
- **Psychopharm** interventions if needed





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Psychology Treatment Goals: Acceptance and Commitment Approaches

Engage in valued activities and relationships, despite the presence of pain

- Identifying what's important (valued living)
- Finding ways to attain goals in spite of pain
- Mindfulness training

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Psychology Treatment Goals: Facilitate parent change

Reduce parental attention and protective responses to pain

Address parents' own distress over child pain

Shift patterns that families have developed in response to pain

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Psychology Treatment Goals: Improve school functioning

- Assess previous school functioning
- Work collaboratively with schools to plan for return after treatment
- Address fears and worries that hinder school functioning (exposure)
- Assess and address the role of other factors that may interact with pain to produce school impairment

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Recent Advances in IIPT @ BCH

- Hybrid care during the pandemic
- Virtual reality – bringing technology into the treatment
- Increasing our reach with age-specialized programs (i.e. young adult program)

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Keys to success

- Intensive dose of treatment
- Highly coordinated interdisciplinary care
- Shifting the framework (function, not pain elimination; active not passive approaches)
- Working with the systems not just the child
- Preparing for post-discharge

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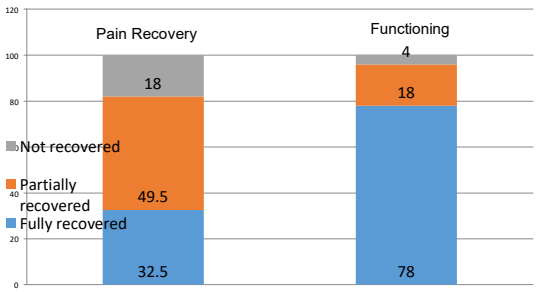
The long view: 5 years out



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