



An acceptance-based intervention for children and adolescents with cancer experiencing acute pain during cancer treatment – a single subject study

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Conclusion

An acceptance-based intervention may help children and adolescents with cancer experiencing acute pain to cope better during the cancer treatment.

Methods

Participants

Participants were recruited from the pediatric hematology and oncology ward and out-patient clinic at Children's University Hospital, Uppsala, Sweden. Children aged 4-18 years reporting sustained acute pain were invited to participate in the study. Participant A was a 7-year-old boy with inflammatory pain, Participant B was a 12-year-old boy with post-operative and neuropathic pain, Participant C was a 13-year-old girl with post-operative pain, Participant D was a 14-year-old girl with inflammatory pain and Participant E was an 18-year-old boy with post-operative pain.

Measurements

The children rated their level of pain and discomfort of pain at five baseline measurements and at post intervention.

Intervention

The intervention consisted of a pain exposure exercise lasting approximately 15 minutes.

Results

Five children participated in the study. See figures for outcomes.

