PAIN-RELATED INFORMATION SEEKING VS. INFORMATION PROVISION: HOW CONSISTENT ARE TEENS AND PSYCHOLOGISTS?

Susan Bennett, Ph.D.
BC Children's Hospital

INTRODUCTION / AIM

The aim is to present a pilot knowledge translation study exploring consistency between types of pain-related information sought by teens with chronic pain and psychoeducational information provided by Psychologists, at a Pediatric tertiary care centre in Western Canada.

METHODS

A sample of teens receiving pain management therapy through Outpatient Medical Psychology between January and March 2015 were invited, prior to beginning therapy, to complete a web-based survey exploring the types of information they wanted to receive. Medical Psychologists were invited to complete a comparable web-based survey exploring the types of information and resources they provide to teens with chronic pain. Consistency between the teens' and Psychologists' responses was examined.

RESULTS

11 teens (10 female, 1 male; Mean age = 14.86) and 10 Psychologists (10 female) participated. Teen participants wanted psychoeducation about pain mechanisms (53%), relaxation strategies (53%), and cognitive strategies (43%). The types of information Medical Psychologists reported providing were mostly consistent with the teens' reported needs. In addition to pain and coping information, teens wanted to know about peer support options. Psychologists surveyed identified a need for further resources in this domain.

DISCUSSION / CONCLUSIONS

Cognitive-behavioural strategies and pain psychoeducation are key types of information sought by teens with chronic pain treated in tertiary care. Consistently, this information is provided by Medical Psychologists. Further, both teens and Psychologists surveyed identified a need for more information about ways to connect with peers. This is particularly important, in light of previous research suggesting teens with chronic pain tend to have fewer friends and can be more socially isolated than healthy peers (Forgeron et al., 2010).

OTHER AUTHORS

Janine Slavec- presenting author if she is able to attend - is a postdoctoral trainee

Penny Sneddon