EDUCATIONAL MATERIALS FOR ADOLESCENTS WITH CHRONIC PAIN AND THEIR PARENTS - A NEEDS ASSESSMENT

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INTRODUCTION / AIM

Adolescents with chronic pain and their parents have difficulty accessing meaningful, accurate information about their pain conditions, and have identified informational needs regarding pain management and coping strategies. This project aims to identify the informational needs of adolescents with chronic pain and their parents to inform development of educational materials designed to facilitate understanding of topics addressed in clinic appointments.

METHODS

A survey was developed for clinic patients and parents based upon topics frequently addressed during appointments. Eleven patient/parent pairs were invited to complete the survey during clinic appointments. Seven patients and eleven parents completed this self-administered survey.

RESULTS

The most commonly identified topic for educational materials was physical strategies for managing pain. Both patients and parents endorsed psychological strategies for pain management as a priority for educational materials, while parents also identified physical and pharmacological strategies for pain management as priorities. Participants preferred to receive information during clinic appointments in brochure or electronic form or via a website. Parents also desired information about what to expect during appointments, parent and child support groups, and ways to help their child cope.

DISCUSSION / CONCLUSIONS

Adolescents with chronic pain and their parents identified a desire for educational materials about physical, psychological and pharmacological strategies for managing chronic pain. This needs assessment provides insight into the informational needs of adolescents with chronic pain and their parents and may help inform development of educational materials related to chronic pain and pain management. Additional research is required to determine if such educational materials impact patient and parent knowledge and adherence to pain management plans.

OTHER AUTHORS

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