The Clinical Puzzle: Pain, Positioning and Evidence Based Practice



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Objectives

- To describe the Sunny Hill Health Centre for Children positioning and mobility team.
- To clarify the role of positioning, based on best evidence, for the prevention/treatment of pain.
- To describe some outcome measures
- To provide thought provoking questions regarding clinical practice and outcome measurement.

British Columbia and Sunny Hill

- Team includes...
- All kinds of children
- CP=III, IV, V some II
- 14 medium and small communities
- Community team
- 2 x year
- Established network

Knowledge Brokering

 Bring people together

Share ideas and evidence

Effective

Three assumptions

1. Gross Motor Function Classification System (GMFCS)

2. Issues related to hips

3. Children with neuromotor disabilities experience pain

GMFCS for children aged 6-12 years: Descriptors and illustrations



GMFCS Level I

Children walk indoors and outdoors and climb stairs without limitation. Children perform gross motor skills including running and jumping, but speed, balance and coordination are impaired.

GMFCS Level II

Children walk indoors and outdoors and climb stairs holding onto a railing but experience limitations walking on uneven surfaces and inclines and walking in crowds or confined spaces and with long distances.

GMFCS Level III

Children walk indoors or outdoors on a level surface with an assistive mobility device and may climb stairs holding onto a railing. Children may use wheelchair mobility when traveling for long distances or outdoors on uneven terrain.

GMFCS Level IV

Children use methods of mobility that usually require adult assistance. They may continue to walk for short distances with physical assistance at home but rely more on wheeled mobility (pushed by an adult or operate a powered chair) outdoors, at school and in the community.

GMFCS Level V

Physical impairment restricts voluntary control of movement and the ability to maintain antigravity head and trunk postures. All areas of motor function are limited. Children have no means of independent mobility and are transported by an adult.

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2. Hips

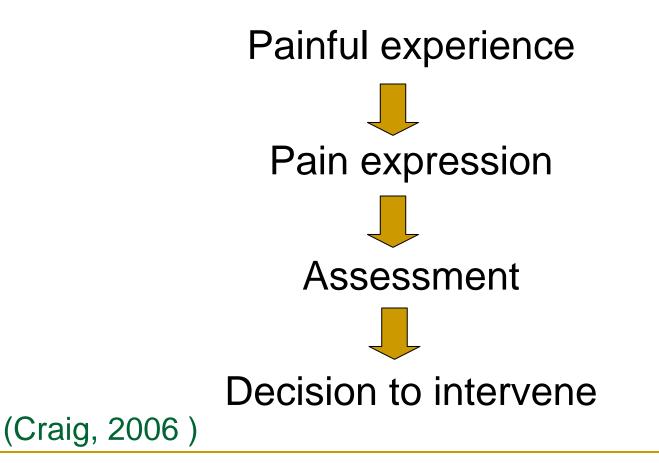
Incidence of displacement and dislocation increases with GMFCS level (Soo et al, 2006)



2 main causes of hip problems: lack of weight bearing and asymmetry (Spriegal & Flynn, 2006)

Refer to E4P at www.childdevelopment.ca

Surveillance and Management of Hip Displacement 3. Pain is common for children with CP Social Communication Model of Pain



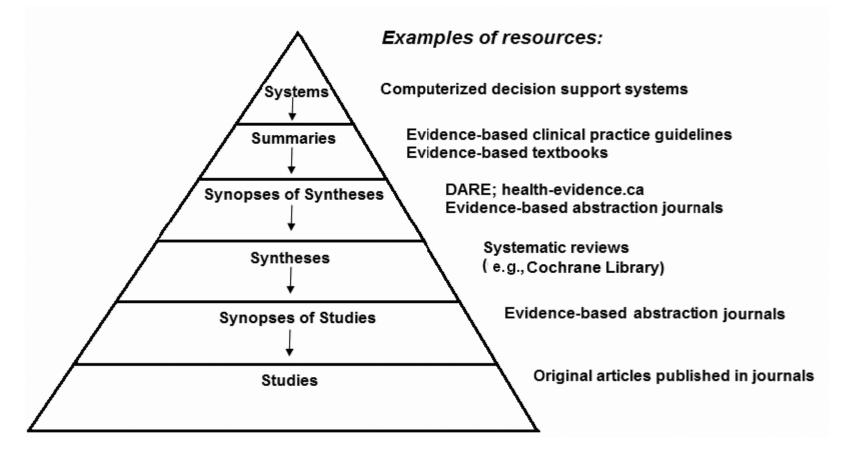
PICO QUESTION

- April 2011: For children with neuromotor conditions, how does positioning effect the experience of pain?
- October 2012: For children with CP how does positioning effect the experience of pain

Literature

- April 2011 & October 2012
- Electronic Searches
 - Pubmed
 - CINAHL
 - Embase
 - EBM
- Text words and subject headings
- Hand searching

Hierarchy of Evidence



DiCenso, A., Bayley, L., Haynes, R.B. (2009). Accessing preappraised evidence: Fine-tuning the 5S model into a 6S model. *Evidence-Based Nursing*, 12:99-101.

What we found:

7 Studies

Picciolini, O. et. al. (2009)

- 2 case studies
- Use of orthotic
- Hip migration percentage
- Positive difference from pre to post intervention









Pountney T.E. et. al. (2009)

- Prospective longitudinal cohort design
- Use of lying standing and sitting in hip abduction
 20 degrees
- Intervention group less likely to have hip problems

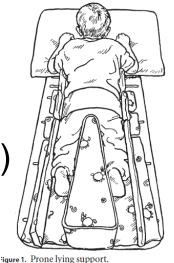




Figure 2. Supine lying support.



Figure 3. CAPS 11 seating system.

Figure 4. Chailey standing support.

Richardson, M. & Frank, A. (2009),

- Descriptive retrospective
- Provision of powered wheelchair and seating
- Nearly 1/3 had complaints of pain

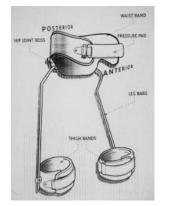
Next Study

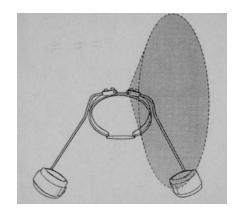
Boyd, R.N. et al (2001)

- Randomized N=39
- Botox and SWASH
- 1year follow up
- Outcome measures
 - GMFM (GMFM-66)
 - MP & acetabular angle
 - Clinical exam
 - Questionaires
- No treatment effect for gross motor function









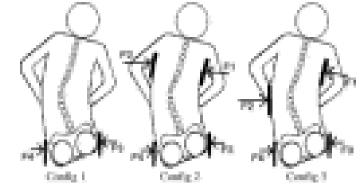
- Graham, H. K. et al (2006)
- Randomized control trial, 3 yr follow-up
- Botulinum Toxin A combined with SWASH prevent displacement
- MP
- Not recommended
- Use of SWASH



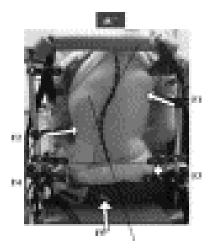


- Holmes, K. J. et. al. (2003)
- Prospective study
- N=16, CP





- Trial of 3 chest lateral support configurations
- The 3 point asymmetrical chest lateral is potentially the best set up



Hankinson, J. & Morton, R. E. (2002)

- Pilot prospective trial
- N=14, N=7 finished
- Use of lying system in hip abduction over the course of 1 year
- Significant decrease in hip migration percentage in right hip, improved seating and sleeping...reduction of pain

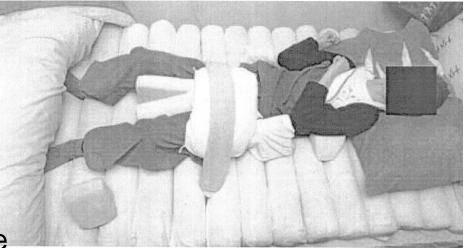
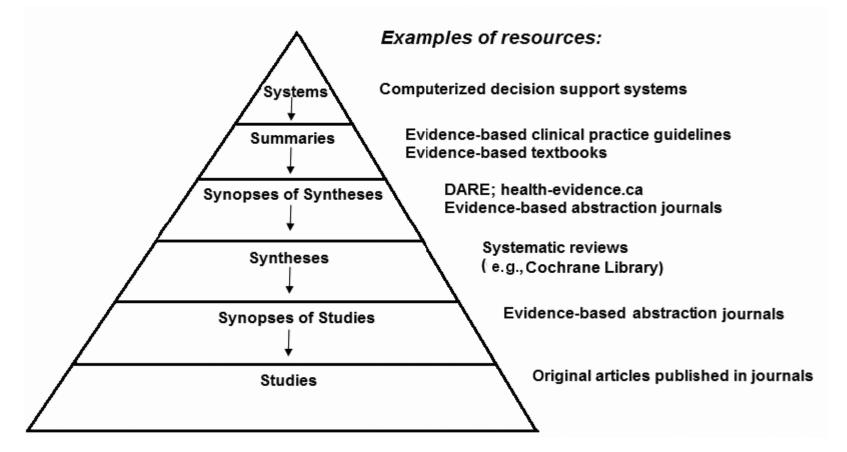


Figure 1: The Jenx Dreama lying hip abduction system

178 Developmental Medicine & Child Neurology 2002, 44: 177-180

Hierarchy of Evidence



DiCenso, A., Bayley, L., Haynes, R.B. (2009). Accessing pre-appraised evidence: Fine-tuning the 5S model into a 6S model. *Evidence-Based Nursing*, 12:99-101.

What we found

- 2 Synthesis Articles
 - Loeters M.J.B. et al (2010)
 - Systematic
 - 10 studies
 - Weak association between severity of CP hip dislocation and pelvic obliquity and scoliosis

Synthesis next article

Farley R. et. al. (2003)

- Narrative
- 150 studies
- For children postural management plays are role in promoting musculoskeletal development



Gudjonsdottir, B. & Mercer, V.S. (1997)

 Development of hip and spine in children with CP

- Babies with CP have normal hips
- Deformity develops
- Shape of acetabulum and femoral head misshapen
- X-ray
- Relationship between spinal curves and hips
- Early intervention in key
- Medication, surgery & positioning



Swiggum, M. et. al. (2010)

If PT interventions sometimes cause pain therapists need to be aware of ways to assess and respond

Synopses

McKearnan, K.A. et. al. (2004)

List common potential contributors to the experience of pain in children with $\square P$

Table 1. Common Potential Contributors to the Experience of Pain in Children with CP Surgical Procedural Gastrointestinal Selective dorsal rhizotomy · Intramuscular and other med- Gastroesophageal reflux Soft tissue releases ication injections Nausea/vomiting following Tendon lengthening Administration of anesthesia surgical procedures Capsulotomy Blood draws Gastrostomy tube-related Fasciotomy Placement of a nasogastric pain or infection Osteotomy tube · Abdominal pain Tenotomy · Dental procedures Spinal fusion Enemas · Pump implantation for intrathecal baclofen adminstration Fundoplication Gastrostomy tube placement Orthopedic Neuromuscular Rehabilitative Hip subluxation/dislocation · Range of motion Spasticity Cephalad displacement of the Overuse syndromes Home exercise programs patella Nerve entrapments Strengthening · Equines of the ankle Radiculopathies Electrical stimulation Valgus deformities of the Myelopathies Functional mobility training ankle Contractures Participation in activities of Varus and valgus deformities daily living of the foot · Splinting and orthotic fabrica- Radial subluxation/dislocation tion and follow-up Cartilage degeneration scol-· Serial casting iosis · Training for use of adaptive · Pelvic obliquity equipment Kyphosis Utilization of standing frames Ordosis

and other positioning devices

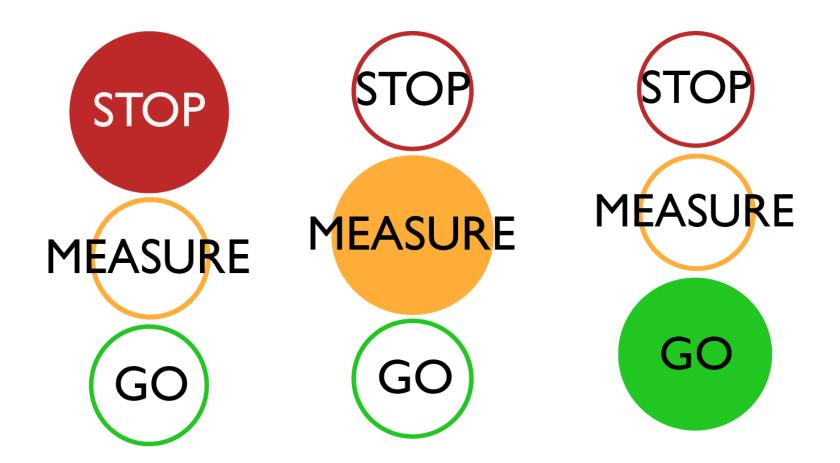
- Contractures
- Degenerative arthritis

What is the role of positioning, based on best evidence, for the prevention/treatment of pain? Summary of the Role of Positioning for prevention/treatment of pain
Positioning can make a difference
GMFCS level is important
Early intervention (before 2 years)

Sitting, standing, sleeping

- Hips and spine are connected
- Positioning for function/participation
 and long term heal
- Measure it (short term, long term)

Red Light, Yellow Light, Green Light



Outcome Measures-What's the Difference?





Refer to E4P at www.childdevelopment.ca

Pain In Children with Cerebral Palsy

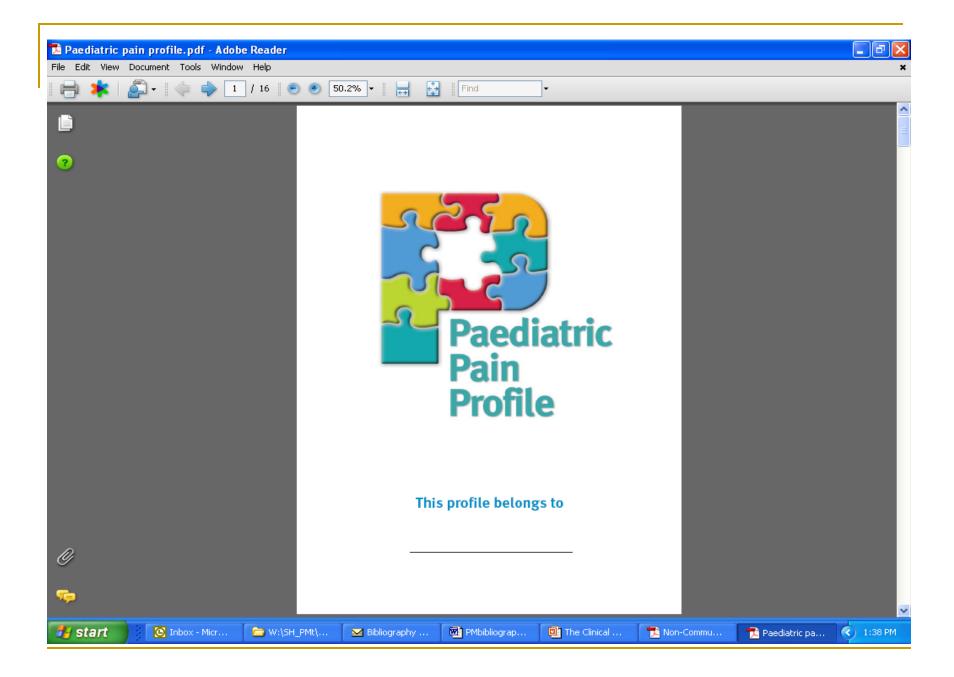
Outcome Measures?

Non-Communicating Children's Pain Checklist-Revised (Breau, et al. 2004)

Paediatric Pain Profile (Hunt, 2003)

Care and Comfort Hypertonicity Questionnaire (McCoy, 2006)

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	Non-communicating Children's Pain Checklist – Revised (NCCPC-R)	
	NAME:UNIT/FILE #DATE:(dd/mm.yy)	
•	OBSERVER:START TIME:AM#PM STOP TIME:AM#PM	
	How often has this child shown these behaviours in the last 2 hours? Please circle a number for each item. If an item does not apply to this child (for example, this child does not eat solid food or cannot reach with his her hands), then indicate "not applicable" for that item.	
	0=NOT AT ALL 1=JUST A LITTLE 2=FAIRLY OFTEN 3 = VERY OFTEN NA =NOT APPLICABLE	
	I. Vocal 0 1 2 3 NA 1. Mouning, whimpering (fairly soft)	≡
	II. Social	
	5. Not cooperating, ensuly, irritable, unhappy 0 1 2 3 NA 6. Less interaction with others, withdrawn 0 1 2 3 NA 7. Seeking comflot or physical closeness 0 1 2 3 NA 8. Being difficult to distract, not able to satisfy or pacify 0 1 2 3 NA	
	III. Facial	
	9. A farrowed hrow. 0 1 2 3 NA 10. a change in syst, including: squinching of eyes, eyes opened wide, eyes frowning 0 1 2 3 NA 11. Turning down of mouth, not smiling. 0 1 2 3 NA 12. Lips packering up, tight, posting, or quivering. 0 1 2 3 NA 13. Clenching or grinding tee6, chewing or drausing tongue out 0 1 2 3 NA	
	IV. Activity 14. Not moving, less active, quiet	
	V. Body and Limba	
	16. Floppy	
	18. Gesturing to or touching part of the body that hurts	
	20. Flinching or moving the body part away, being sensitive to touch	
	(e.g. head back, arms down, curh up, etc.)	
	VI. Physiological 22. Shivering	
	23. Change in color, pallor	
	25. Tests. 0 1 2 3 NA 26. Sharp intake of breach, gasping. 0 1 2 3 NA 27. Trests. 0 1 2 3 NA	
	27. preun sonning	
	23. Esting loss, not interested in food	
	25. monuore in alcop	
Ø	SCORE SUMMARY: Category: I II III IV V VI VII TOTAL	
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	4 Record the score on the Summary Graph					-			
	On a good day my child	Not at all	A Ettic	Quite a lot	A great deal	Score			
	Ischeerful	3	2	1	٥				
	is sociable or responsive	3	2	1	٥				-
	Appears withdrawn or depressed	•	1	2	3				
	Cries / moans/groans / screams or whimpers	•	1	2	3				
	is hard to console or comfort	•	1	2	3	_			
	Self-harms e.g. biting self or banging head	•	1	2	3				
	is reluctant to eat / difficult to feed	• •	1	2	3	_			
	Has disturbed sleep Grimaces / screws up face / screws up eyes	°	1	2	3	_			
	Frowns / has furrowed brow / looks worried	0	1	2	3	_			
	Looks frightened (with eyes wide open)	0	1	2	3	_			
	Grindsteeth or makes mouthing movements		1	2	3	_			
	is restless / agitated or distressed		1	2	3	_			
	Tenses / stiffens or spasms	•	1	2	3	_			
	Rexes inwards or draws legs up towards chest	•	1	2	3				
	Tends to touch or rub particular areas	•	1	2	3				
	Resists being moved	•	1	2	3				
	Pulls away or flinches when touched	•	1	2	3				
	Twists and turns / tosses head / writhes or arches back	•	1	2	3				
	Has involuntary or stereotypical movements /								
	isjumpy / starties or has seizures	• •	1	2	3 TOTAL	_			
					101112				
Ø ~	Is your child like this? (free applicable har) All the time Do you think your child has pain even on a good day like this? No pain Mild pain Moderate pain Seven Completed by	() ick appikable	box)		2 Hardly	avar			
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?	CARE AND COMFORT	HYPERTONICITY QUESTIONN.	AIRE	
	Patient's number: Role of person completing form (parent, caregiver, etc) Date:):	-	
	Please rate how easy or difficult it is for you or the s tasks relative to a cooperative individual without a		eks to perform the following	
	Personal Care 1. Putting on pants? 2. Taking off pants? 3. Putting on a shirt? 4. Changing diapers?	Very easy 1 2 3 4 5 6 Very easy 1 2 3 4 5 6 Very easy 1 2 3 4 5 6	7 Impossible N/A 7 Impossible N/A	
	 Ease of sitting on a toilet seat? Ease of sitting in a bathub, with or without adaptive equipment? Ease of bathing? 	Verý easý 1 2 3 4 5 6 Very easy 1 2 3 4 5 6	5 7 Impossible N/A	
	 Ease of feeding? <u>Positioning/Transferring</u> Ease of positioning in a wheelchair? Ease of positioning in a device other than 	Very easy 1 2 3 4 5 6 Very easy 1 2 3 4 5 6 Very easy 1 2 3 4 5 6	7 Impossible N/A	
	a wheelchair, such as a standing frame? 11. Ease of transferring in and out of a wheelchair? 12. Ease of putting on braces or positioning devices? 13. Ease of controlling his/her wheelchair? 14. Ease of getting out of a car? 15. Ease of getting in a car?	Very easy 1 2 3 4 5 6 Very easy 1 2 3 4 5 6 Very ensy 1 2 3 4 5 6 Very easy 1 2 3 4 5 6 Very easy 1 2 3 4 5 6	7 Impossible N/A 7 Impossible N/A 7 Impossible N/A	
	Please answer the following questions using the scal			
	Comfort 16. Is there pain or discomfort during position changes 17. Is there pain or discomfort during diapet changes? 18. Does the pain or discomfort prevent you/person with NBLA from participating in school, various programs, or other activities?	Never1 2 3 4 5 6 Never1 2 3 4 5 6	7 Always N/A	
	 Is NBIA individual using pain control medicine? Does NBIA individual sleep through the night? 	Neverl 2 3 4 5 6 Alwaysl 2 3 4 5 6	7 Always N/A 7 Never N/A	
	Interaction/Communication 21. How easy is it for NBIA individual to use communication devices?	Very easy 1 2 3 4 5 6	7 Impossible N/A	
	 How easy is it for him/her to entertain self alone? How easy is it for him/her to interact with other adults? 	Very easy 1 2 3 4 5 6 Very easy 1 2 3 4 5 6	7 Impossible N/A	
Ø	 How easy is it for him/her to be completely understood by those who know him/her well? Does he/she have a problem with drooling? 	Very easy 1 2 3 4 5 6 Never 1 2 3 4 5 6	7 Continuously N/A	
7	26. My/his/her self esteem is The best I co 27. Describe individual with NBIA	uld imagine 1 2 3 4 5 6 Very happy 1 2 3 4 5 6	sonked 7 The worst I could imagine 7 Very unhappy	
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Research is limited

Outcome measures

Complicated topic

Thought provoking questions

Clinical

- What can clinicians do today?
 - How can we best translate the growing knowledge?
 - How does our assessment and advocacy change?
 - What is the critical "dosage" of positioning, hip abduction?
- Outcome Measures
 - How can we capture the impact of successful positioning over the long term?

Positioning and Mobility Team: Actions

			Draw a posture picture here
6) Knee Posture;			out of provide point like .
0 #90	D Reved further than 90	D extended more than 90	
7) Auble Foot Pea	fase:		2
0 metral pro	tion 0 plattaffered		D
o animated	D substel D AFO othoto	splets or other	
Eain			
 Pressure point Infections (real Surgical rate paint) Surgical rate paint) Digestion, abid Digestion, abid Pusidioning, abid Spasticity or to Chere reasons Describie 	ther arthopadic (patella, radia' head, foot oninal pain (constipation etc) etching, spinting na (seczaret)		
22	when was the last x ary and what did spacing life? Activity and Participatio terrs + costormsx how.		

- Improving our assessment form
- Measurement
- Hip Surveillance
- Education

Objectives

- To describe the Sunny Hill Health Centre for Children positioning and mobility team.
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Discussion & Questions

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Sunny Hill: Positioning and Mobility Team

Vivian McCallum: Clinical Librarian @SH

You, for your interest in this topic!