



In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

Featured article:

Baerg, K., Tupper, S.M., Chu, L.M., et al. **Canadian surveillance study of complex regional pain syndrome in children.** *Pain*, 2022;163(6):1060-1069. Epub 2021 Sep 13. DOI: 10.1097/j.pain.0000000000002482

Key insights from the study:

- **Surveillance and Epidemiology:** The study identifies a minimum incidence rate of complex regional pain syndrome (CRPS) in Canadian children, noting higher rates in older girls, which underscores the need for targeted awareness and diagnostic precision in this demographic.
- **Diagnostic Challenges and Treatment Variability:** It reveals significant variability in the diagnosis and treatment approaches among healthcare providers, suggesting the necessity for standardized treatment protocols and guidelines.

What happened?

Utilizing the Canadian Paediatric Surveillance Program, data were collected from pediatricians and pain clinics nationwide from 2017 to 2019. The aims were to determine the minimum incidence of CRPS and describe the clinical features and treatment pathways. The study involved detailed case reporting questionnaires covering physical therapy, psychological interventions, and medications, highlighting the importance of multi-disciplinary involvement in CRPS management. A dedicated patient partner was involved in all aspects of the study from grant application, questionnaire development, data interpretation and manuscript review.

Why is it important?

Understanding the epidemiology and management strategies for CRPS in children is vital for improving outcomes. A shorter time to diagnosis correlates with better outcomes, indicating the critical need for early recognition and intervention in pediatric CRPS. The study's findings advocate for increased education and awareness among healthcare professionals to enhance the quality of care and potentially decrease the duration of untreated pain, leading to improved long-term health outcomes.

What now?

The results highlight the need for further research into effective treatment strategies and the development of consensus guidelines for managing pediatric CRPS. Establishing standardized diagnostic criteria and treatment protocols could minimize variability in care and improve patient outcomes across healthcare settings.



Quick Article Link: https://journals.lww.com/pain/fulltext/2022/06000/canadian_surveillance_study_of_complex_regional.11.aspx



cpn-rdc.ca



@cpn.rdc



@cpn-rdc