

Helping Kids Through Procedural Anxiety

Kids Cancer Care Parent Webinar Series
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Outline

1. Overview of procedural anxiety and pain
2. Procedural Support
 - Before
 - During
 - After
3. Troubleshooting
4. Questions & Discussion

Poll #1

- What stage of treatment is your child in?
- How old is your child?



Procedural Anxiety and Pain



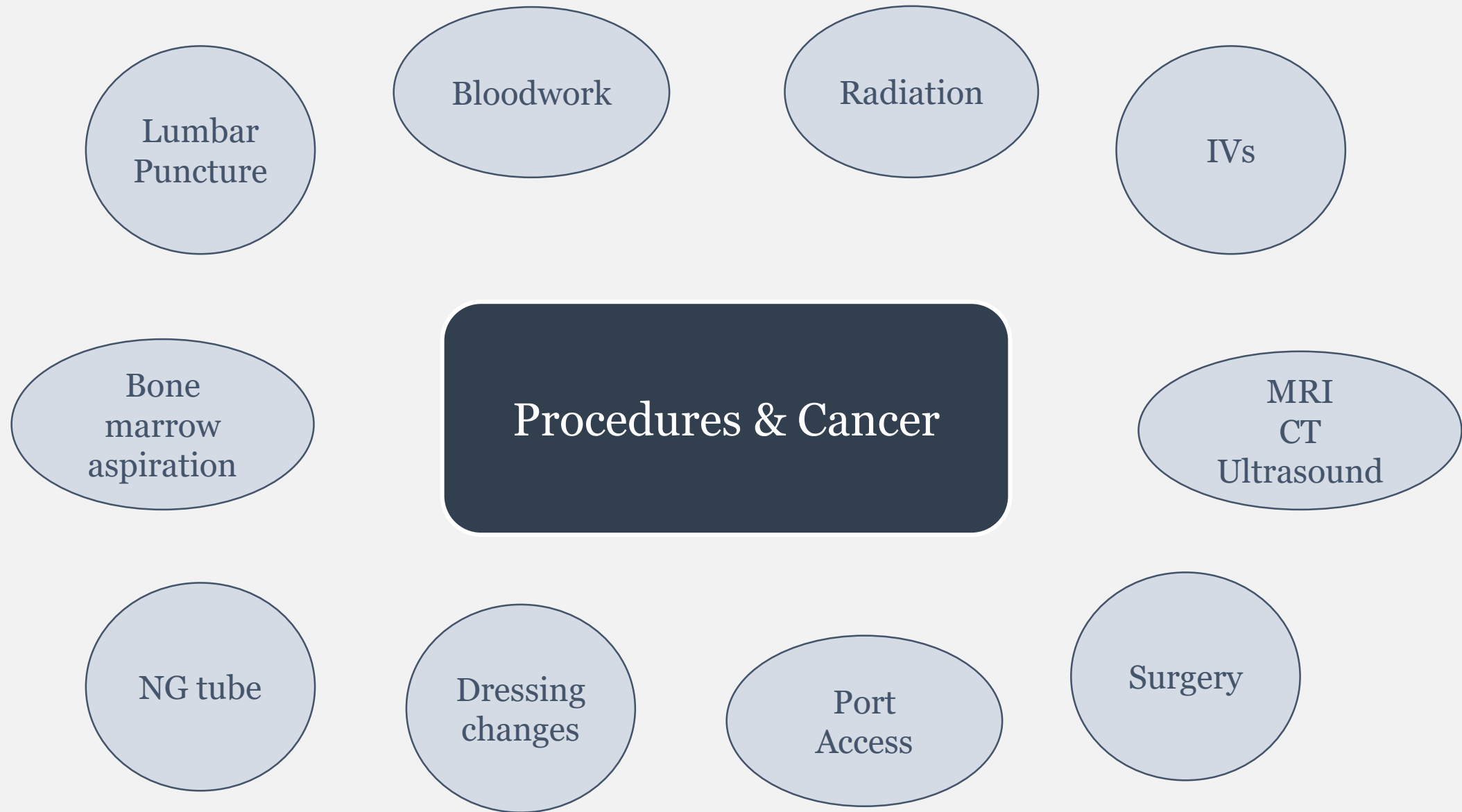
Impacts of Procedural Anxiety

- Poorer cooperation
- Greater pain
- Negative experience

- Longer recovery time
- Greater pain

- Fear of procedures
- Higher procedural anxiety
- Behavioural challenges





Procedural Anxiety & Cancer

*“For Nathan, the three things that cause him the most anxiety are wearing a hospital gown, having the chest leads put on for the EKG during procedures, and having a gauze pad put under his Band-Aid”
- #KidsCancerPain*

- Many children and families report that procedures and procedural pain can be the **most difficult** part of their illness (Lossi, 1999)

Poll #2

- Which of the listed procedures did your child have?
- Which did they find most distressing?



The Good News

Most procedural pain can be prevented, treated, and at least reduced, using inexpensive, pharmacological, psychological and physical techniques.

Commitment to Comfort

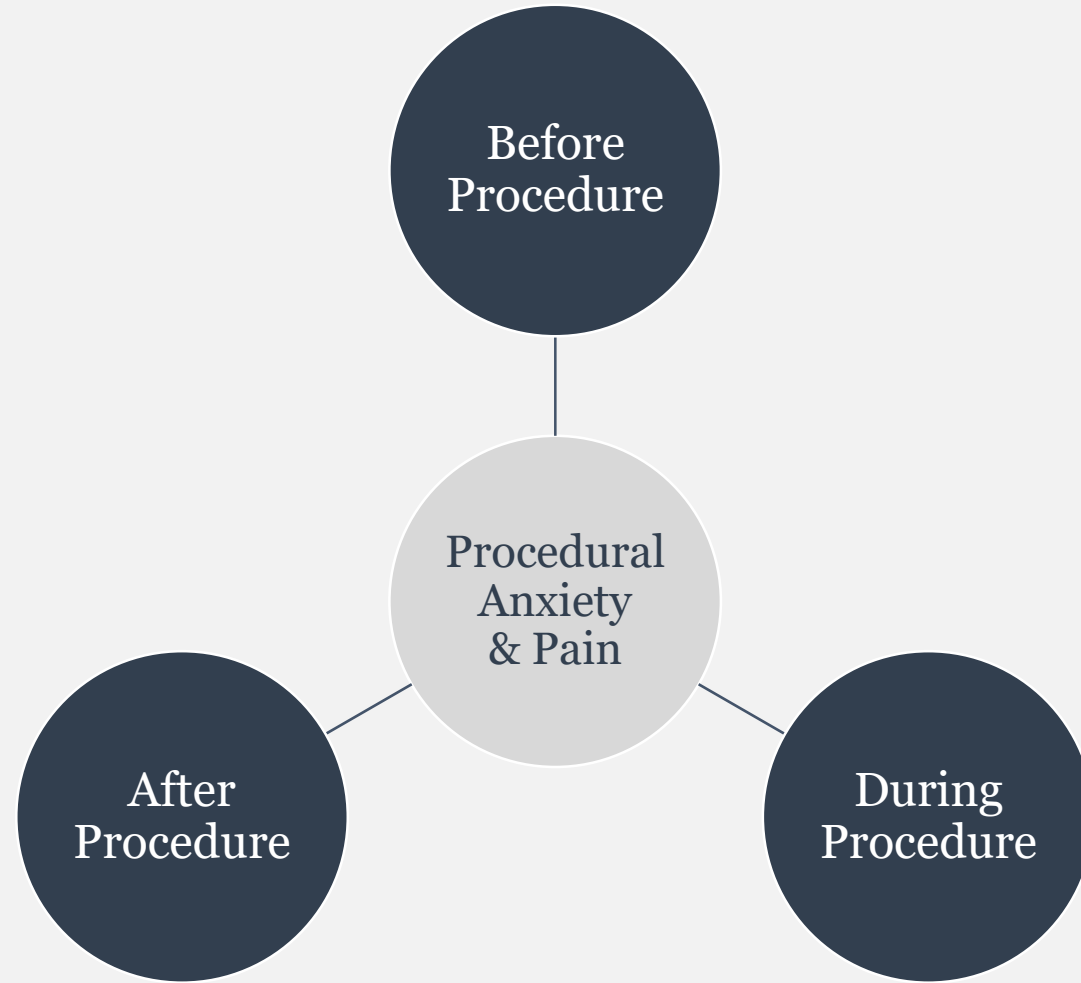
A site wide, quality improvement initiative developed to promote comfort by helping to lessen pain and distress

Our Vision: Promoting comfort. Partnering together. Every time.

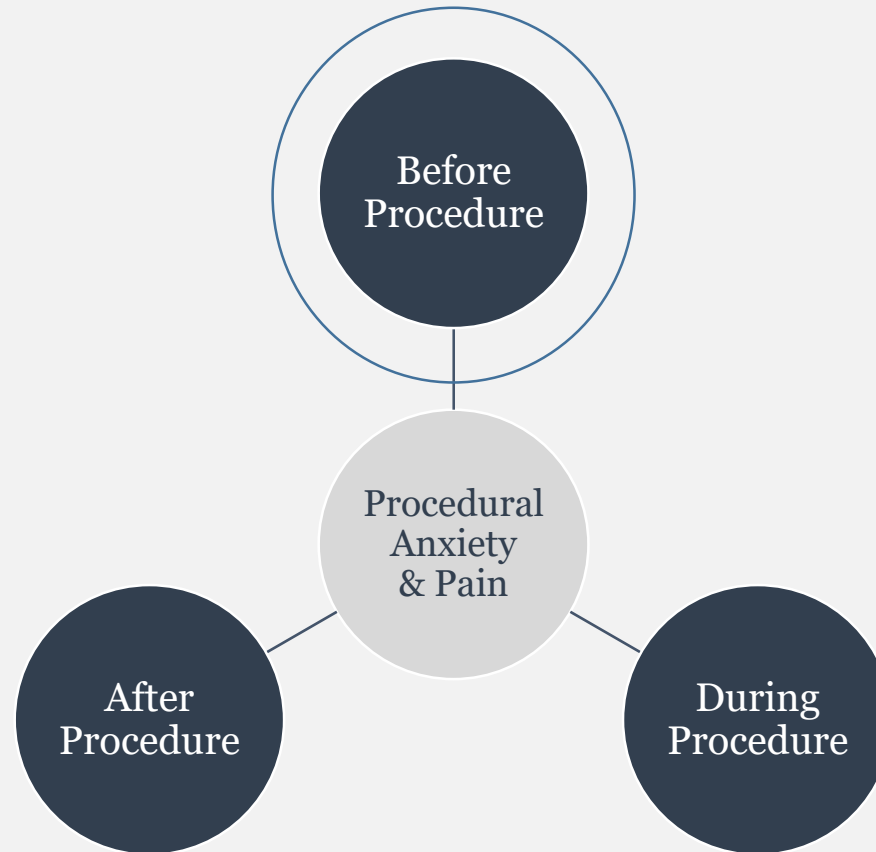
Our Mission: Establish family centred, consistent and evidence based pain approaches in pediatric pain prevention, assessment and management site wide

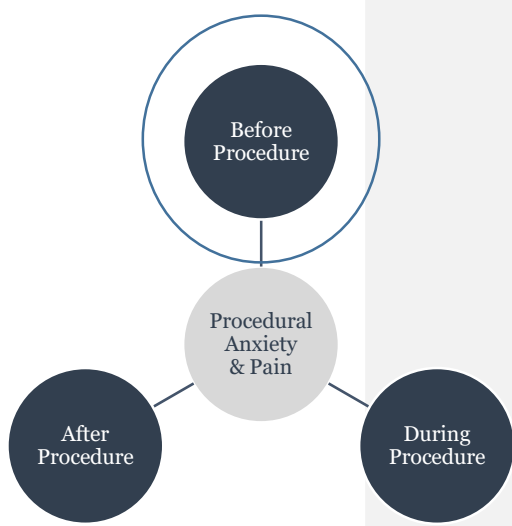
Identified as a 2018-2021 Strategic Priority for ACH

Managing Procedural Anxiety & Pain

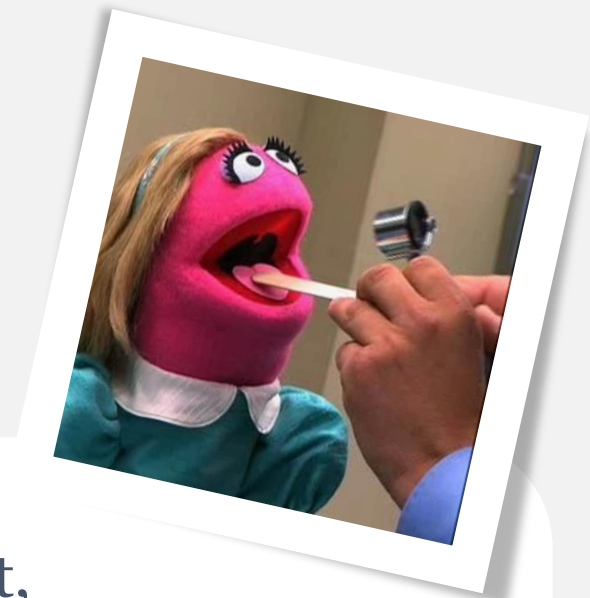


Procedural
Support: BEFORE

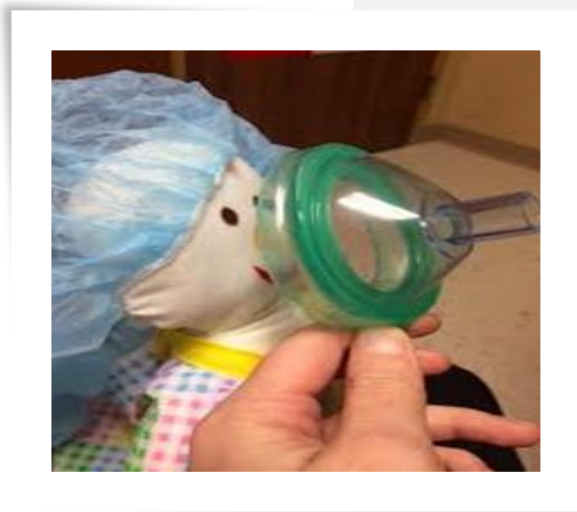


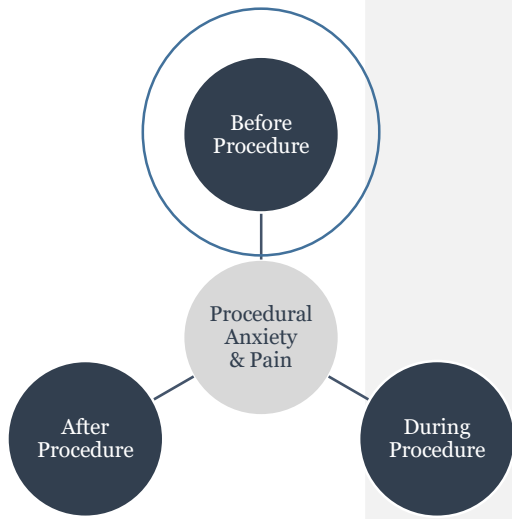


Make a Plan



- Provide information that is simple, honest, developmentally-appropriate
 - *'Simply Saying' app*
- Behavioural rehearsal (tell/show/do) through medical play
- When to share information





Preparation & Coping Plan

Child Life Services
VI Ride! Pain and Rehabilitative Centre
Alberta Children's Hospital

Alberta Children's Hospital Children's HOSPITAL TEL 780.404.7000

Alberta Health Services Alberta Children's Hospital

MY COMFORT CARE PLAN

THIS BOOK BELONGS TO:

ALL ABOUT ME

This book is about ME so that everyone at the hospital can get to know ME better and what I need to feel safe and comfortable.

MY FAVOURITES:

Toy: _____

TV show: _____

Book: _____

Movie: _____

People who make me feel safe are:

Things that I brought with me to help me feel safe are:

This is my first time in the hospital
 I have been in the hospital many times
 I have had many tests and procedures

WHEN I NEED A NEEDLE, I WANT (PLEASE CIRCLE):

Numbing Cream	Counting or singing	Breathing or blowing
Look away or eyes closed	Looking / watching	iPad or DS
Special Toy/Comfort item	Heli take off sticking covering	Sit with my special person

Other: _____

SO WHAT IS MY JOB?

Keep my arm still - I may need some help with this, please.

Use my breathing - deep breath in through the nose and long breath out through my mouth.

Keep my brain busy with distraction, like playing on the IPAD, or singing, or watching TV or a movie.

HELPFUL HINT

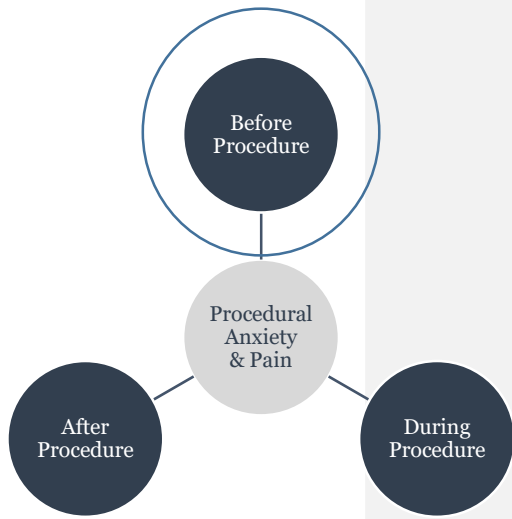
PLAN TO DO SOMETHING SPECIAL AFTER THE NEEDLE TO RECOGNIZE HOW BRAVE YOU ARE.

I have a

COMFORT CARE PLAN

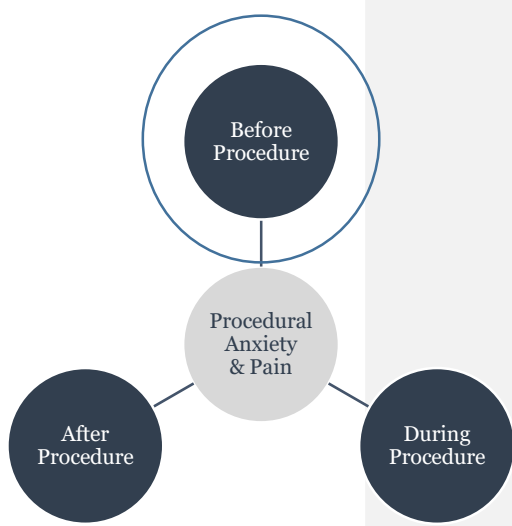
Please ask me about it.

Please remove at discharge

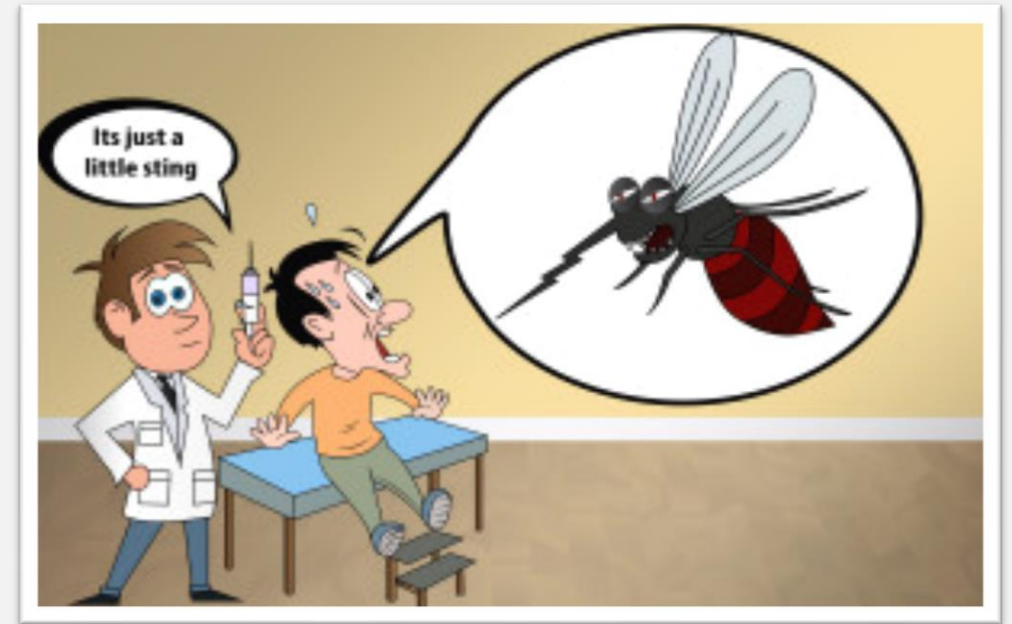


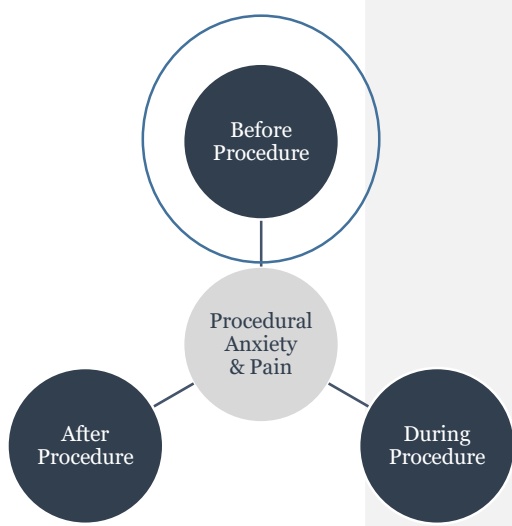
Topical Anesthetics





Language Around Pain

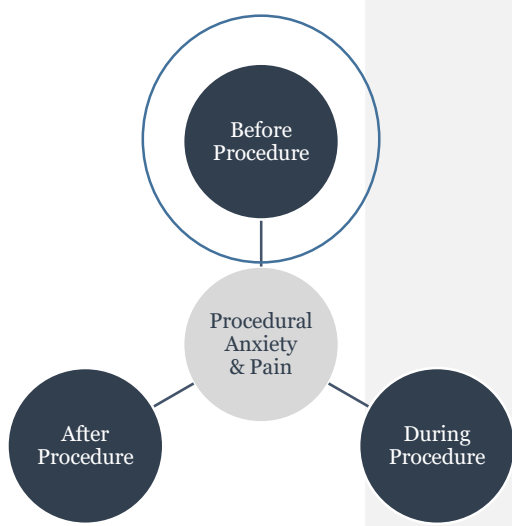




The Power of Language

- Choose developmentally/age appropriate words
- Use words familiar to your child
- Be aware of your non-verbal language (body language)
- Be honest





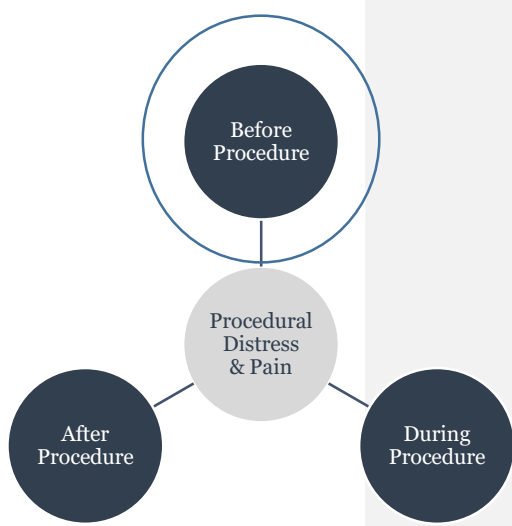
The Power of Language

Commonly Used

- “Shot”
- “Tourniquet”
- “Don’t move”
- “It’s almost over”
- “Be brave/Don’t cry”
- “It won’t hurt/be painful”
- “NG Tube”
- “Nurses”, “lab techs”

More Child Friendly

- Poke
- Tight band that helps us see your veins better (Mr. Stretchy)
- It’s important to try and keep your body still
- You are doing a great job, let’s count to see how much longer
- Sometimes kids need to cry and that’s ok!
- Some kids tell me it’s a weird/uncomfortable feeling
- Helper tube
- Helpers, healers



Preparing Yourself

- Children pick up on parent anxiety
- Check in with yourself (stress, anxiety level)
- Use your own coping strategies
- Use your normal speaking voice
- Be prepared to coach your child in using their coping strategies

Acting calm
helps kids be calm

#KidsCancerPain



Your child has
bloodwork scheduled
for tomorrow.

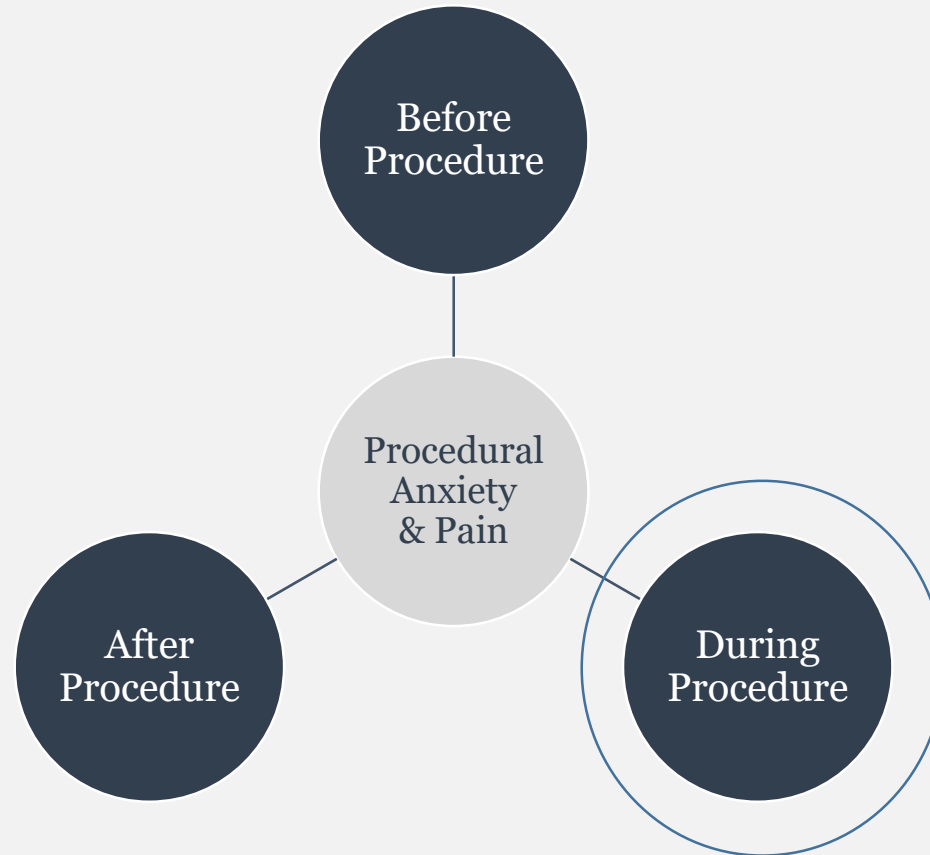
*What could be done
in preparation?*

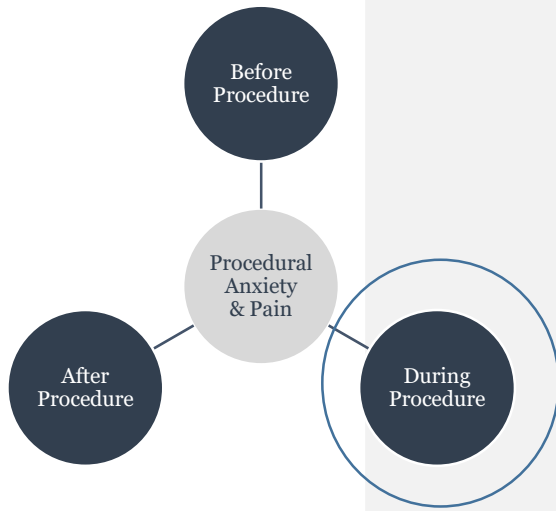
Your turn to
practice!

“Don’t worry, the shot
won’t hurt at all!”

*How could you
explain this in a
more **helpful** way?*

Procedural
Support: DURING





Unhelpful Behaviours

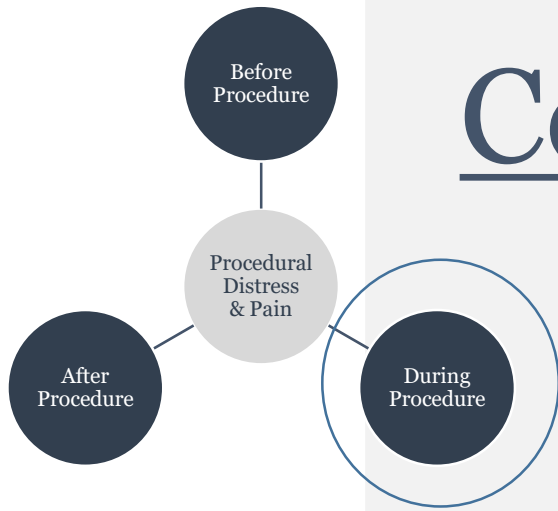
- Apologizing
- Reassurance
(‘it will be okay’)
- Criticism
- Setting up negative expectations
(‘This is going to be hard/scary but it will be over soon’)



Helpful Behaviours

- Praise
- Encouragement
- Coaching
- Minimize attention to procedure and/or pain
- Offer choices when appropriate
- Medical reinterpretation





Comfort Positions



COMFORT POSITIONING

Comfort positioning is a practice that allows children to sit up during procedures, receiving active support and comfort from their caregivers, increasing their feelings of control and decreasing their anxiety.

Bear Hug/Straddle Position:



Ideal for:
 IV Starts
 Blood Draws
 Injections
 Ear Checks
 Obtaining Vitals
 Lacerations of Extremities
 Injuries to Back of Head

Front-to-Back Position:



Ideal for:
 NG placement
 Port Access
 IV Starts
 Blood draws
 Obtaining Vitals
 Mouth or Nasal Swabs
 Injuries to Face or Limbs

Facilitated Tucking/Containment



- Can be used for infants up to 6 months.
- Provides boundaries to promote the feeling of safety
- Close contact with caregiver
- Parent holds whenever possible
- Breastfeeding 2 min. before and during can be very effective as well *
- Offer pacifier during procedure

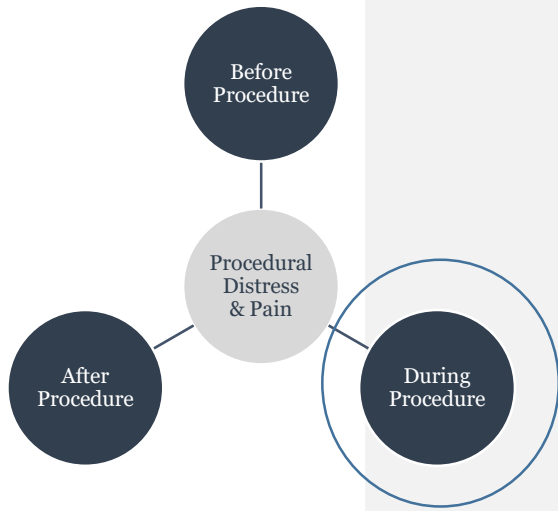
*Please consult with nursing first

Comfort Positioning is a practice that...

- allows for good control and sufficient immobilization to get the job done safely.
- increases a child's sense of control, aiding in cooperation.
- can be adapted for a variety of procedures, tests and even assessments.
- can be used as soon as the child has good head and trunk control.

Child Life Services
 AHS Commitment to Comfort©

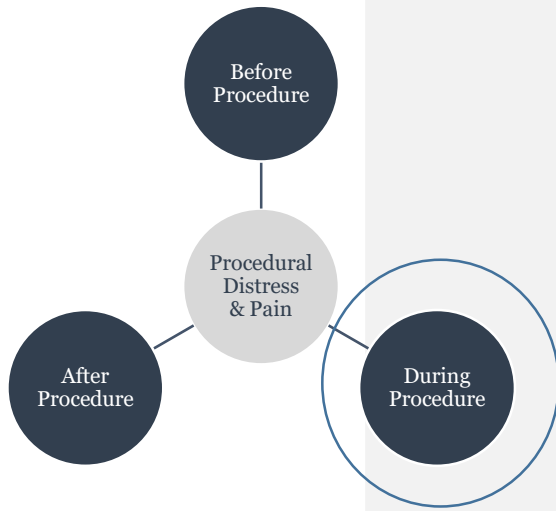
Vi Riddell Children's Pain & Rehabilitation Centre
 Alberta Children



Distraction

- Passive vs. active distraction
- Decide on distraction technique in advance
- Coach your child through distraction during the procedure





Toddler

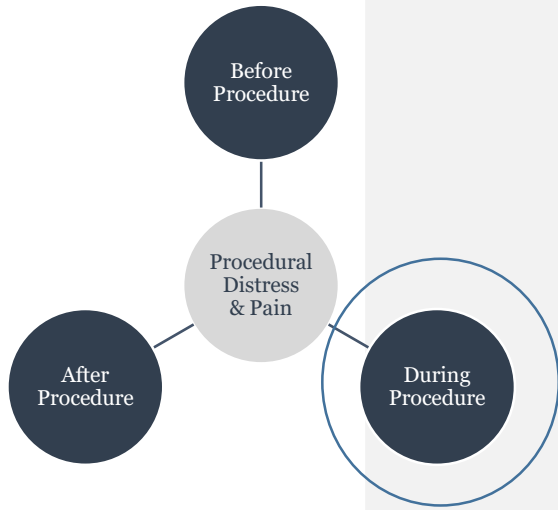
- **Introducing toys**
- Books
- Singing songs
- Directing child's attention to something in the room
- Watching a video

School-Age

- Playing with toys or games
- Books
- Telling stories
- Watching a video
- **Playing a game on an iPad or tablet**
- Music
- Non-procedural talk
- Blowing on a pinwheel
- Counting forward/backward
- Puzzles
- Drawing or coloring

Adolescent

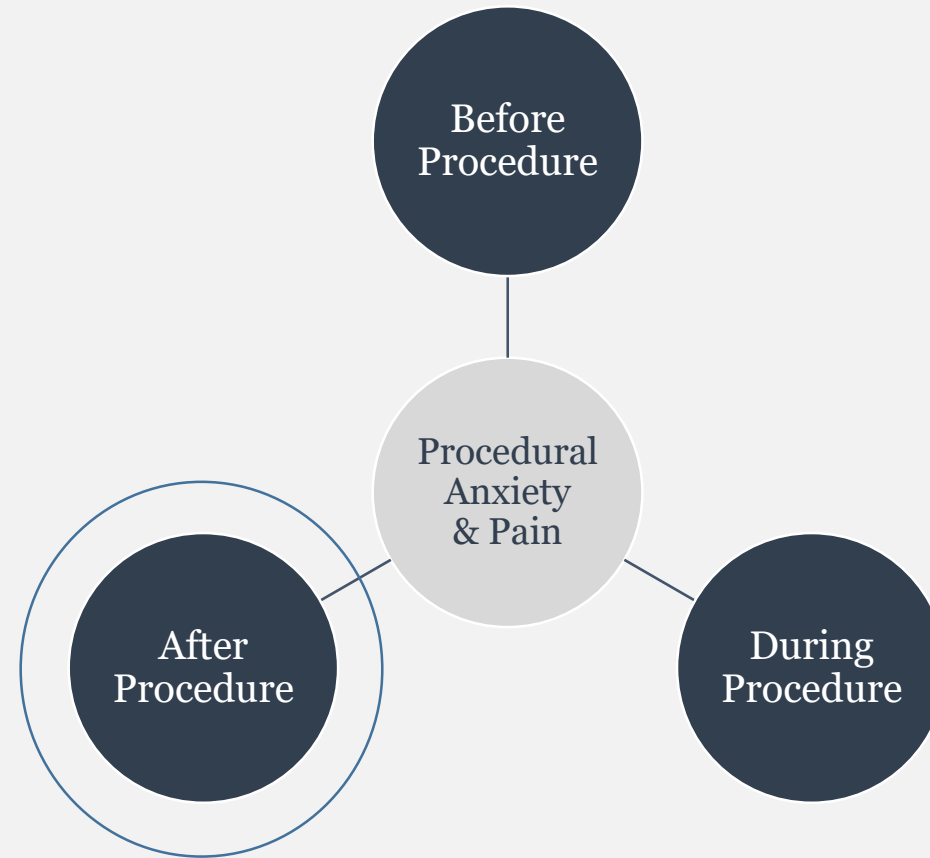
- Watching a video on an iPad or tablet
- Playing a game on an iPad or tablet
- **Non-procedural talk**
- Listening to music
- Virtual reality (interactive video equipment, goggles)
- Mental imagery
- Telling jokes
- Solving problems

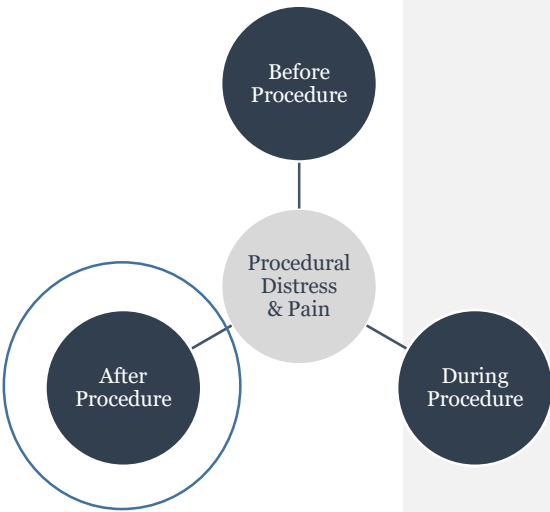


One Voice Video



Procedural
Support: AFTER





- Children's memories of medical events are important
- Memory reframing
 - *Focus on what went well (elicit from child)*
 - *Highlight helpful strategies used*



Troubleshooting





What happens when



YOU FLIP YOUR LID

PREFRONTAL CORTEX IS ENGAGED:



Calm, rational thought, mental flexibility; Able to make good decisions

LID IS FLIPPED --> AMYGDALA IS ENGAGED

Big emotions arise - anger, fear anxiety, sadness. Unable to make good decisions or calm down.



Source: The Whole Brain Child

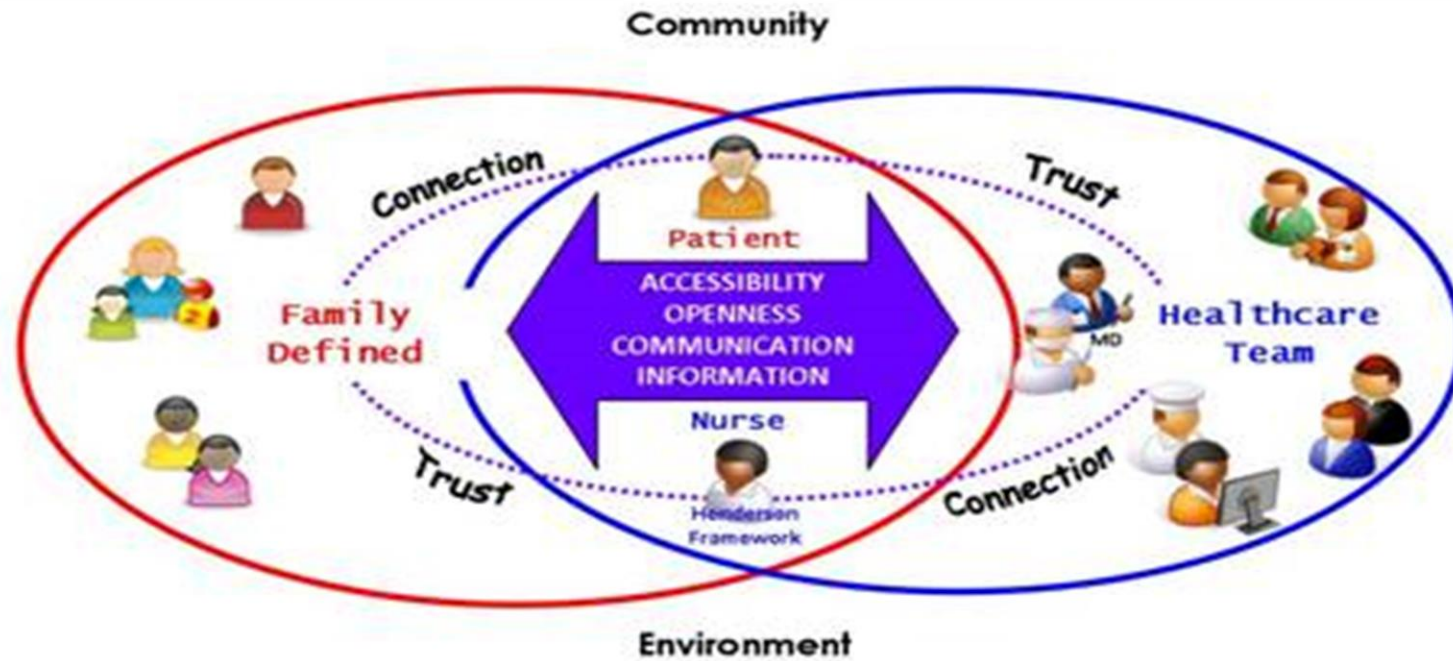
Managing a Flipped Lid



Challenging Behaviours

- Tell politely (vs. asking)
- Notice and praise behaviours you want to see
- Ignore delaying/negotiation

Advocating for Your Child





Who Can Help?

- KCC Child Life at Home
- Medical Psychology at ACH
- Child Life at ACH

Summary

- Make a plan
- Stay calm / manage your own anxiety
- Focus on what went well and reframe if necessary
- You're your child's best advocate

Questions?



Resources

- #KidsCancerPain (cancer knowledge network)
- Simply Sayin App
- Videos on Youtube for MRI prep:
 - “Getting an MRI: A Cartoon for Kids”
- About Kids Health- explanations of different tests and procedures
- Imaginary Friends Society- animated videos on different tests and procedures related to cancer
- Clic Sargent- has books and resources on explaining cancer

Getting **reliable & accurate** information into the hands of **children's greatest advocates:** their parents.

#KidsCancerPain



THANK YOU

A horizontal twine string is stretched across the middle of the frame. Eight small, light-brown wooden clothespins are clipped to the string. Each clothespin holds a small, rectangular piece of colored paper. The papers are arranged in a row and contain the words 'THANK YOU' in a simple, black, hand-drawn font. The colors of the papers are: orange for 'T', light orange for 'H', blue for 'A', red for 'N', yellow for 'K', pink for 'Y', light blue for 'O', and yellow for 'U'.