

The Management of Pediatric Chronic Pain in Spain

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BACKGROUND AND AIMS

The management of young people with chronic pain has improved significantly in recent years. However, breakthroughs in research are not always reflected in daily clinical activity. For example, although there is consensus that the treatment of pediatric chronic pain requires an interdisciplinary approach, this is not always the procedure followed in many countries. The **aim** of this work was to study current practices in the management of chronic pediatric pain in Spain, identify potential barriers for ideal practices and professional needs, as perceived by health care professionals.

METHODS

Procedure

one hundred and ninety-five Spanish experienced clinicians in the treatment of youths with chronic pain completed a web-based survey about pediatric pain management, available from February to July 2017.

Measures

The survey contained 50 questions asking about:

- professional information
- current and ideal practices in the assessment and treatment of pediatric chronic pain
- the training received
- the perceived barriers and needs to provide the best treatment possible to the patients and their families.

RESULTS

Table 1. Sample characteristics

Sex (N, %)		
Women	146	75
Men	49	25
Age (Mean, SD)	44.67	10.72
Professionals (N, %)		
General practitioner	10	5
Pediatrician	84	43
Anesthesiologist	20	10
Rheumatologist	1	1
Psychologist	3	2
Nurse	31	16
Physical Therapist	20	10
Surgeon	1	1
Physical medicine and rehabilitation physician	10	5
Pediatric oncologist	4	2
Years of experience (Mean, SD)	14.98	10.07
Number of patients with chronic pain per month (Mean, SD)	8.84	16.61

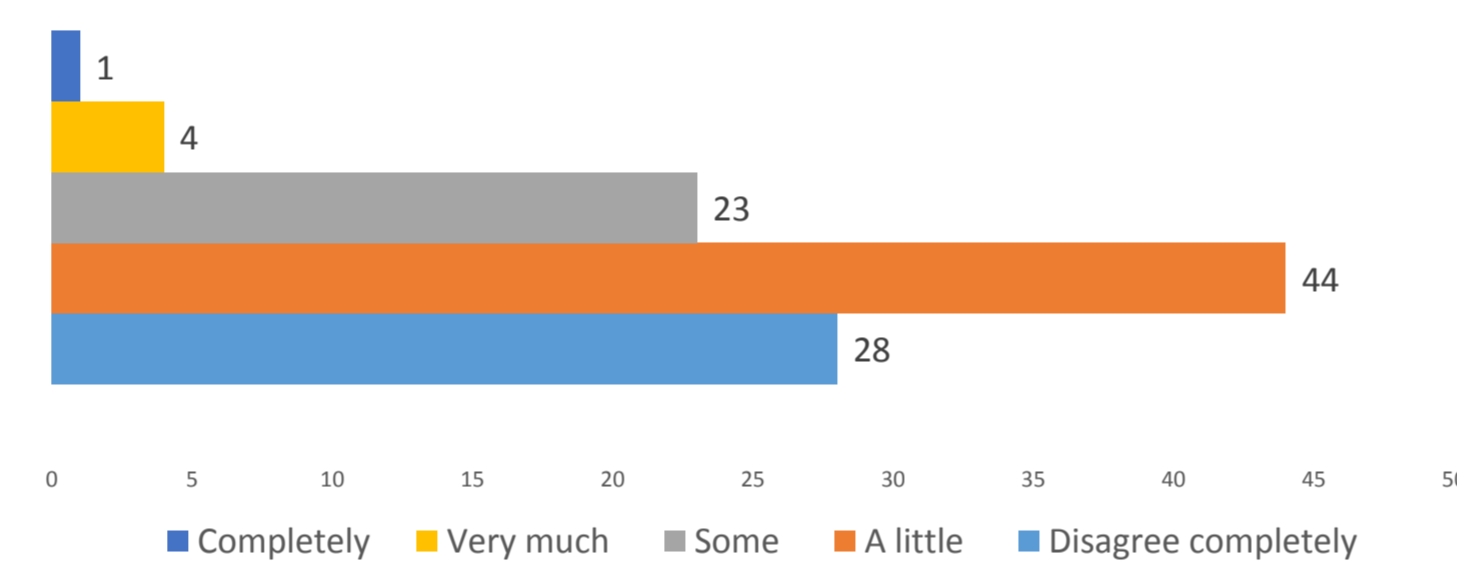


Figure 2: Level of agreement with: "I feel completely satisfied with the treatment given to the patients (children and adolescents) with chronic pain".

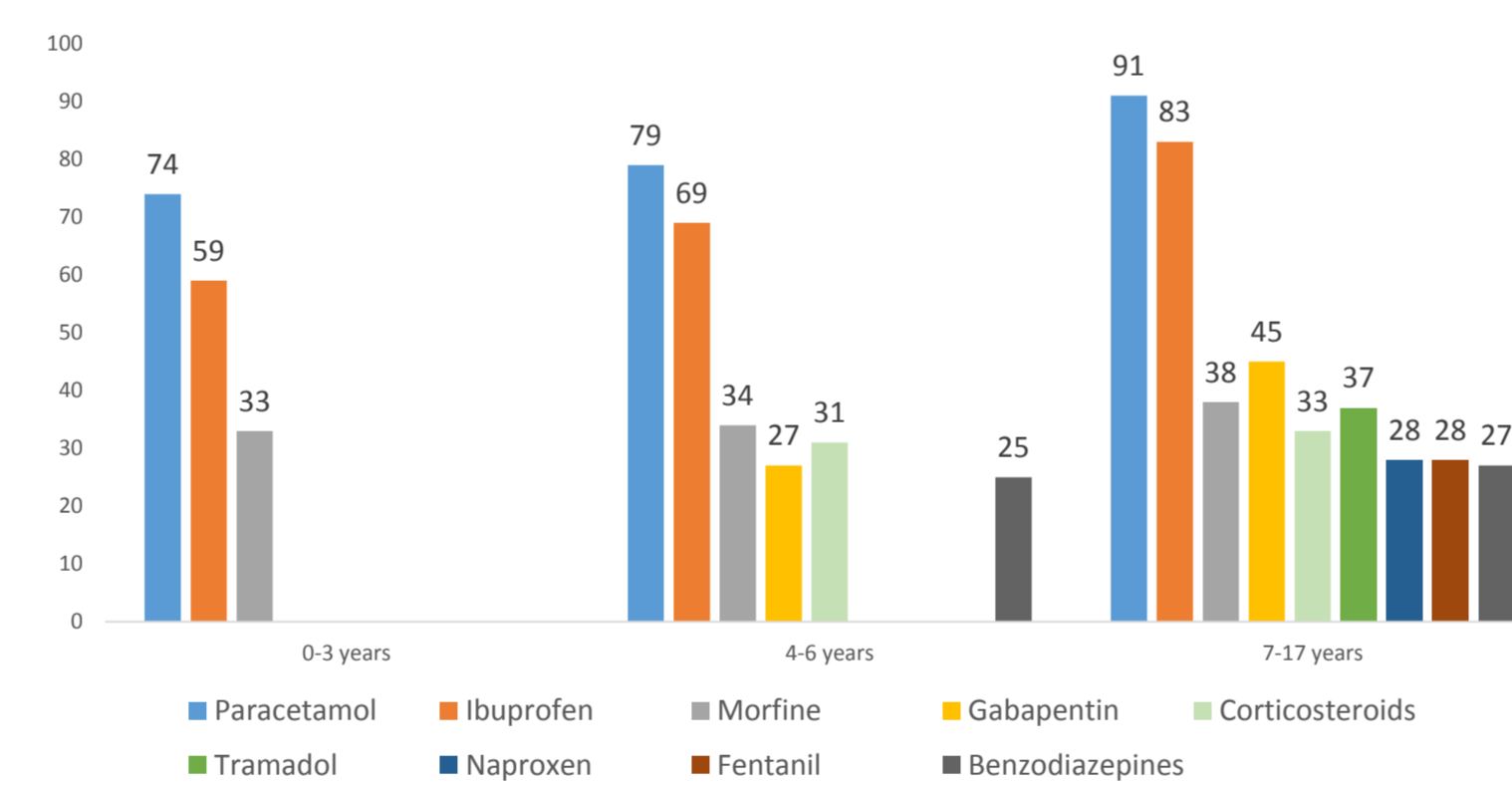


Figure 4: Percentages of use of pharmacological treatments for pediatric chronic pain (out of the 96 that reported prescribing medication for chronic pain)

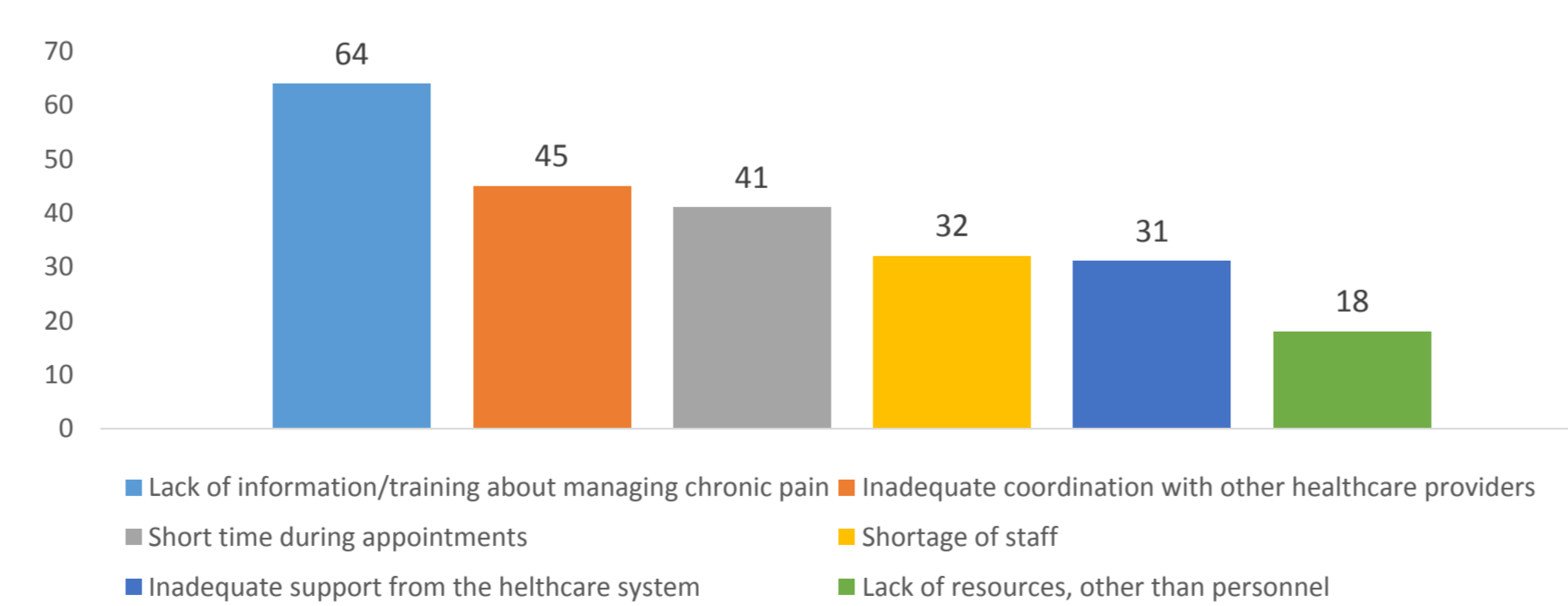


Figure 6: Main barriers in the management of pediatric chronic pain

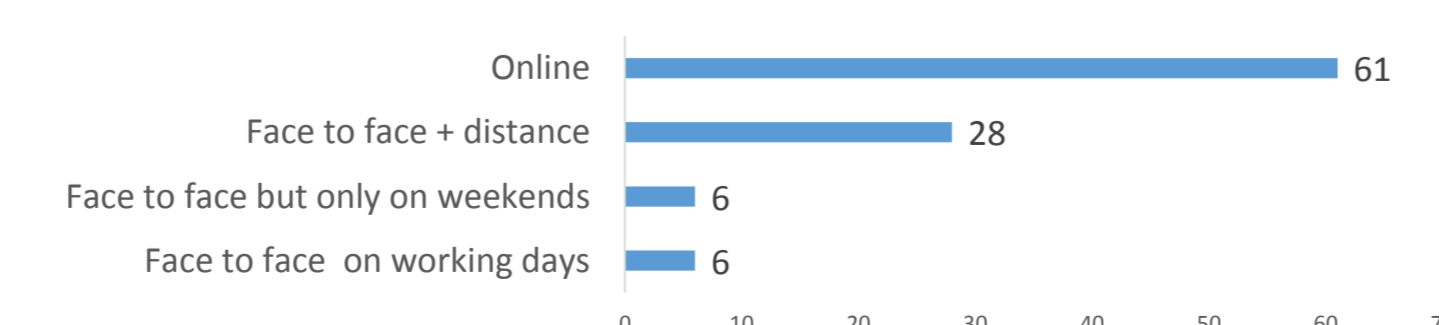


Figure 8: Healthcare providers' preferences for training

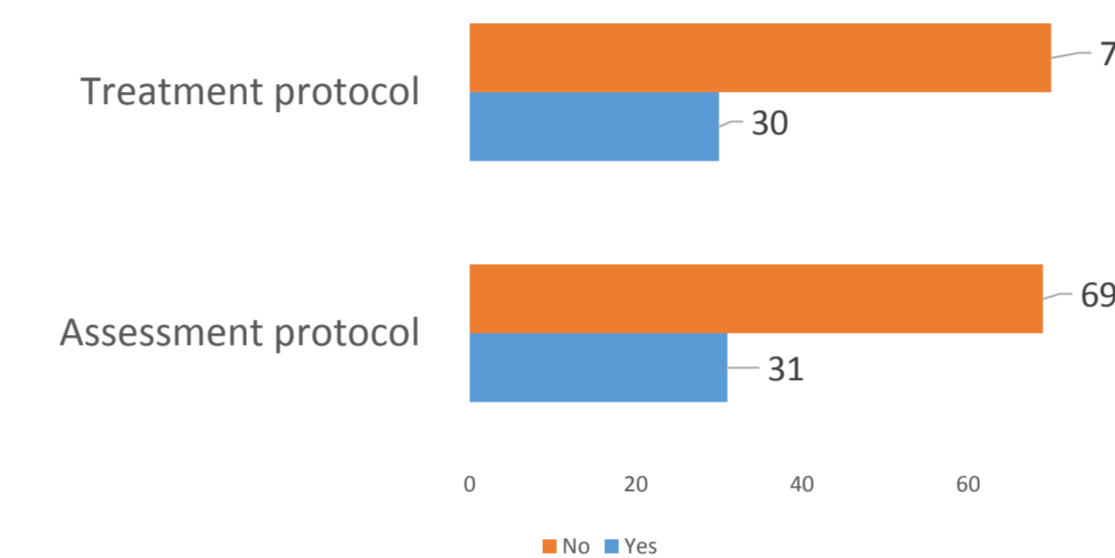


Figure 1: Availability of specific protocols to assess/treat chronic pain

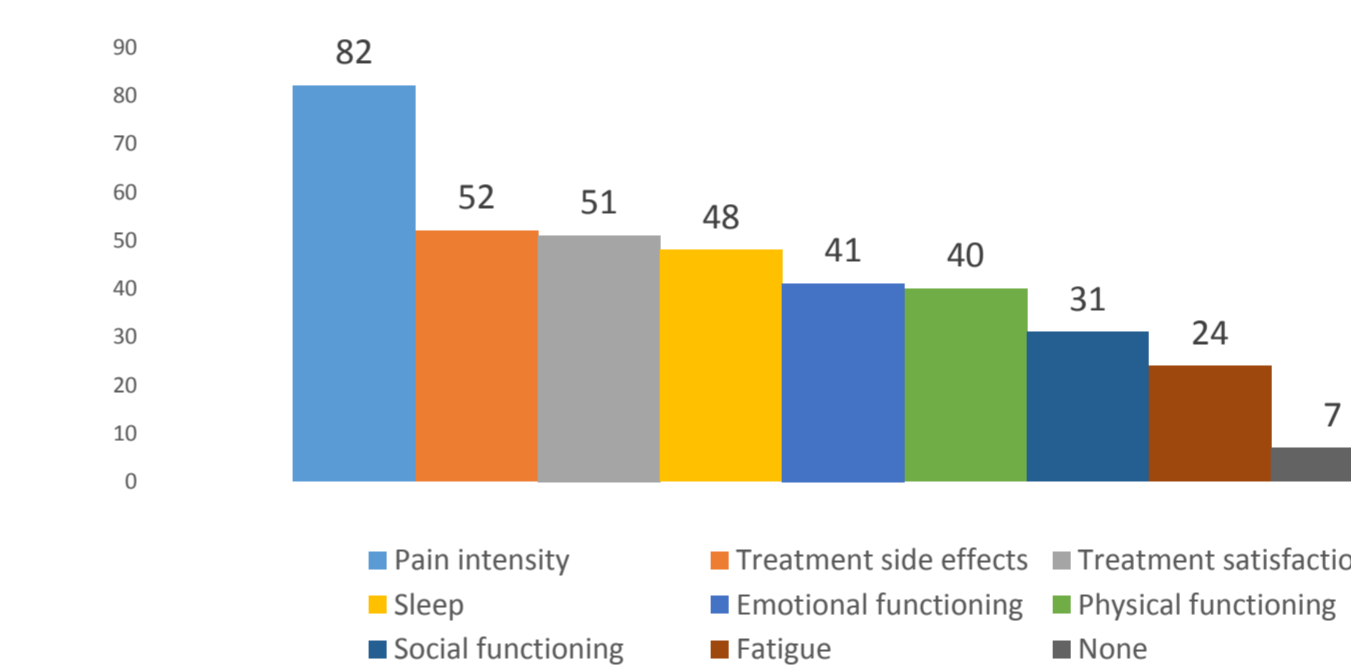


Figure 3: Variables that are usually assessed in youths with chronic pain

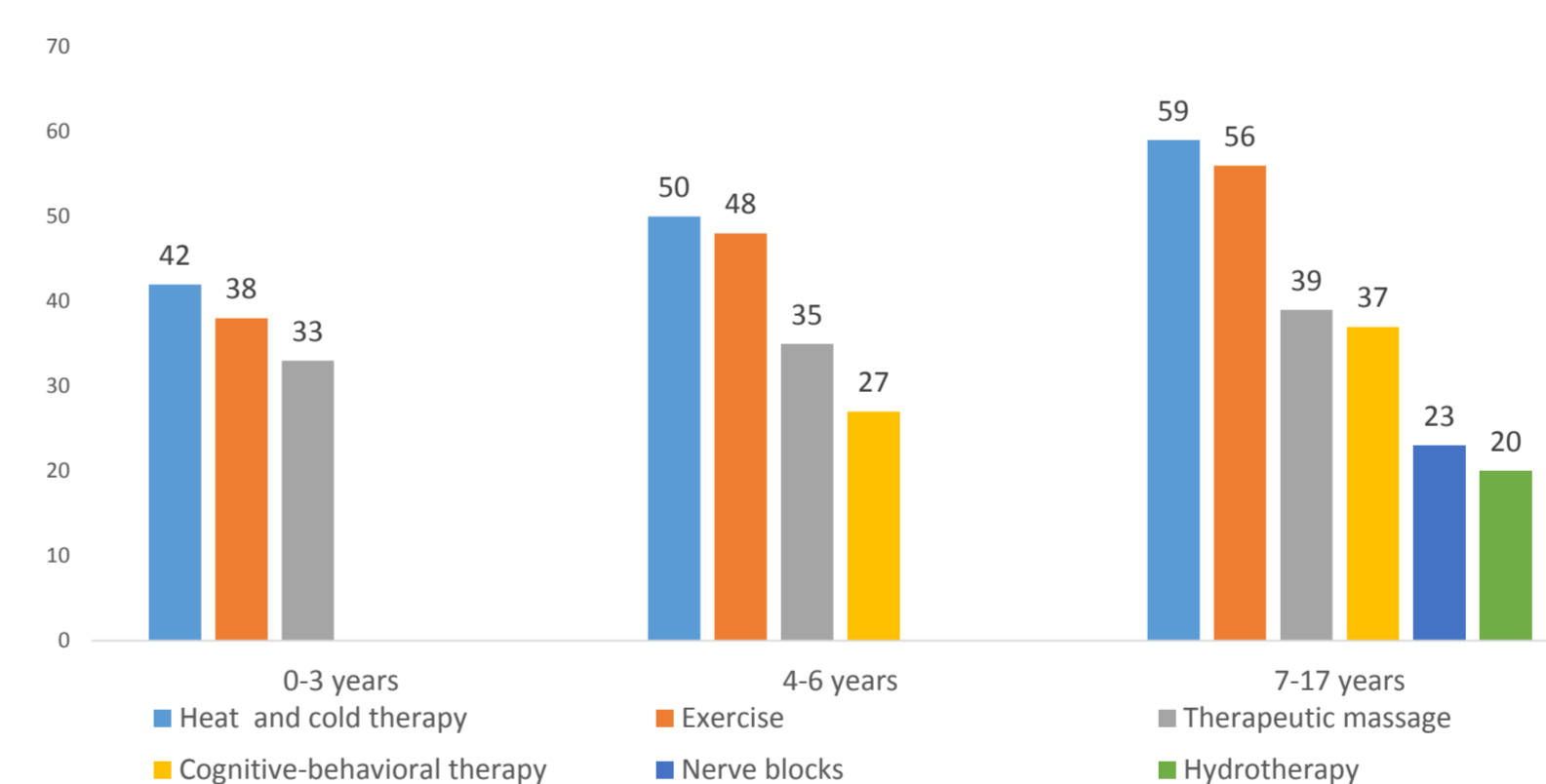


Figure 5: Percentages of use of non-pharmacological treatments (out of the 108 that reported using/prescribing non-pharmacological interventions for chronic pain)

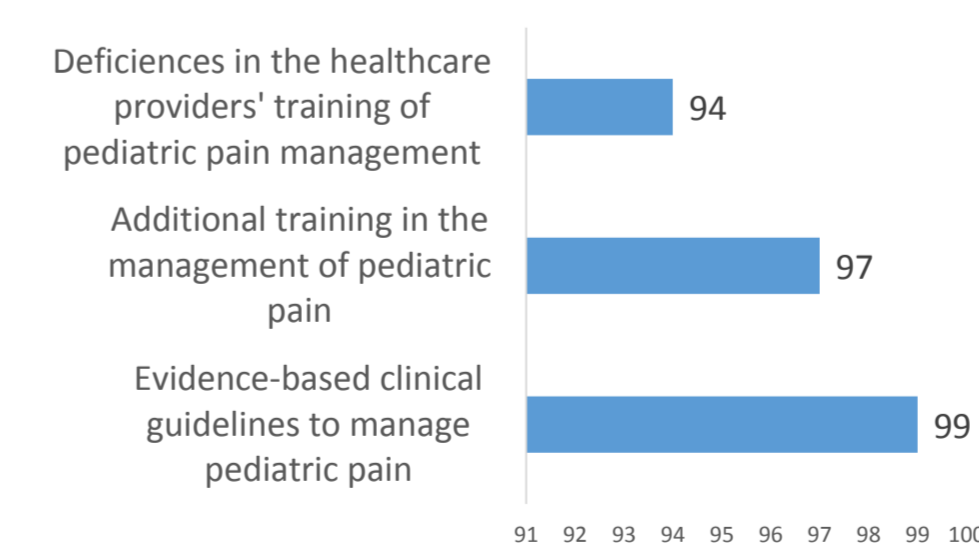


Figure 7: Main professional needs

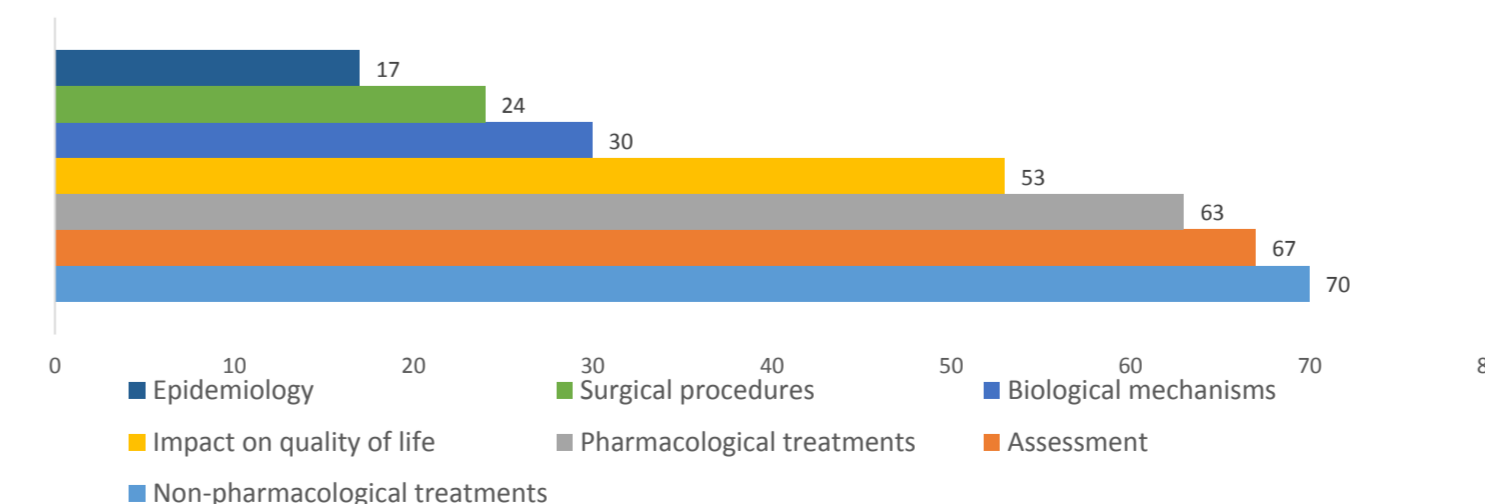


Figure 9: Training contents that healthcare providers would be interested in

CONCLUSIONS

- ✓ Most of the participants in this study assess pain intensity, however, they do not follow a standardized protocol.
- ✓ Paracetamol and ibuprofen were the main pharmacological treatments reported whereas heat and cold therapy and exercise were the main non-pharmacological interventions.
- ✓ The barrier that the healthcare providers reported the most was the lack of information on managing chronic pain and the most reported needs were the availability of pediatric pain management guidelines and additional training.
- ✓ The results of this survey may be useful for health care professionals interested in managing pediatric chronic pain, and for policy makers concerned with improving the care given to youths with chronic pain and their families in Spain.

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