

## Procedural fear and pain in children: Restraint or Relaxation?

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## Overview

- Pain: From nociception to cognition - a cognitive shift in defining pain.
  - Assessment and intervention
- Personal Construct Psychology
- Emotions: The Big Five
- Relaxation: Technique and practice
- Can I use relaxation?

## What is pain?

If:  
Pain = hurt = sensation = nociception  
– Implications for practice?

## Pain

- An unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage (IASP, 1979).
- Pain = sensation + emotion
- Pain = sensation + emotion + 'thinking'

## Cognitive Shift

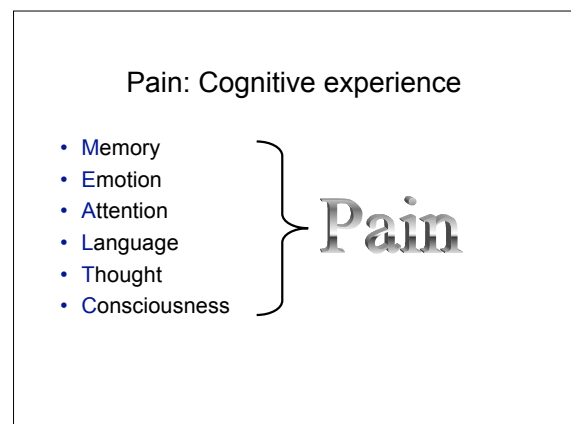
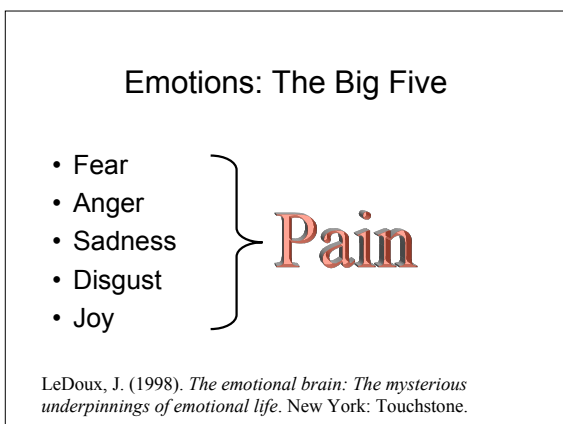
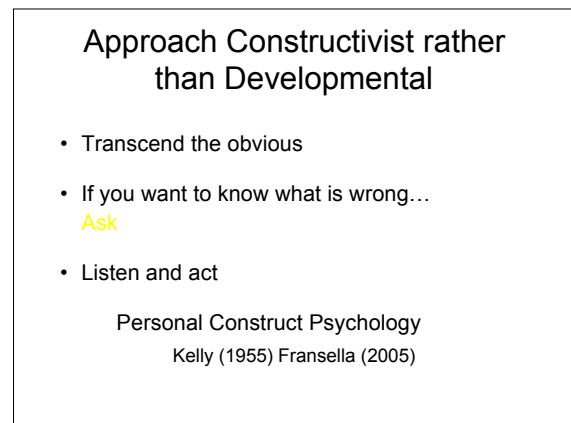
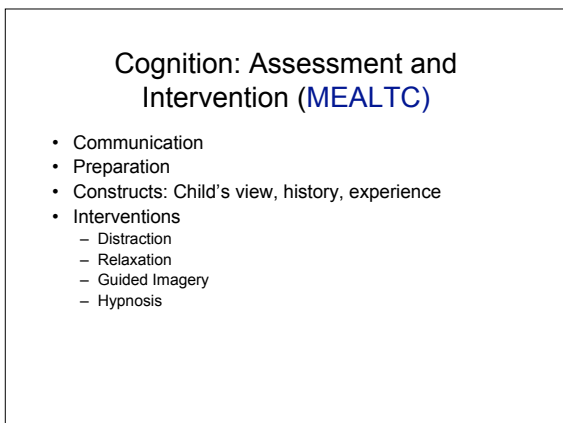
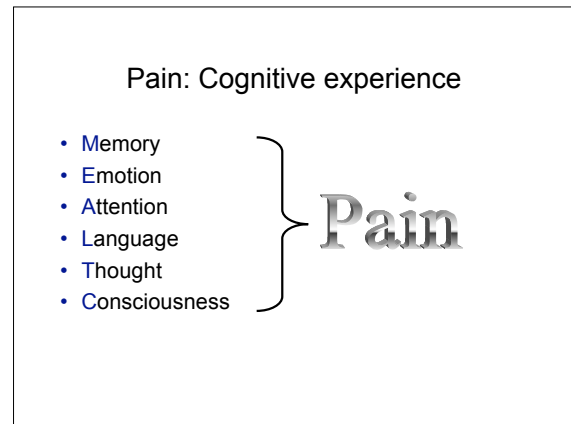
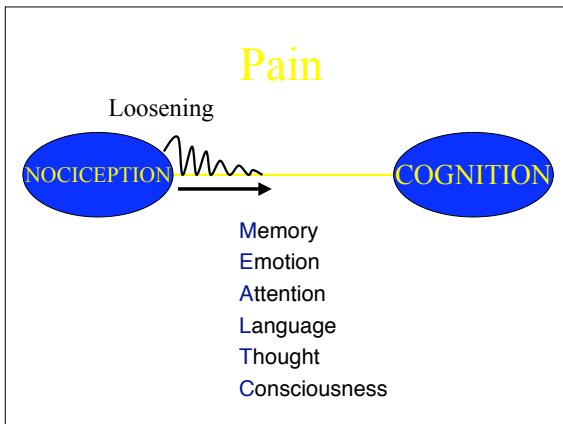
At the very least:

**Pain = Sensation + Cognition**

## Cognition (MEALTC)

- Memory
- Emotion
- Attention
- Language
- Thought
- Consciousness

Cairns-Smith, 1996; Crick & Koch, 2000;  
Mesulam, 1998; Roth, 2000

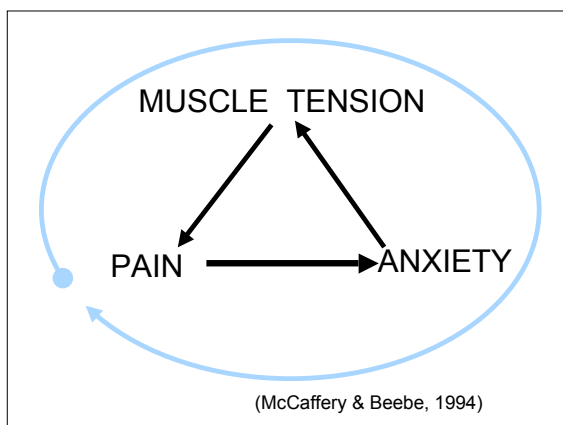


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} **Restraint**

- Memory
- Emotion
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} **Relaxation**



**Slappna Av!**

**Just relax!**

And the best way to relax is to take a nice big deep breath in.... And let it out slowly...

**Progressive Muscle Relaxation**

- A technique where anatomical regions are relaxed in a sequential manner.
- May involve contraction of a muscle followed by relaxation.

**Relaxation: Response Indicators**

- Generalized calmness - voice, affect, 'in control'
- Decrease in:
  - Respiratory rate
  - heart rate
  - muscle tension
- GSR - Biofeedback training
- Paradoxical relaxation-induced anxiety

## Restraint or Relaxation?

“Change is a process not an event”

Organizational change vs. Personal Change

- No! Change, *is* a personal event.
- Organizational change is dependent upon personal change.
- Where do we go from here?

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