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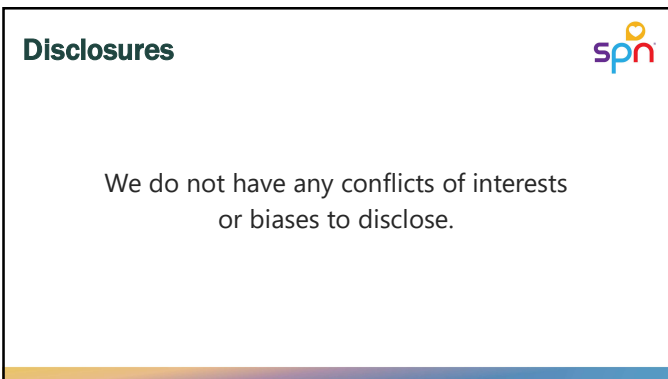
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### Objectives



- Explain importance of viewing chronic pain through a biopsychosocial lens and the role of an interdisciplinary approach in treatment.
- Identify key elements of multidisciplinary care.
- Summarize how individualized multidisciplinary plans improve pain relief, function and quality of life for pediatric patients with persistent pain.

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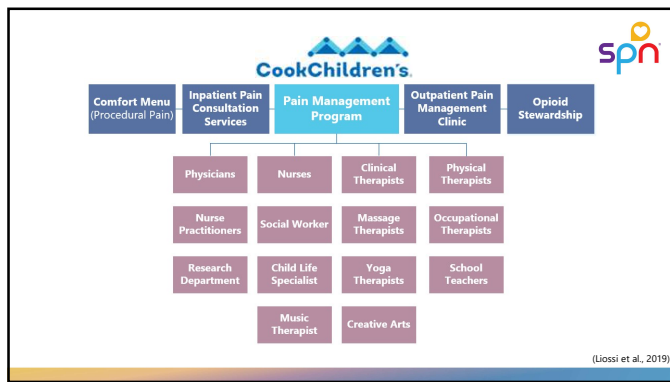
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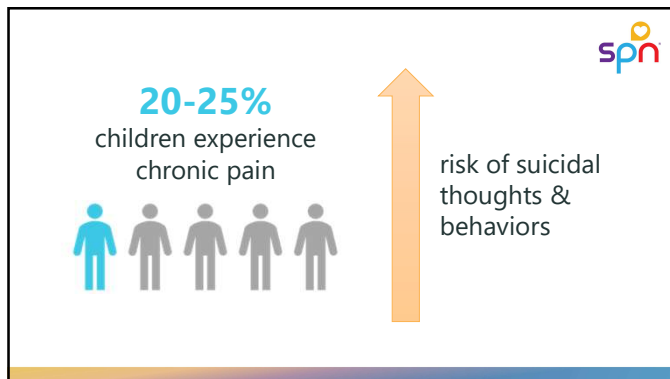
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### What is pain?



"An **unpleasant** sensory and **emotional** experience associated with or resembling that associated with, actual or potential tissue damage."

(Raja et al., 2020)

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### Acute v. Chronic (Persistent) Pain



- Acute pain alerts us to an injury
- Chronic pain is pain that has lasted more than 3 months



(Raja et al., 2020)

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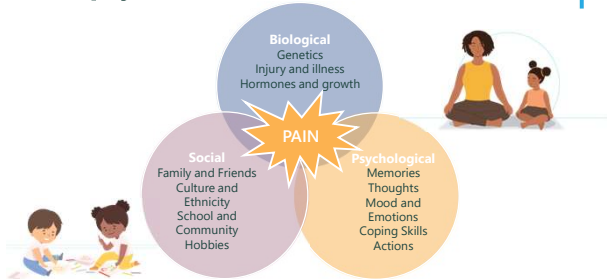
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### The Biopsychosocial Model



(Collins, 2023; Rodriguez-Restrepo & AuBuchon, 2024)

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### Tailored Treatment – Lifestyle Modifications

- Hydration
- Nutrition
- Physical Activity
- Sleep
- Social Connection



(Rodriguez-Restrepo & AuBuchon, 2024)



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### Tailored Treatment Plan

- Medications
- Interventional Pain Procedures



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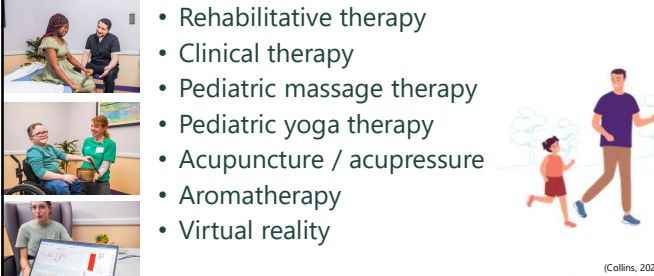
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### Tailored Treatment Plan - Therapies

- Rehabilitative therapy
- Clinical therapy
- Pediatric massage therapy
- Pediatric yoga therapy
- Acupuncture / acupressure
- Aromatherapy
- Virtual reality



(Collins, 2023)



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### Social and Community Engagement



- School advocacy
- Coping and counseling
- Address barriers to care
- Developmentally / age appropriate education
- Family / sibling support

(Collins, 2023; Revivo et al., 2019)

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### Long-Term Effectiveness



Interdisciplinary interventions lead to improvements in:

- pain intensity
- functional disability
- anxiety
- depression
- school attendance

(Lioasi et al., 2019; Claus et al. 2022; Revivo et al., 2019)  
(Collins, 2023; Rodriguez-Restrepo & AuBuchon, 2024; Matthews, Zofness & Becker, 2023)

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### Case Study



14 y.o. female with a PMH significant for anxiety, depression, COVID-19 infection, and hypermobility who has chronic fatigue and diffuse body pain related to central sensitization.

**Initial FDI:** 31/60

Photo for marketing purpose – this is not patient in case study.

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### Case Study



- Treatment plan:
- Lifestyle modifications
  - Physical therapy
  - Cognitive behavioral therapy
  - Anti-neuropathic medications

Final FDI: 0/60

Photo for marketing purpose – this is not patient in case study.

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### Next Steps



- Education and training to provide knowledge on the front lines
- Networking with other health care professionals
- Empower children and families to improve pain and function in daily life

(Williams et al., 2025; Bapat et al., 2023; Matthews, Zoffness & Becker, 2023)

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### Provider Resources



ICOMFORT ABILITY



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### Thank you!

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