

Exploring the Needs of Parents with Children who have Chronic Pain: A Qualitative Secondary Analysis

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BACKGROUND

WHO? Pediatric chronic pain affects **15-39%** of children and their families

WHAT? Pediatric chronic pain is a condition where children have persistent pain for longer than 3-6 months

WHEN? Pediatric chronic pain affects children between 0 and 18 years

WHY? It is an undertreated and underdiagnosed by clinicians. Despite the increasing numbers of children diagnosed with chronic pain, there is a lack in qualitative research to examine the impact of chronic pain on children and their families.



RESULTS

Parent Needs

Healthcare supports

- Parents need additional supports when seeking care for their child
- Support is needed from healthcare providers, emergency/crisis care and transitional care support.

Awareness

- The lack of awareness about pediatric chronic pain and the Stollery Chronic Pain Clinic creates barriers for parents seeking care for their child

Validation

- Many parents felt relief when their child's pain was validated by healthcare professionals
- Validation was perceived as acknowledgment that their child's pain was real

Timely access

- Most parents experienced a delayed access to care.
- This led to additional time, money and resources seeking alternative therapies to mitigate their child's pain

METHODS

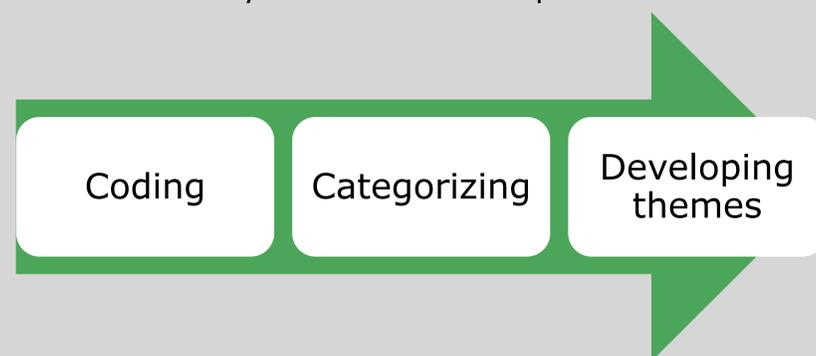
Research method: A secondary analysis of a qualitative data set. NVIVO-12 was used to manage the data.

Primary data: 13 semi-structure interviews were included in this study and were conducted with parents of children with chronic pain recruited from the Stollery Children's Hospital Chronic Pain Clinic.

Methodology: A qualitative descriptive approach was used throughout the analysis and interpretation to minimize the risk of distorting the parents' experiences.

This study focused on examining the voiced needs of parents with children with chronic pain from an existing set of semi-structured interviews.

Data analysis followed three phases:



CONCLUSION

- Parents who have children with chronic pain experience unique challenges within the healthcare system and require specialized care and services in order to achieve better outcomes
- Increased awareness about pediatric chronic pain is needed in order to help parents access timely and appropriate care
- Acquiring a diagnosis can serve as validation for the child's pain and give families a sense of relief
- Parents with children who have chronic pain require ongoing and increased support from healthcare providers and the system

Contact Us

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Thank You!

