

Solutions for Kids in Pain (SKIP)

November 17, 2021

Dr. Katie Birnie, PhD RPsych
Associate Scientific Director, SKIP
Assistant Professor, University of Calgary



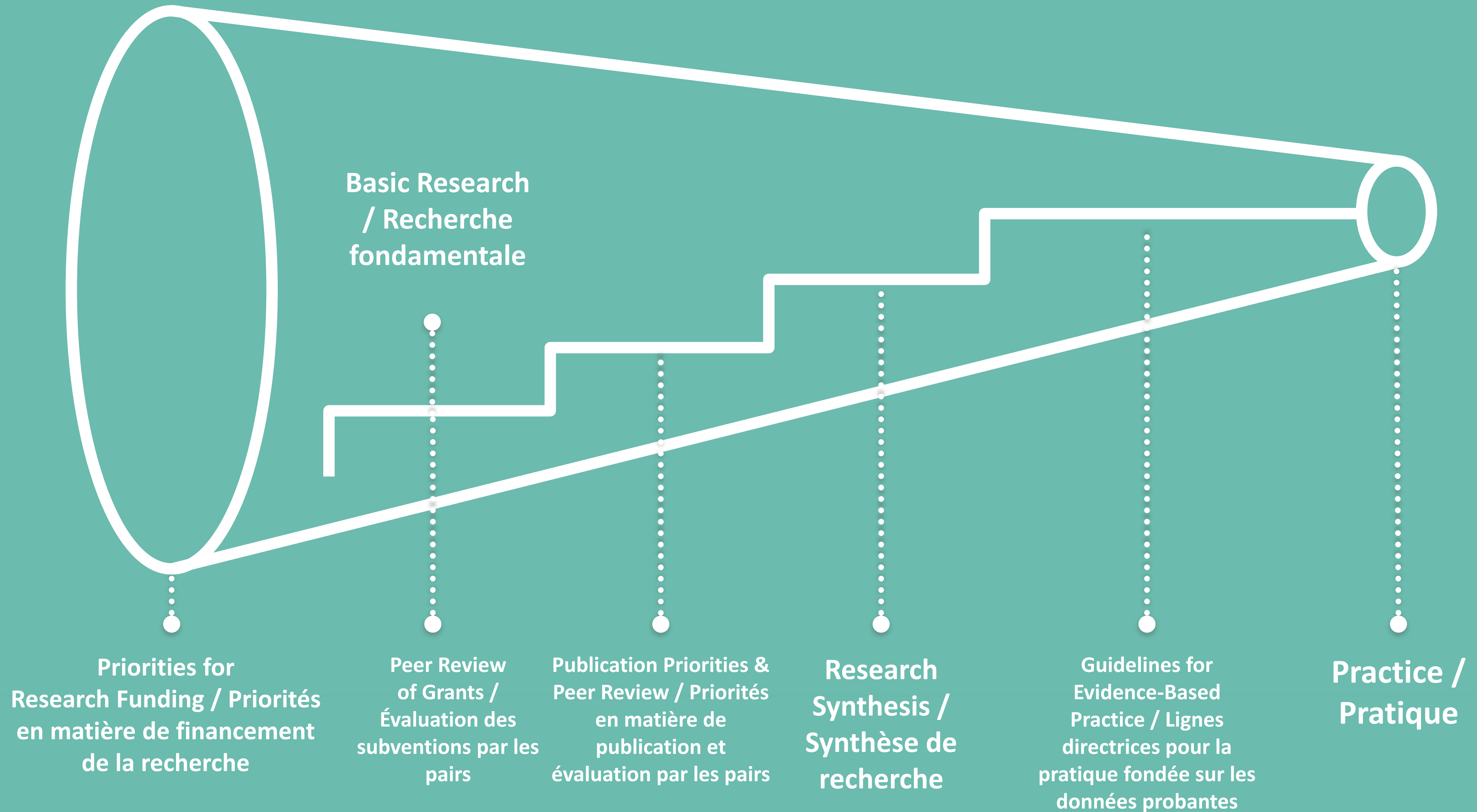
The Problem / Le problème



Canada is a world leader in children's pain research... but this knowledge isn't being put into practice.

Le Canada est un chef de file dans la recherche sur la douleur pédiatrique, mais le transfert des nouvelles connaissances et l'application des traitements efficaces ne sont pas toujours assurés et n'aboutissent pas toujours à l'adoption de politiques.

The 17-Year Odyssey / Le périple de 17 ans



Our Vision / Notre vision

Healthier Canadians
through better pain
management for children.

Des Canadiens en meilleure
santé grâce à une meilleure
gestion de la douleur pour
les enfants.



The Solution / La solution



SKIP's mission is to improve children's pain management by mobilizing evidence-based solutions through coordination and collaboration.

SKIP a pour mission de contribuer à l'amélioration de la gestion de la douleur chez les enfants en rassemblant les données probantes par la coordination et la collaboration.

SKIP's Outcome / Objectif de SKIP

To improve children's pain management in Canadian health institutions.



Améliorer la gestion de la douleur chez les enfants dans les établissements de santé canadiens.

SKIP's Impact / Impact de SKIP

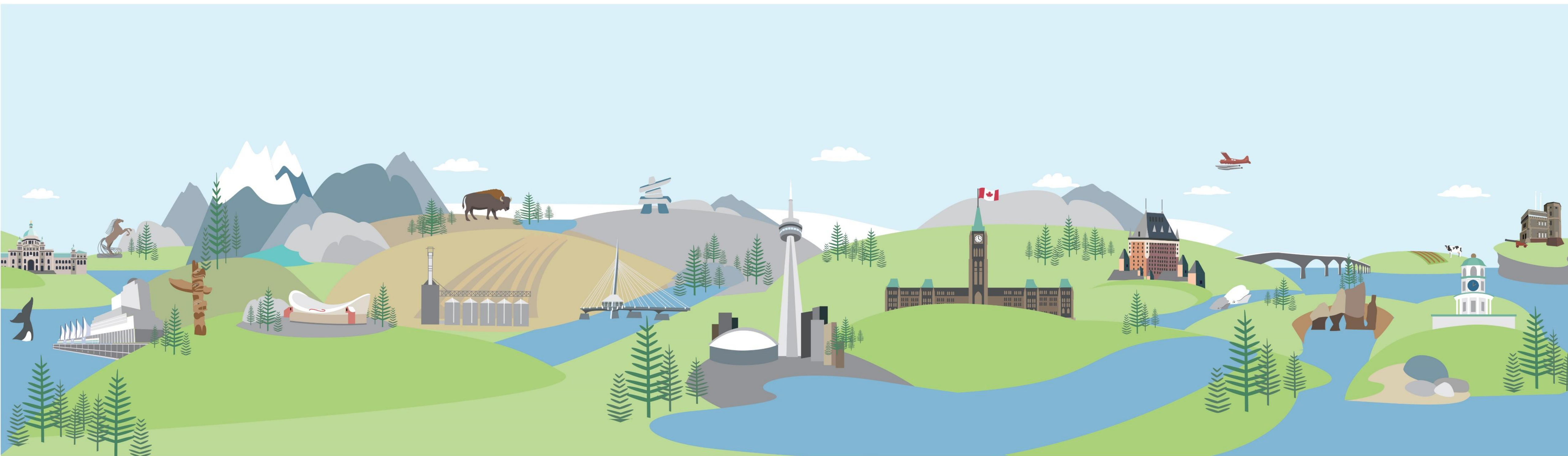
- Less suffering for children and families
- Less avoidance of necessary healthcare
- Lower risk of addiction and chronic pain in adulthood
- Less financial burden on people and the health system
- Canada is the leader in use of knowledge about children's pain



- Moins de souffrance pour les enfants et les familles.
- Moins d'évitement des soins de santé essentiels.
- Moins de risque de dépendance aux médicaments et de douleur chronique à l'âge adulte.
- Allègement du fardeau financier pour la population et le système de santé.

SKIP is a national mobilization network that uses a hub-and-spoke model to create, build up, and leverage connections across Canada.

SKIP est un réseau national de mobilisation qui utilise un modèle de réseau en étoile pour créer, bâtir et mobiliser des contacts et connexions partout au Canada.



Leadership & Administrative Centre Staff

Direction et personnel du centre administratif



Dr. CHRISTINE CHAMBERS

Scientific Director /
Directrice scientifique



EMILY GRUENWOLDT

Knowledge User Director /
Directrice, utilisateurs de connaissances



Dr. KATIE BIRNIE

Associate Scientific Director /
Directrice Scientifique associé



AIMÉE WHITE

Managing Director /
Directrice principale



QAISER HAROON

Operations Manager /
Directeur des opérations



SHERRY BROWN

Communications Specialist /
Spécialiste en communications



MYLÈNE PINET

Communications Coordinator
/ Coordonnatrice des
communications



LIANA NAND

Administrative Assistant /
Adjointe administrative



Dr. Samina Ali



Dr. Allen Finley



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Dr. Fiona Campbell & Dr. Jennifer Stinson
Emily Gruenwoldt



Dr. Evelyne D. Trottier



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Université de Montréal

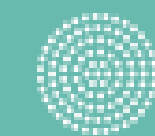


#ItDoesntHavetoHurt / #PasBesoinDeFaireMal



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Dr. Elise Reiter



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Chad Larabie
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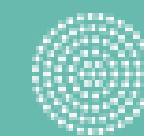


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Patients Included / Organisme axé sur les patients



Reducing pain during vaccine injections: clinical practice guideline



*Focused on recommendations for children 3-12 years old

Procedural	Physical	Pharmacological	Process	Psychological
<ul style="list-style-type: none"> • No aspiration • Inject most painful vaccine last • Suggest against simultaneous injection 	<ul style="list-style-type: none"> • Sitting up • External vibrating device with cold • Muscle tension for those with hx of fainting • No manual tactile stimulation • Do not warm vaccine 	<ul style="list-style-type: none"> • Topical anesthetics • Suggest against vapocoolants • No acetaminophen or ibuprofen before 	<ul style="list-style-type: none"> • Education about pain management for immunizers, parents, and child being immunized • Parent(s) present for children 10 years & younger 	<ul style="list-style-type: none"> • Verbal signal of procedure • Distraction (verbal, video, music, breathing with toy) • Avoid false suggestion • Avoid reassurance • Suggest against breathing (cough)

Exposure-based Interventions for the management of individuals with high levels of needle fear across the lifespan: a clinical practice guideline and call for further research

COGNITIVE BEHAVIOUR THERAPY, 2016
 VOL. 45, NO. 3, 217–235
<http://dx.doi.org/10.1080/16506073.2016.1157204>

Table 1. Interventions for reducing fear and/or fainting in individuals with high levels of needle fear.

Treatment	Recommendation	Strength	Children (7–12 yr)	Adolescents (>12–17 yr)	Adults (≥ 18 yr)	Confidence
Exposure-based therapy	We recommend <i>in vivo</i> exposure-based therapy (vs. no treatment)	Strong	✓	✓	✓	Very low
	If <i>in vivo</i> exposure-based therapy is not used, we recommend non- <i>in vivo</i> exposure-based therapy (vs. no treatment)	Strong	✓	✓	✓	Very low
	If <i>in vivo</i> exposure-based therapy is used, we suggest a single session rather than multiple sessions*	Weak	✓	✓	✓	Very low
Applied tension (muscle tension and exposure)	We suggest applied tension in individuals with fainting* (vs. exposure alone)	Weak	✓	✓	✓	Very low

*Described in online supplementary material only.

SKIP's Knowledge Mobilization Activities for Vaccines

Activités de mobilisation des connaissances



Knowledge Mobilization Activities

Activités de mobilisation des connaissances

Readiness,
Resources &
Evidence



État de
préparation,
ressources et
données
probantes



COVID-19 Vaccine Hesitancy and Needle Fear Survey

EXECUTIVE SUMMARY

June 2021

Executive Summary: COVID-19 Vaccine Hesitancy and Needle Fear Survey



Enquête sur la réticence à la vaccination contre la COVID-19 et la peur des injections

SOMMAIRE EXECUTIF

juin 2021

Enquête sur la réticence à la vaccination contre la COVID-19 et la peur des injections

Knowledge Mobilization Activities

Activités de mobilisation des connaissances

Tool
Production &
Promotion



Production et
promotion
d'outils



ymc
Motherhood Unfiltered



407
Share
164
Tweet
0
Pin
3
Email
626
Share

HEALTH WELLNESS
SPONSORED STUFF
More Than Ever Vaccines Are Crucial But My Daughter Is Terrified of Needles
THIS IS WHAT WE'RE DOING TO HELP HER
by: Deb Balino

Dr. Katie Birnie
@katebirnie

Today we answer #teens questions about the #COVID19Vaccine! I spoke w @DrCora_C in this @AHS_media podcast about safety, effectiveness, side effects & when we can get back to life bit.ly/3f80BNV #ItDoesntHaveToHurt #ScienceUpFirst /1



Solutions for Kids in Pain and 8 others
9:30 AM · May 21, 2021 · Twitter Web App

#ItDoesntHaveToHurt /
#PasBesoinDeFaireMal

Making Immunizations Comfortable for Children and Parents
AMA Highlights & Resources

Led by
Dr. Anna Taddio & Dr. Meghan McMurtry

Solutions for Kids in Pain (SKIP)
April 24 - 30, 2020

Improving Vaccine Rates through Supportive Discussions & Effective Practices to Reduce Pain & Fear

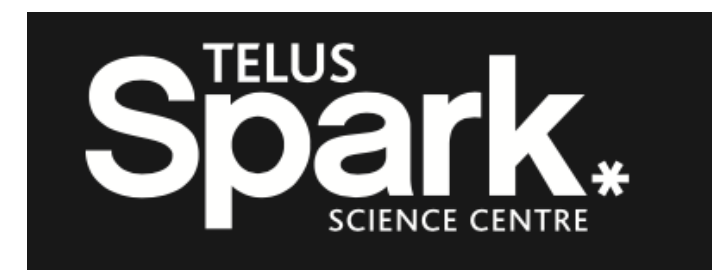
Children's Healthcare Canada | Santé des enfants Canada

SPARK: Live

Improving Vaccine Rates through Supportive Discussions and Effective Practices to Reduce Pain and Fear

Wednesday, March 24, 2021

skip solutions for kids in pain pour la douleur chez les enfants | Healthcare Excellence Canada | Excellence en santé Canada



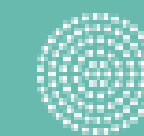
Fear of needles: 5 simple ways to ease vaccination pain for your child (and yourself)

April 29, 2020 3:05pm EDT



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Knowledge Mobilization Activities

Activités de mobilisation des connaissances

Facilitation of Change



Facilitation du changement



Public Health Agency of Canada

Agence de la santé publique du Canada



Healthy Albertans. Healthy Communities. Together.



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COVID-19 Info: [For Albertans](#) | [For Health Professionals](#) | [Vaccine](#) | [Testing](#) | [Results](#) | [Family Support & Visitation](#)

A [CMOH order](#) remains in effect that requires continuous masking at all AHS and Covenant facilities provincewide

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Home > Information For > Patients & Families > Commitment to Comfort

Commitment to Comfort

Information for Albertans

AHS is committed to making your healthcare experience as comfortable as possible.

Commitment to Comfort promotes comfort by helping lessen pain and distress that may be experienced during immunization, medical procedures and [blood collection](#).

The five Commitment to Comfort (CTC) principles support people of all ages to have a more comfortable healthcare experience.



NERVOUS ABOUT GETTING NEEDLES?

Use the CARD system to have a more positive vaccination experience.

COMFORT
Find ways to be comfortable.

ASK
Ask questions to be prepared.

RELAX
Keep yourself calm.

DISTRACT
Shift your attention to something else.



COVID-19 IMMUNIZATION



NEEDLE PHOBIAS

HOW TO guide for concerned youth (ages 12 – 15) on how to proceed with their COVID-19 vaccinations

WHAT IS NEEDLE PHOBIA?

Needle phobia is a very severe + irrational fear of needles. It results in extreme avoidance of needles and sometimes fear + avoidance of medical settings more broadly. Individuals with needle phobia can often explain why needles are important for their health + express wanting to have a vaccine completed. However, when it comes time to have a needle administered, excessive fear takes over + they are not able to cooperatively have the needle.

Affects 2-3% of the youth population

WHERE TO START:

1. Please reach out to the NS Health Hotline: 1-877-334-3032

Resources that may be of help:

- [IWK Health Centre - Nervous about needles? \(nshealth.ca\)](#) (IWK/NS Health)
- [Updated Vaccine Pain & Needle Fear Resources \(kidsinpain.ca\)](#) (SKIP - Solutions for Kids in Pain)
- [Solutions for Kids in Pain \(SKIP\) Improving Children's Pain Management \(SKIP - Solutions for Kids in Pain\)](#)
- [How to talk to your children about COVID-19 vaccines | UNICEF \(UNICEF\)](#)
- [Managing Needle Anxiety: Strategies for Supporting Your Child Through Injections and Bloodwork - YouTube \(IWK Child Psychology\)](#)

*NS Public Libraries are a great way to access computers and the internet for booking vaccine appointments or when checking out the listed resources

An individualized approach will be applied to all those accessing this resource.

We know that what works best for one, might not be the best for another.

2. Public Health will screen and provide follow-up:

The goal will be to provide you with the most appropriate resources for moving forward with strategies for a successful COVID-19 vaccination.

3. CHILD LIFE SPECIALISTS may be consulted to assess and provide follow-up:

Supports might include:



*Based on assessment and on a case-by-case basis, in-person supports may be offered.

4. CHILD PSYCHOLOGY is looped in:

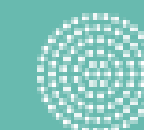
Foundational work is provided to lay the groundwork for moving forward and coping with Needle Phobias with a lifelong approach. An evidence-based treatment, involving gradual exposure to needles and the stimuli associated with them (e.g., alcohol wipes), is used.

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Knowledge Mobilization Activities

Activités de mobilisation des connaissances

Awareness & Urgency

Sensibilisation et urgence



Panel Discussion: **What do COVID-19 vaccines mean for me?**

				
Moderator: André Picard Health Reporter and Columnist The Globe and Mail @picardonhealth	Dr. Christine Chambers Killam Professor of Psychology & Neuroscience and Pediatrics Dalhousie University @DalhousieU	Dr. Danièle Behn Smith Deputy Provincial Health Officer, Indigenous Health B.C.'s Office of the Provincial Health Officer	Dr. Kwame McKenzie CEO Wellesley Institute @wellesleyWI	Dr. Sharon Straus Physician-in-Chief, St. Michael's Hospital and Professor, Department of Medicine University of Toronto @UofT

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Calgary

How to conquer the fear of needles in time for COVID-19 vaccine



'Needle phobia' can lead to panic attacks, fainting spells and even avoiding medical care, expert says

TEA TIME LIVE skip solutions for kids in pain pour la douleur chez les enfants

WITH **DR. KATIE BIRNIE**
CLINICAL PSYCHOLOGIST AND ASSISTANT PROFESSOR
UNIVERSITY OF CALGARY

HOSTED BY **DR. RICHA AGNIHOTRI**
SATURDAY OCTOBER 30 2021
AT 11:00AM EST (9:00AM MST)

LIVE Q&A WITH A FOCUS ON
NEEDLE PAIN & NEEDLE FEARS
PREPARING CHILDREN UNDER 12 FOR THE COVID-19 VACCINE

Forbes

EDITORS' PICK | Nov 2, 2021, 09:50am EDT | 625 views

How Can You Make Your Child's Covid-19 Vaccination Hurt Less?

The Washington Post @washingtonpost

How to help kids overcome their nerves about vaccination — before, during and after the shot

washingtonpost.com

How to help kids overcome their nerves about vaccination — before, during a...
Helping kids feel comfortable getting the first dose of Pfizer-BioNTech's two-dose coronavirus vaccine — recently recommended for children ages 5 to 11 ...

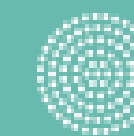


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Knowledge Mobilization Activities

Activités de mobilisation des connaissances



Immunizing Children with Confidence



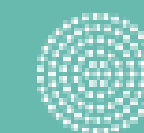
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Get Involved

Anyone can be a champion for kids in pain!

Visit www.kidsinpain.ca

Follow [@kidsinpain](https://twitter.com/kidsinpain) to join the conversation!

Jump in with SKIP!

Email contact@kidsinpain.ca to learn more about knowledge mobilization consultations for researchers

Sign up for the SKIP newsletter to stay “In the Loop” by visiting tinyurl.com/SKIPsignup