

## **Results Summary:**

**Development and Preliminary  
Effectiveness of a Pain  
Assessment and Management  
Training Workshop for Respite  
Workers**

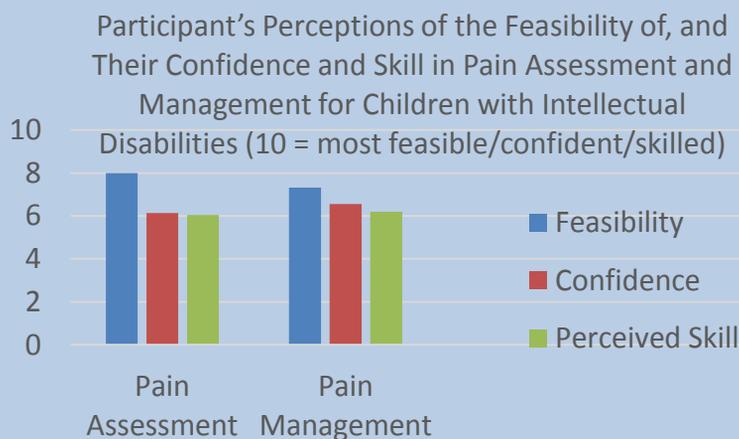
# Phase 1: Learning about pain assessment and management experiences and perceived pain training needs and preferences in respite settings.

## Participants:

- 22 (19 female; age range: 20 – 59) participated in either a focus group (respite workers) or an individual interview (managers).
- Participants employed for 9.5 years in a respite organization. on average
- 95.5% participants interacted with children with ID at least weekly and rated their degree of direct involvement as high (average: 9.29/10).

## Is a pain training workshop even valuable/of interest?

- Participants reported that this workshop would be very valuable/of interest (average ratings: 8.82-9.59/10).



## What did participants think about pain in children with intellectual disabilities?

Q: How common is pain?

→ A: Variable responses; responses ranged from not common to very common.

Q: Which type of pain is most difficult to assess?

→ A: Pain without a visible/ external cause.

Q: What types of challenges do you encounter?

→ A: Challenges with pain-related communication (e.g., with caregivers), pain assessment (e.g., recognizing behavioural signs) and pain management (e.g., knowing what to do).

Q: How much knowledge does the average respite worker have?

→ A: Variable responses; responses ranged from little/no knowledge to a lot of knowledge and was believed to come mostly from on-the-job experience.

## Format Preferences:

- In-person; 8-38 people
- Handouts/Certificate
- Max. 5 hours long

## Content Suggestions:

- General pain information
- Pain assessment/management information (specific to children with ID)
- Tools and strategies helpful in respite settings

Use ACTIVE and PASSIVE learning approaches (emphasize active).

Provide broad-level information and strategies that can be adapted.

Communicate what staff will gain from the training.

Find a strong presenter (e.g., engaging).

Things to Consider when Developing a Pain Training Workshop

Keep information relevant to work setting.

Consider training structure/format.

## Other Considerations:

- Participants identified barriers that may prevent them from using knowledge in practice at organization (e.g., policies), individual (e.g., beliefs) and client (e.g., ability to communicate) levels.
- Participants suggested goals for staff (e.g., increased confidence/skill/knowledge) and the organization (e.g., facilitating use of strategies and skills learned) following a pain training workshop.

## Phase 2: Creating an empirically-informed pain assessment/management training program for respite workers and conducting a small pilot study to investigate program's initial effectiveness.

### Participants:

- 50 (46 female; age range: 20 – 59) respite workers participated in a workshop about pain in children with intellectual disabilities.
- Participants were employed for 8.3 years in a respite organization on average.
- 93.8% of participants interacted with children with ID at least weekly and rated their degree of direct involvement as high (average rating: 9.21/10).

### What did the pain training program look like?

- An interactive, in-person workshop (3.5 hours + 30 minute break).
- Training format and content was based on (1) results from phase one, (2) pain-related research literature, and (3) researcher experience (previous delivery of similar programs, direct experience as a respite worker).
- The training program addressed:
  - What pain is
  - Pain expression in children with intellectual disabilities
  - Pain assessment for children with intellectual disabilities
  - Pain management strategies that may be useful in respite settings
- The training program consisted of a power-point presentation that incorporated interactive activities (e.g., case studies, watching videos, reviewing and adapting pain assessment tools) throughout.
- Participants received a number of take-home resources (e.g., pain assessment tools) and a certificate of completion.

### Following the training program, participants demonstrated an increase in...

Pain-Related  
Assessment  
and  
Management  
Knowledge

Perceived  
Feasibility of  
Pain  
Assessment/  
Management

Perceived  
Confidence in  
Pain  
Assessment/  
Management

Perceived  
Skill Related  
to Pain  
Assessment/  
Management

### What did participants think of the program?

- Participants positively endorsed the pain training program (e.g., value of training content; applicability of information; effectiveness of training format; group size; mean ratings: 8.61 to 9.15/10).

- **Next Steps?** Continued and more rigorous program evaluation; determine the impact of the program on direct child care provided by respite workers.