Advanced Integrative (Non-Pharmacological) Pain Management Techniques

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Objectives

- Describe how integrative medicine strategies can enhance care for children with life-threatening conditions
- Practice a relaxation and mental imagery (RMI) exercise: Hypnosis
- Review importance of safe and effective integrative medicine modalities to improve pain and symptom management as well as quality of life for seriously ill children

Integrative Medicine

- “Alternative” implies either – or
- “Complementary” implies primary and secondary
- “Integrative Medicine” is more inclusive
- Better fit with a palliative care model
- Offers a range of modalities
Goals of Integrative Medicine alleviating suffering in children

- Physical-Somatic, distressing symptoms
- Emotional or psychic pain
- Social: Loss of cultural context, peer support
- Spiritual or existential pain
- May interact to reduce all-encompassing (total) pain

Goals for Mind-Body therapies

- Elicit the relaxation response
- Symptom management
- Enhance coping
- Manage fear and anxiety
- Gain insight

Complementary alternative medicine (CAM)

- 12% of US children use some complementary method within the last year. NIH, 2008
- These numbers go up dramatically if the child is chronically ill or has life threatening illness such as cancer.
- Recent surveys: 50-87% of pediatric cancer patients using CAM.
- Symptom management paramount for quality of life – Integrative Medicine excels here.
- Integrative Medicine provides the chance to work with the body’s innate healing capacities, engage individuals more actively in their own healthcare, offer non-drug self-care strategies.
Integrative Pain & Symptom Management

- State of the art pain management in the 21st century demands that pharmacological management must be combined with supportive and integrative, non-pharmacological therapies to manage a child's pain.

- Physical methods (e.g. cuddle/hug, massage, comfort positioning, heat, cold, TENS)

- Cognitive behavioral techniques (e.g. guided imagery, hypnosis, abdominal breathing, distraction, biofeedback)

- Acupuncture, acupressure, aromatherapy

Integrative Pain & Symptom Management

- A Pediatrician's Top 10 Apps for Distraction & Pain Management

- http://NoNeedlessPain.org

Integrative Pain & Symptom Management

- Healing Buddies Comfort Kit

- Naturespace: Rel... Healthcare & Fitness

- Simply Being -Qu... Healthcare & Fitness

- Balloonmals Games

- Brainwave Biofeedback Healthcare & Fitness

- Kei Pond Entertainment

- Send Garden Entertainment
Integrative Therapies for Neonates

Neonates
Nonpharmacologic, supportive measures:
- Breastfeeding (Shah PS, Cochrane Database of Systematic Reviews 2006, Issue 3)
- Sucrose (Stevens B, Cochrane Database of Systematic Reviews 2004, Issue 3)
- Nesting/Swaddling
- Kangaroo care (Gray, Pediatrics 2000; Johnston APAM 2003)
- Dimming light & noise


Isiah
Music Therapy, Palliative Home Care Program, Children’s Hospitals of Minnesota

Music Therapy: Pediatric Evidence

- Premature infants: Classical music / lullabies decreases distressed behavior, episodes of oxygen desaturation, increase weight gain, non-nutritive sucking (Caine, 1991; Collins, 1991; Standley & Moore, 1995; Standley, 1998; Standley, 2002)
- Italian RCT: patients 4–13 years, music during venipunctures: lower distress and pain intensity in the music group compared with the control group before, during, and after blood sampling (Caprilli et al., 2007).
- Norwegian case series with four children with advanced cancer (two of them with terminal disease progression) showed that music therapy changed the children from passive recipients of care to being socially active (Aasgaard, 2001).
- Music therapy improves the QoL at the end-of-life and can ease communication between child and family.
Massage

- Promotes comfort
- Decreases pain
- Reduces stress
- Enhances sense of wellbeing
- Reduce distress in patients
- Helps with chronic pain conditions
- Provides comfort of human touch

Multimodal Analgesia incl. Erinn (music) and Karen (massage)

Madeleine: Integrative pain & symptom management following open heart surgery

Acupressure

- Nausea & Vomiting
  - P6 point (or "inner gate"): 2 or 3 finger widths down from the top crease in the wrist, centered in the groove between the two large tendons
  - Take thumb and index (or middle finger) and press firmly on the points on both sides of the wrist when nauseous; relief in 10-30 seconds (may take up to five minutes)
Aromatherapy

- Diluted in carrier oils and applied topically
- Placed on a cotton ball and inhaled
- Used with a variety of diffusion devices
- Added to steaming water and inhaled
- Select oils are available orally

Aromatherapy

- Atlas cedarwood (cedrus atlantica)
- Lavender (Lavandula angustifolia)
- Lemon (Citrus limon)
- Peppermint (Mentha piperita)
- Spearmint (Mentha spicata)
- Sweet orange (sweet orange)

What is Hypnosis?
Let’s have a closer look at this “hypnotherapy”…

What is Self-Hypnosis?

- Altered state of consciousness
- Increased attention leads to an openness to suggestion
- Therapist guides the child’s stream of consciousness
- Adjunct
- Goal: gives the child a sense of mastery and control of symptoms

Misconceptions

- Being asleep or unconscious
- Loss of Control
- “Magic” or “put under a spell”
- Revelation of secrets
- Not being de-hypnotised
- Address child’s and parents’ fears / concerns!
Phenomena of Hypnosis

- Relaxation
- Increased Suggestibility
- Dissociation
- Anesthesia
- Ideomotor responses
- Post-hypnotic suggestion

When is Hypnosis Indicated?

- Child is responsive to hypnotic induction
- A problem is treatable using hypnosis
- Competent Therapist
- Good rapport between child and therapist
- Child is motivated to solve the problem
- The parents are agreeable to treatment

When is Hypnosis Contraindicated?

- Used for "fun" or entertainment
- Risking aggravation of emotional problems
- Hypnotherapy based on misdiagnosis
- Medical diagnosis and treatment takes precedence
- Child who is actively psychotic
- Another form of treatment is indicated
Clinical Problems Responding to Hypnosis

- Acute and Chronic/Complex Pain
- Palliative Care
- Anxiety
- Enuresis and Encopresis
- Habit disorders
- Dermatological Problems
- Asthma

Childhood Hypnotic Responsiveness

- Age
- Imaginative involvement
- Trust in therapist (rapport)
- Misconceptions – child’s and parents’

Stationary Children’s Hospice: Sydney, Australia
Pediatric Clinical Hypnosis Training

PEDIATRIC HYPNOSIS WORKSHOPS
MINNEAPOLIS, MN (USA)

Introductory - Intermediate - Advanced Levels
National Pediatric Hypnosis Training Institute
(formerly associated with the SDBP)

www.nphti.org

Nociceptive Pathways & Primary Sites of Action of Analgesics

Do You Want to Go to Your Favorite Place?
(1) Expectation of positive outcome
(2) “Did you know there is a place in your body that can make numbing medicine?”
(3) Testing prior to glove placement: Full feeling (NOT pain) now, less feeling after glove
(4) “Relax into my hand”
(5) “This will change how much you feel, so you won’t be bothered by the pain. The stronger the glove, the less you’ll feel. This is going to be a really strong glove.”
(6) “Now that you have your Magic Glove on, you’ll notice that you won’t be as bothered.”
(7) Test Feeling “a little, a lot or not at all”
(8) Glove may touch other parts of body
Recommended Reading

Decisions on whether to use IM (Eisenberg)

B. Evidence supports safety, but evidence regarding efficacy is inconclusive.
   - Therapeutic benefit: how and why it works.
   - Clinical examples: Integrative Medicine therapies as a potential option for pain management.
   - Procedural safety: No significant side effects reported.
   - Potential liability: Varies depending on the specific treatment.

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Conclusions

- Integrative Medicine is an integral part of pain and symptom management.
- Every member of the PPC team should be comfortable using one or more IM strategies.
Further Training

8th Annual Pediatric Pain Master Class | Minneapolis, MN | June 20-26, 2015

Education in Palliative & End-of-life Care [EPEC]: Become an EPEC-Pediatrics Trainer |
Chicago, IL, Oct 16-17, 2014

Center to Advance Palliative Care (CAPC) - Pediatric Palliative Care Leadership Center (PCLC) |
Training | Dec 10-12, 2014

Twitter: @NoNeedlessPain
Blog: http://noneedlesspain.org

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