THE IMPACT OF PEDIATRIC CHRONIC PAIN ON PARENTS’ LIVES:
PRELIMINARY RESULTS

Kathy Reid, MN, NP
Stollery Children's Hospital

INTRODUCTION / AIM
Pediatric chronic pain is a significant health issue. Pediatric chronic pain affects between 15-39% of children, yet it is often under-recognized and under-treated by clinicians. The complications of pediatric chronic pain can affect parents since parents are actively involved in the coordination of their child’s care. The purpose of this study was to understand how pediatric chronic pain impacts parents’ lives.

METHODS
This qualitative descriptive study examined the experiences of parents who have children with chronic pain. Participants were recruited from a chronic pain clinic at a Western Canadian hospital. Maximum variation purposive sampling was used to select participants. Semi-structured interviews were conducted with parents (n=13). Interviews ranged from 48 minutes to 165 minutes in length. Each interview was audio-recorded, transcribed, and checked for accuracy by the research team. Content analysis was used to find patterns in the data.

RESULTS
Preliminary results revealed several patterns in the data. Four of the most salient patterns were a) the transformation of one’s parenting role, b) feeling helpless and frustrated, c) watching one’s child suffer, and d) navigating through the health care system.

DISCUSSION / CONCLUSIONS
Parents feel helpless and frustrated as they often do not know how to help their child or how to alleviate their child’s pain. Health professionals can help parents manage some of these frustrations by recognizing the specific health and information needs of parents. Parents need relationships with health professionals who listen to their concerns and validate their child’s pain. The research team will be continuing to refine the data until the results are ready for publication.

OTHER AUTHORS
Allison Norris
Dr. Lisa Hartling
Dr. Samina Ali
Dr. Shannon Scott

This is reference material for delegates of the Canadian Pain Society Annual Scientific Meeting 2016 and is not intended for any other use or distribution.