

# Procedural fear and pain in children... Or not.

Adopting psychological and non-drug adjuvant techniques in pain management.

Dr Bernie Whitaker

RN BAppSci(Adv Nurs) MNSt. Ph.D



[www.top-downpaincontrol.com](http://www.top-downpaincontrol.com)

## Overview

- Personal Construct Psychology - PCP (Kelly, 1955)
- What is YOUR definition of Pain?
- Emotions and Pain
- Change...
  - Barriers to change
- Ladder opposition to change... Core Constructs
- Two examples of Psychological and Non-Drug Adjuvant (PANDA) techniques that can be used with children.
  - Relaxation
  - Guided Imagery

What is Pain?  
What is your Personal Construct  
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## What is your Personal Construct of Pain?

If:

Pain = hurt = sensation = nociception

- Implications for practice?
- Assessment?
- Interventions?
- Pain is much more than nociception
- ‘Unpleasant sensory and emotional experience...

## Emotions: The Big Five

- Fear
- Anger
- Sadness
- Disgust
- Joy

Pain

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“What does that mean (to you)?”

“How do you know that you have this ‘needlephobia’?”

“The ... told me.”

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“Sometimes... use big words when little ones would do, what do you think?”

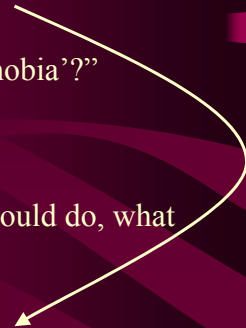
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?Alternatives... was there a time when...

“Well I have got some good news for you, I don’t think you have needlephobia.”

- Some children (and grown-ups) have a **debilitating** fear of medical procedures.

FEAR

OVERWHELMING

NON-EXISTENT



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## FEAR

OVERWHELMING

NON-EXISTENT

*“Prevention is better than cure”*

– This goes beyond ‘painting and decorating’.

- When we are looking into a fearful face, the challenge for us is to:
  - Recognize, acknowledge and understand that as fear can rise, so too, it can fall away.
  - Develop, *and use*, interventions that:
    - Facilitate control from within..., rather than over..., and
    - Help a child to reconstrue her/his reality.

## Major obstacles to effective health care for people in pain: BITMAP

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- I: Ignorance
- T: Tradition
- M: Myths and fallacies about pain
- A: Apathy
- P: Power

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# Change

“Change is a process not an event”

Organizational change vs. Personal Change

- No! Change, is a personal event.
- The effects of change unfold as a process.
- “Once I made my mind up...”

CHANGE

POSSIBLE

NOT  
POSSIBLE

# CHANGE

OPEN

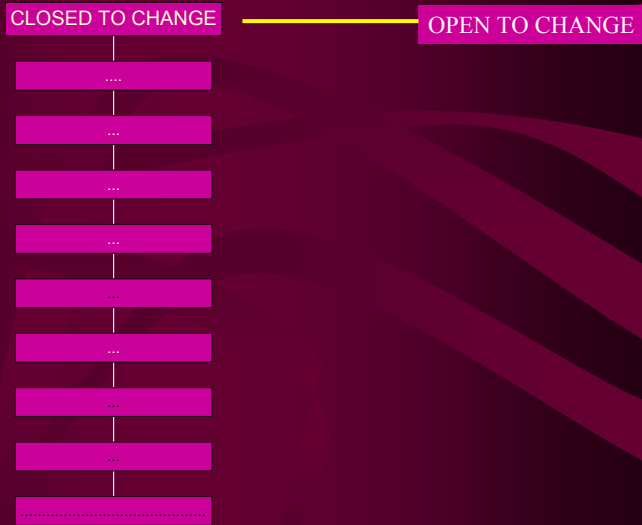
CLOSED

# CHANGE

ACCEPTABLE  
RISK

UNACCEPTABLE  
RISK

## LADDER: CHANGE MY PRACTICE



## CHANGE MY PRACTICE

CLOSED TO CHANGE

HIGH RISK

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I AM NOT ALONE, THIS IS THE VIEW  
HELD BY MY COLLEAGUES



CHANGE MY PRACTICE

CLOSED TO CHANGE

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I AM NOT ALONE, THIS IS THE VIEW  
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HOW MY COLLEAGUES THINK OF ME IS IMPORTANT

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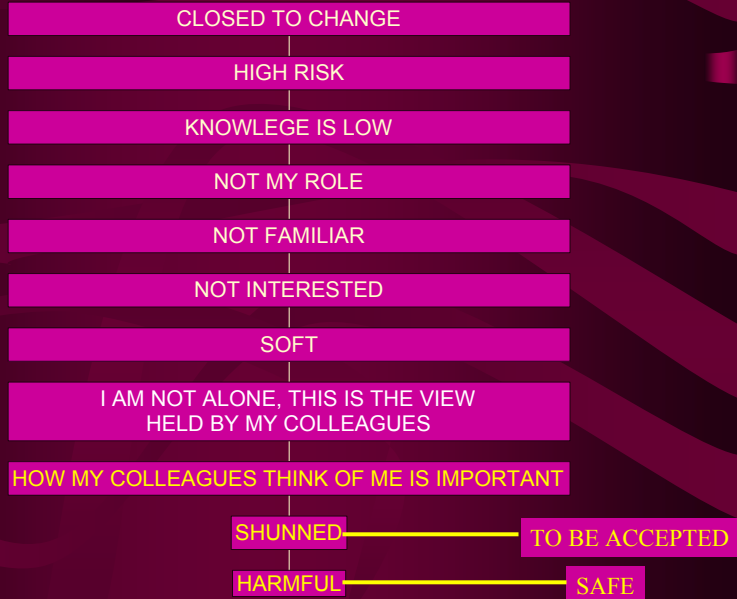
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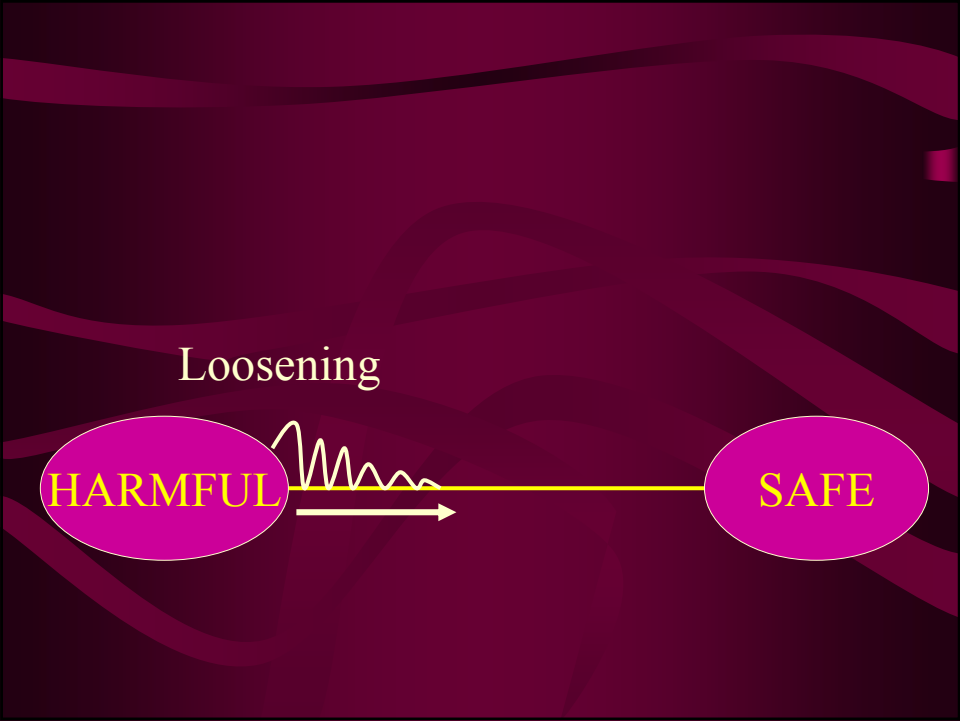
HARMFUL

CHANGE MY PRACTICE

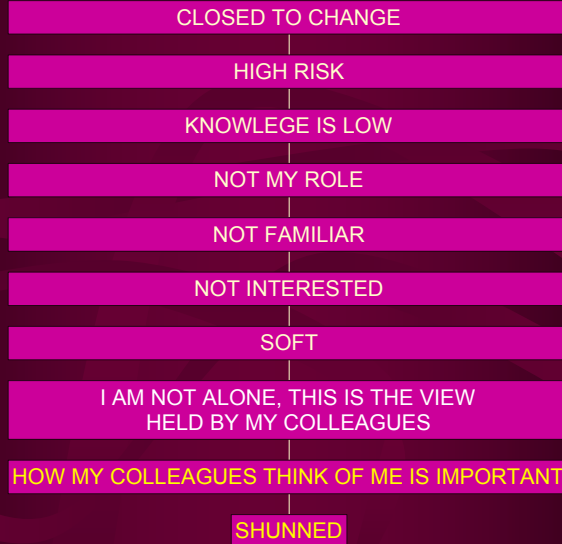


Core Construct





## CHANGE MY PRACTICE



## Three practical gems from Kelly's PCP

- If you want to know what is wrong...

*Ask*

- Transcend the obvious
- ... or not.

- There is no way.....
- I'm not going to be able to.....
- I know that as soon as.....
- I can't.....

No one needs to paint himself into a corner;

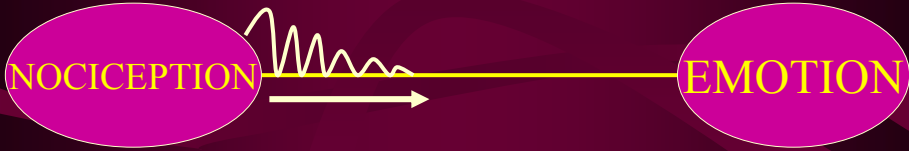
no one needs to be completely hemmed in by circumstances;

no one needs to be the victim of his biography.

(Kelly 1955, p. 15)

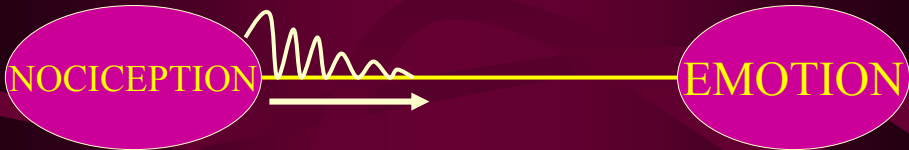
# Pain

Loosening



# Pain

Loosening



- Distraction
- Relaxation
- Guided Imagery

## Focused Breathing and Relaxation

## Guided Imagery

A therapeutic technique that allows two people to communicate on a reality that one of them has chosen to construe through the process of imaging.



## In Conclusion

- Change is a personal event.
- In Kellian terms it is the movement between opposite poles on a construct... Aha!
- A new pair of glasses
- World of alternatives rather than fixed 'givens'
  - Overcome by fear an distress in the procedure room
  - Paralyzed by chronic pain

... or not.

“Core Constructs”

*The Kärnan*

# Readings on Personal Construct Psychology

Butt, T, and Burr, V. (Ed.).(2004). Invitation to personal construct psychology (2nd ed.). London: Whurr.

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