

MEETING ABSTRACT

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Cause of maximum pain in hospitalized children and adolescents - A pilot project

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Background

In recent years, much has been achieved in interdisciplinary cooperation concerning pain management and pain therapy with children and adolescents [1]. Key points were the age-appropriate assessment of pain at rest, on movement and maximum pain and their adequate treatment [2]. But there exist only few data concerning the reasons for maximum pain in children and adolescents [3,4]. This pilot study investigates this issue in children and adolescents from admission to discharge.

Material and methods

For this exploratory pilot study, children and adolescents aged 11-18 years, which had a surgical intervention at the Department of Paediatric and Adolescent Surgery of the University of Graz, were interviewed by using a semi-structured interview guide. A descriptive analysis of the frequency of reported causes for the maximum pain and an examination of the relationships between the different types of surgery and the maximum pain followed.

Results

A total of 41 patients were included in this study. The most common reasons of maximum pain was the *preoperative period* (n = 8), followed by *preoperative manual examinations* (n = 4) and the *first mobilization attempts postoperatively* (n = 4). The most frequent and painful surgery were appendectomy (n = 9), followed by knee arthroscopy and surgeries (n = 6). Osteosyntheses of upper limb fractures were less painful.

Conclusions

The reasons for maximum pain regarding different types of surgery found in adults and children/adolescents,

could be also confirmed in children and young people aged 11-18 years. The *preoperative period* as well as the *preoperative manual examinations* and the *first mobilization attempts postoperatively* represent new approaches for a future closer research.

Competing interests

There is no conflict of interest.

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