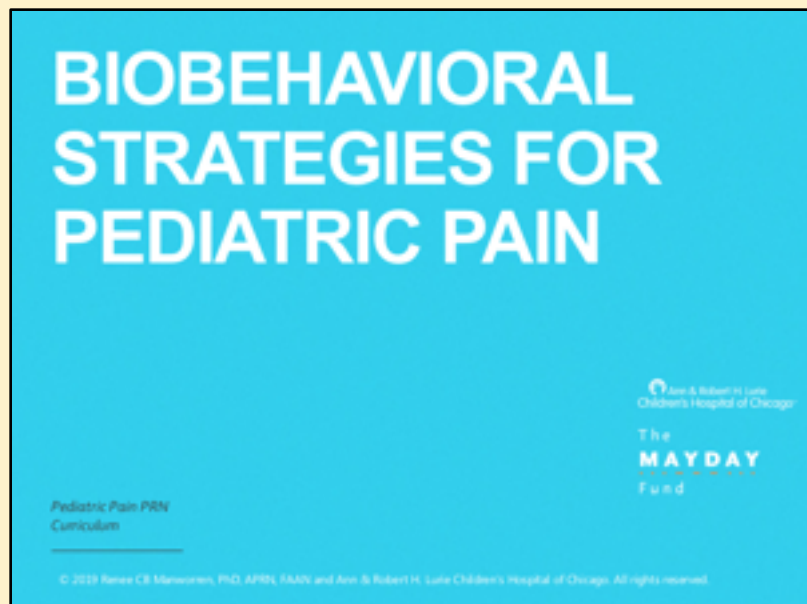


PRN Program: Biobehavioral




Materials: See facilitator guide for complete instructions to prepare for this content experience

- Select Biobehavioral strategies that can be initiated by nurses and/or are readily accessible in your facility or through referral.
- Invite experts to demonstrate and verify return demonstration of these techniques.
- Provide participant guide at least 1 week in advance
- **Breakout rooms preferred.** Set up room(s) to facilitate small groups to see, try, and return demonstrate biobehavioral strategies.
- Display slide as participants walk in
- This session is **120** minutes: 20-30 minutes/activity for a total of 4 activities, but can be modified based on time and number of participants.

Welcome & Introductions: Introduce facilitator(s) if necessary

PRN Program: Biobehavioral

Objectives



- Explain the mechanism of action and potential outcomes of a variety of biobehavioral strategies used to manage children's pain
- Select biobehavioral strategies based on type and characteristics of pain as well as patient's developmental level, characteristics, and condition to help manage children's pain or help children cope with pain
- **Demonstrate at least four different comfort, cognitive, and physical biobehavioral strategies for pediatric pain management**

READ : The learning objectives for this session are to:

- Explain the mechanism of action and potential outcomes of a variety of biobehavioral strategies used to manage children's pain
- Select biobehavioral strategies based on type and characteristics of pain as well as patient's developmental level, characteristics, and condition to help manage children's pain or help children cope with pain
- **Demonstrate at least 4 different comfort, cognitive, and physical biobehavioral strategies for pediatric pain management**

The last objective is the one we will focus on during this session.

- Return demonstration is the most effective way to verify learning – so you will actively return demonstrate biobehavioral strategies during this session.



**SEE one,
DO one,
TEACH one**

1. TENS
2. Kinesiotape
3. Cold, Heat, Vibration
4. Yoga
5. Music
6. 5 Ps & One Voice
7. Distraction & Virtual Reality
8. Positioning for Comfort
9. Relaxation, Guided Imagery, Reframing
10. Acupuncture
11. Managing the Environment & Aromatherapy
12. Others available in setting

(Modify this slide to provide choices of at least 4 biobehavioral strategies. Remind expert facilitating each strategy: Do NOT lecture. Do NOT present.)

READ: The goal is for you to practice & immediately adopt these strategies. **First**, the strategy will be demonstrated. In this step, you will observe how to setup and perform the strategy. As you watch the demonstration, note the steps in sequence. This step will take about 5 minutes.

*(Point out procedures that are important for the strategy to be successful as well as tips for implementation. If participants are only from 1 facility, consider informing them of the referral process if required for obtaining equipment and specialty services **[5 minutes]**)*

Second, you will demonstrate how to perform the strategy. Partner up so one of you is the patient and the other is the healthcare provider. As you practice, the facilitator will provide feedback & reinforcement on your technique. This step will take about 10 minutes.

*(Prompt participants to explain the mechanism of action and potential outcomes of each strategy, focusing on how it manages children's pain. Ask how they might vary the strategy based on type and characteristics of pain and patient's developmental level, characteristics, and condition. **[10 minutes]**)*

Third, you will switch partners, pair up and teach your new partner how to perform the strategy. This will be your final 10 minutes working with this strategy in class.

*(**Remember**, the background information is included in the participant guide so you don't need to cover the mechanics of the strategy and how/why it works. You want them to experience the strategy and develop confidence of performing and coaching someone in use of the strategy **[10 minutes]**)*

[25-30minutes/technique]