

"It takes a village": successful management of a 3-year-old with persistent post-surgical pain, disrupted attachment, and carer fatigue.

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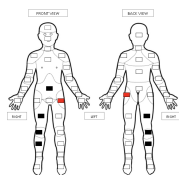


A Medical Review

- Referred by Orthopaedics
- 6 mths after surgery for DDH
- "Bad days" 4-5 days/week
- Daily OTC analgesia use
- Emotional dysregulation
- Poor sleep quality
- Grandparent - carer fatigue

ePPOC Baseline Function

- Pain severity 5/10
- PedsQL: 33/100



Bath Parent Impact Questionnaire

Subscale scores (higher scores indicate areas of greater concern)

How I feel – sad or depressed?	12 / 36 (0 missing)
How I feel – tense or anxious?	4 / 24 (0 missing)
How I feel – worries about my child's pain?	6 / 20 (0 missing)
How I feel – my sense of control?	5 / 28 (0 missing)
How my relationship with my partner might be affected?	0 / 28 (7 missing)
How my social life and leisure time might be affected?	20 / 32 (0 missing)
How I think about helping my child?	31 / 44 (0 missing)
How my relationship with my child might be affected?	7 / 36 (0 missing)

- Referred for interdisciplinary assessment by full QIPPPS team

Referral & Medical Review

B Formulation

Environment

- Grandparent sole carer
- Pain as communication tool
- Uncertain legal outcome to guardianship

Development

- In utero opioid exposure
- Premature 34/40, hospitalised
- Disrupted attachment
- Delayed diagnosis DDH

Pain Cognitions

- Pain catastrophizing
- "hip is damaged"
- Fear of injury with physiotherapy

CNS Outputs

- Left hip pain
- Episodic distress

Interdisciplinary Formulation

C QIPPPS IDT Plan

- Pain education
- Child protection & Developmental Paediatric review
- Referral to 0-4 CYMHS

Motor Deficit

- Reduced power & ROM
- QIPPPS liaison with community physiotherapist
- Focus on building developmentally appropriate motor skills > pain
- Local therapist reassured by support from QIPPPS & 0-4 CYMHS

Attachment

- Occupational Therapy 0-4 CYMHS
- Circle of Security program
- Behaviours as communication of non-painful distress, eg. frustration
- Setting boundaries
- Emotional co-regulation
- Respite & home care

Pain Education

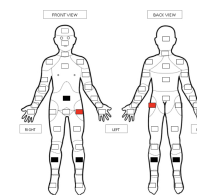
- Pain ≠ damage
- Interdisciplinary Team support

Plan & Interventions

D Treatment Response

Function @ 4 mths

- Pain severity 1.5/10
- PedsQL: 66/100



ePPOC

- Bath Parent Impact Questionnaire

Subscale scores (higher scores indicate areas of greater concern)

How I feel – sad or depressed?	6 / 36 (0 missing)
How I feel – tense or anxious?	3 / 24 (0 missing)
How I feel – worries about my child's pain?	6 / 20 (0 missing)
How I feel – my sense of control?	0 / 28 (0 missing)
How my relationship with my partner might be affected?	0 / 28 (7 missing)
How my social life and leisure time might be affected?	5 / 32 (0 missing)
How I think about helping my child?	7 / 44 (1 missing)
How my relationship with my child might be affected?	2 / 36 (1 missing)

Repeat Surgery @ 6 mths

- Uneventful removal of metalwork.
- Day 0-1: FLACC 0-3
- Uneventful discharge & post-op course

Reflection & Learning

- Formulation: early life events & attachment
- Address developmental deficits
- Proxy delivery by local team & early childhood service with support from QIPPPS

Repeat surgery & Discharge

DDH - Developmental Dysplasia of the Hip; OTC - Over The Counter; ePPOC - electronic Persistent Pain Outcomes; IDT - Interdisciplinary Treatment; CYMHS - Child & Youth Mental Health Services