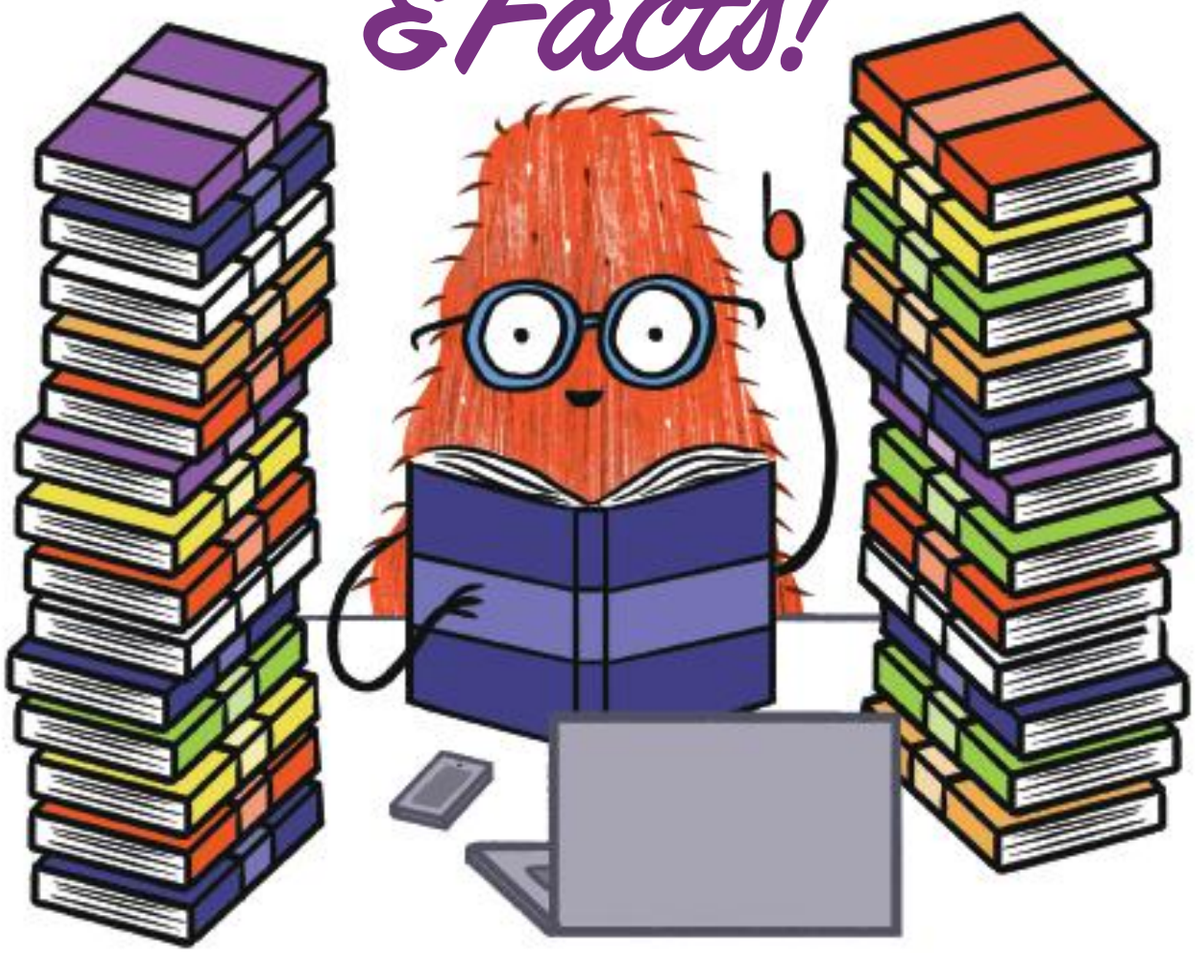
PAIN MYTHS

& Facts!



The Meg Foundation is a nonprofit dedicated to empowering kids and families with the **skills, strategies, and support** they need to manage pain and medical anxiety. The practice of pain management is decades behind the research, which means every day kids hurt when they don't need to. We believe that needless pain is both fundamentally wrong and a solvable problem.

Our vision is a world **free of unnecessary suffering** that has closed the gap between science and clinical practice. A world where every child, family, and medical provider has the skills, information, and tools they need to **understand, prevent, and manage pain**.

We give people not just information, but a path to self-advocacy and action. **We believe that knowledge is not necessarily power, but the ability to use it and turn it into real change is.**

Learn more at:

www.megfoundationforpain.org

WHY DID WE MAKE THIS BOOK?

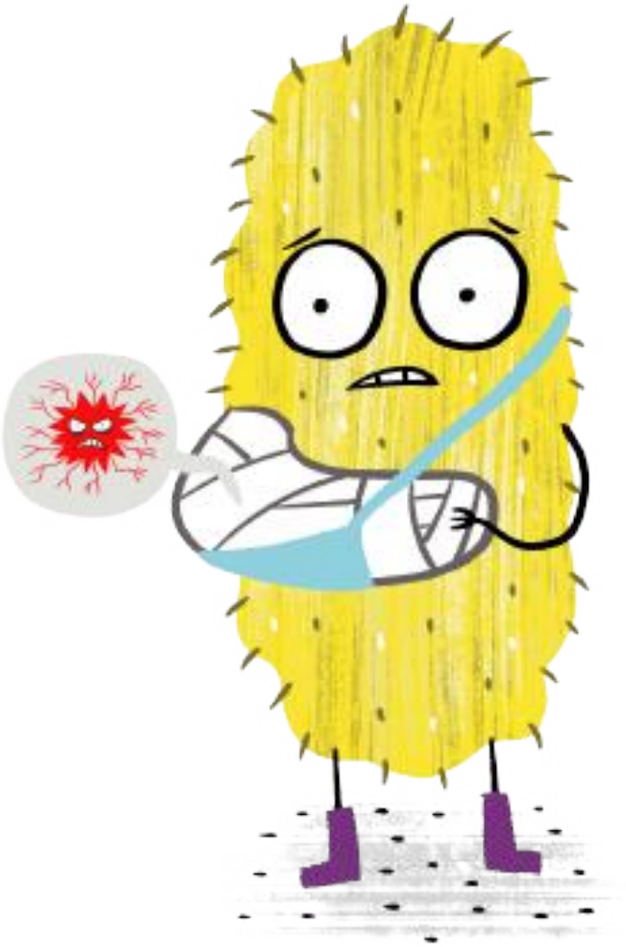
Well, to control something you have to understand how it works. To understand how it works, you need to have **good information** and **solid facts**.

There are SO many myths about pain that persist despite the fact there is so much research that demonstrates they simply aren't true. That bad information creates a whole lot of unnecessary suffering. Good information leads to **more comfort and control** for you and the people you care about.

Read on to learn some really helpful and important info that can **make a real difference in your world**. And it's super likely that no one has taught you about this... until *now*...

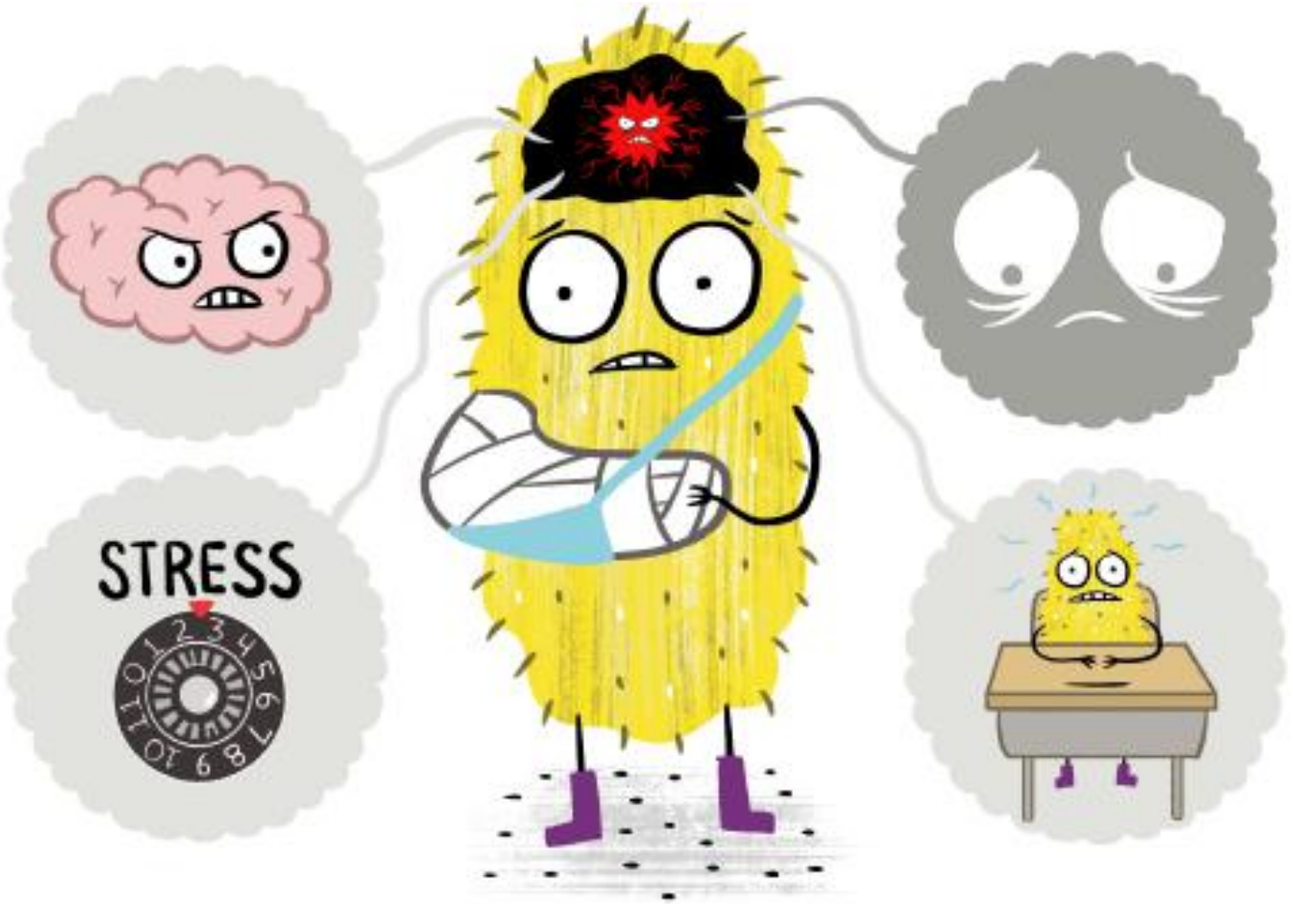


MYTH



Pain = how much damage there is to your body.

FACT



Nope... **MANY** things, including your **thoughts, feelings, stress level, and what's going on in the world** around you matter too.

MYTH



Kids' pain experiences **don't matter**
...they forget them anyway.

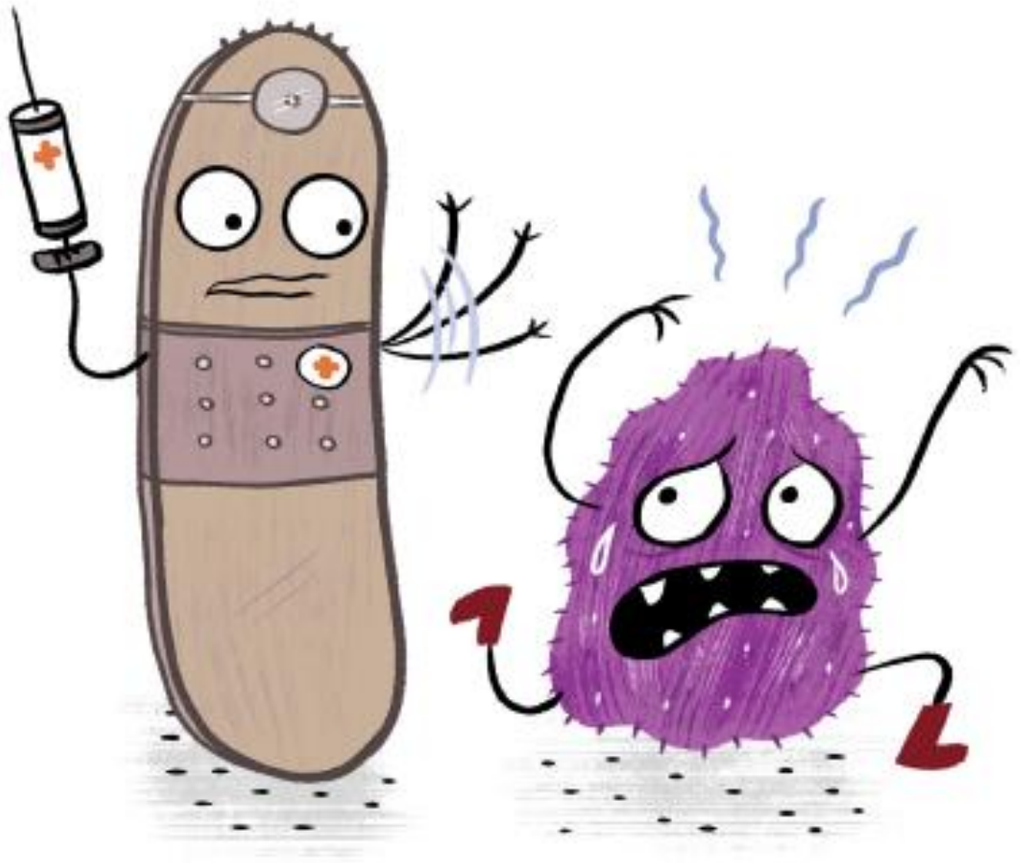
FACT



Wrong!

Our early pain experiences have **long term impact.** They change the way we experience pain and **how we feel about healthcare** into adulthood.

MYTH



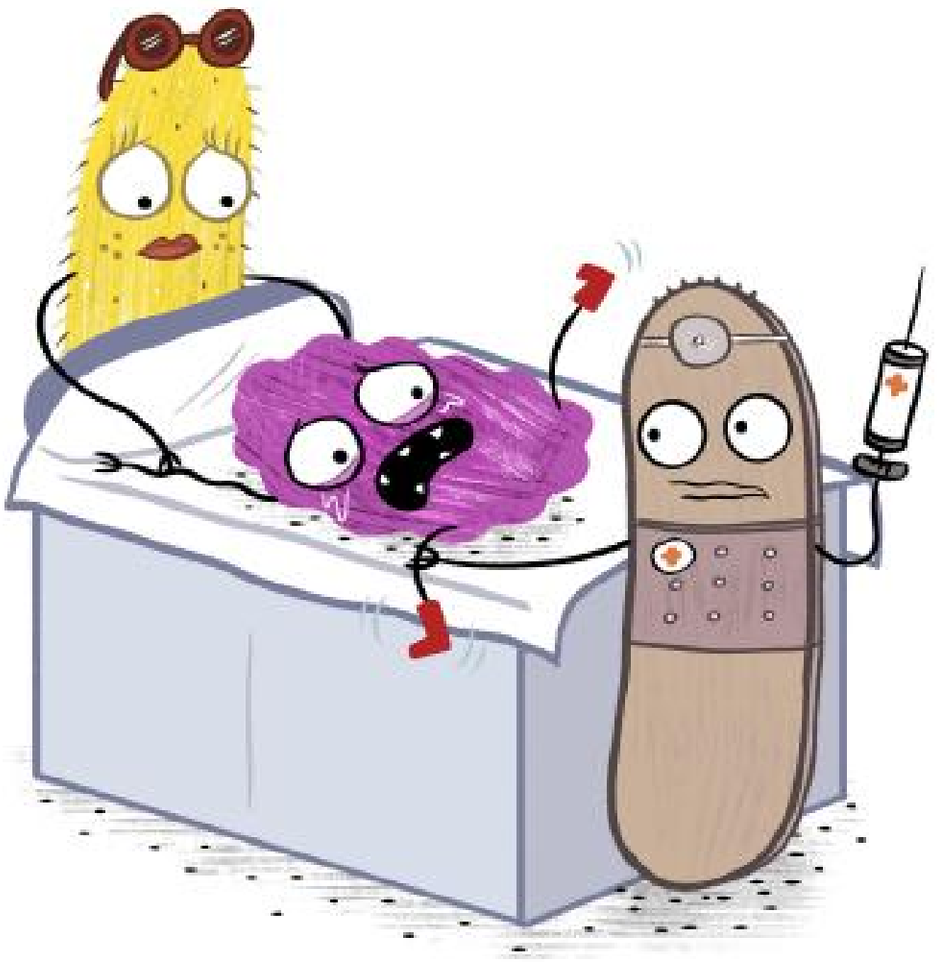
There is **nothing** we can do to prevent the freakout around needles for kids or adults.

FACT



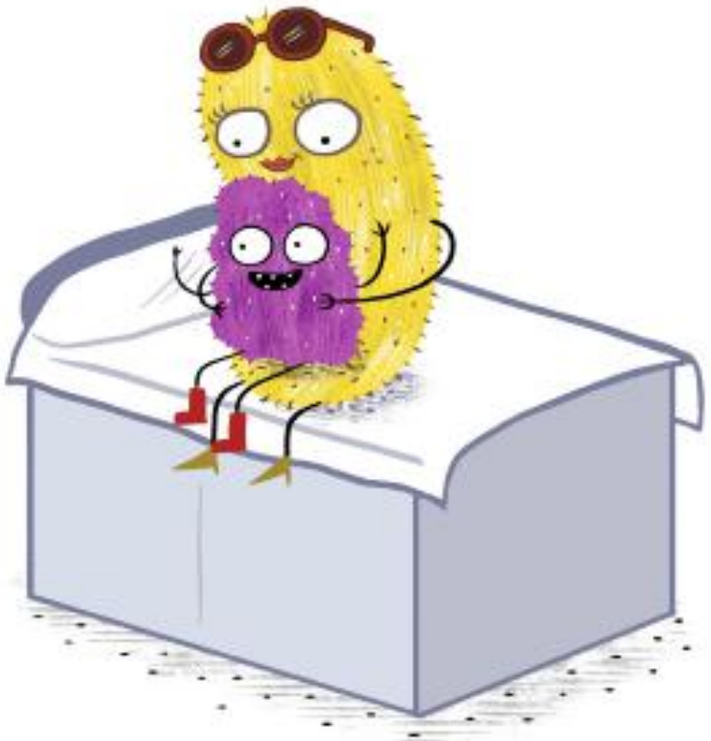
Nope. There are simple, effective, **research proven strategies** that make needle pokes and other procedures a lot easier and more comfortable.

MYTH



It's O.K. to hold my kid down for needle pokes.

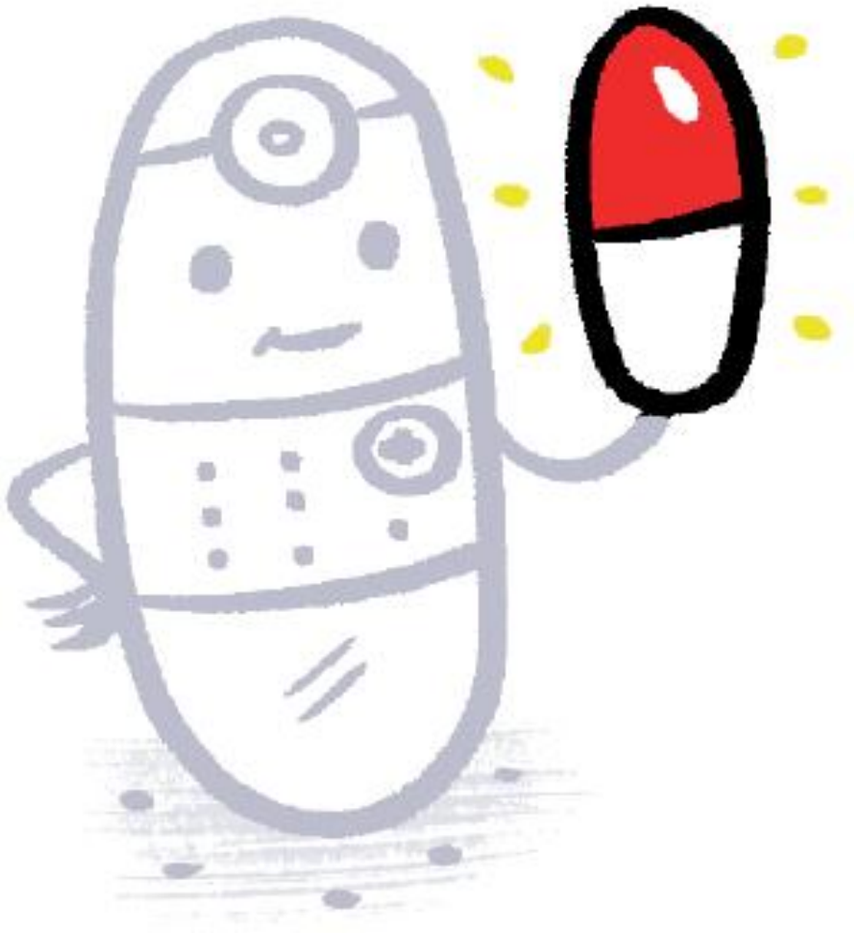
FACT



Nope, nope, and NOPE.

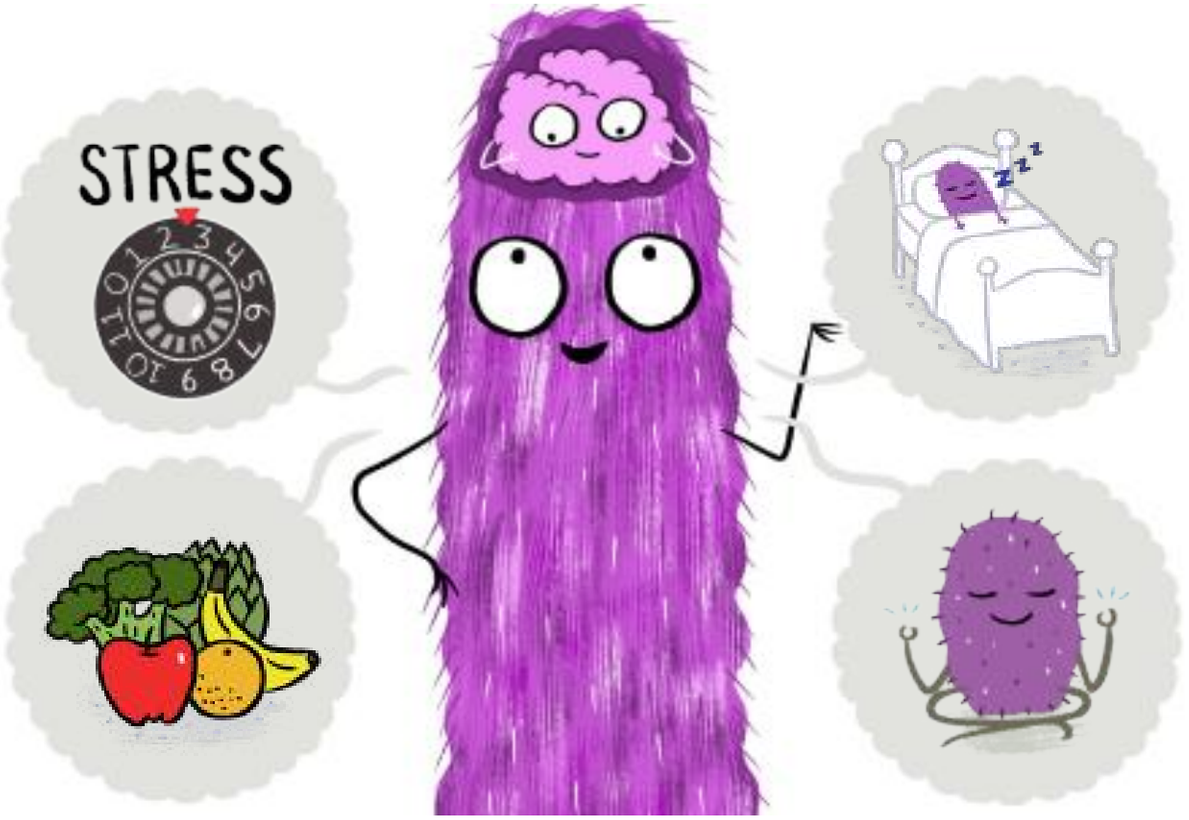
Research is clear that holding down kids (particularly on their backs) is a recipe for **medical trauma.** There are great **comfort positioning techniques** that allow for kids to be both safe and comforted.

MYTH



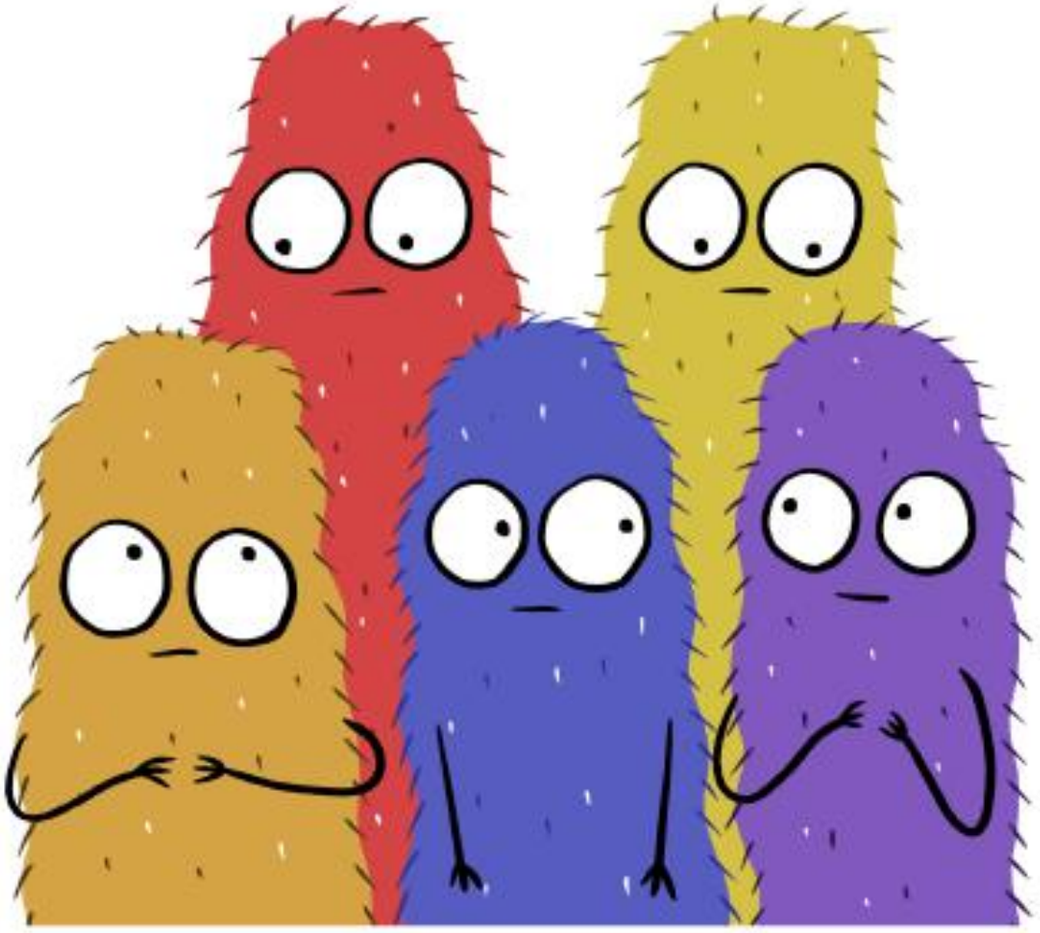
Medication is **always** the solution to pain.

FACT



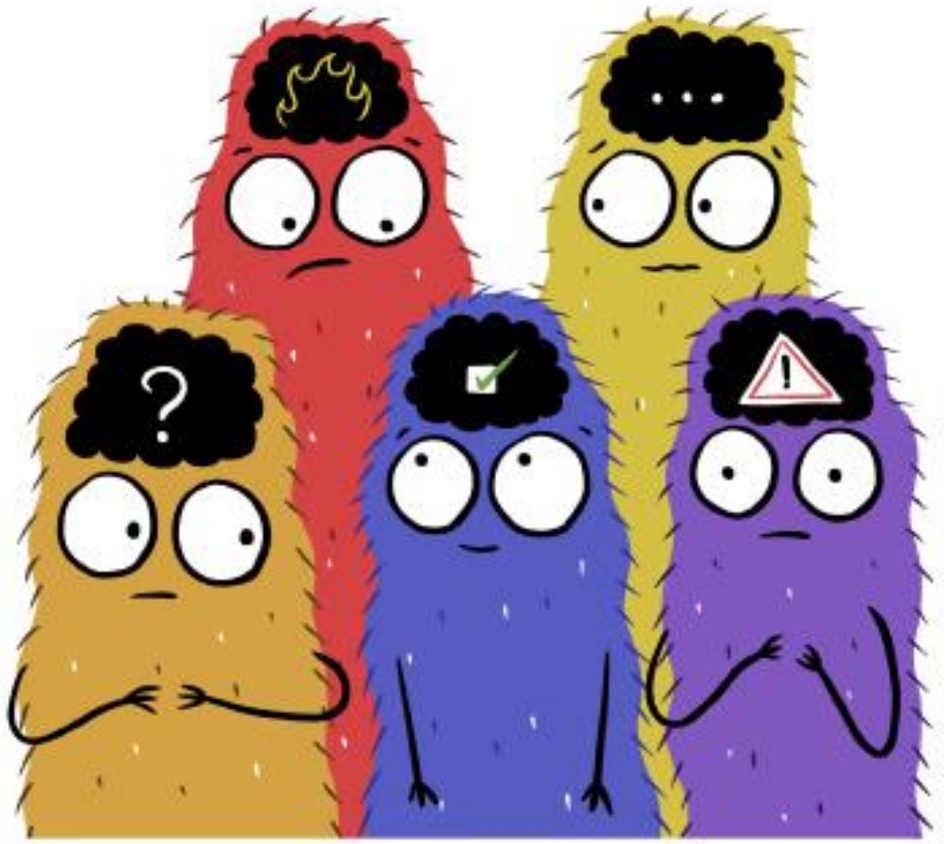
While meds can often be useful,
there are many **other** things that help too.
Lowering stress, sleep, and other **self regulation strategies** can make a very big difference.

MYTH



Pain is the same for everyone.

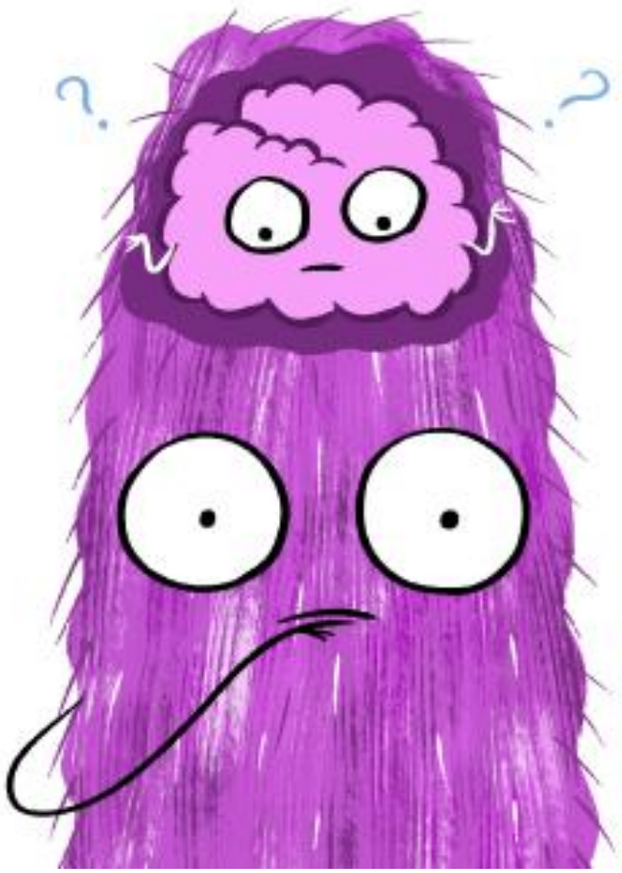
FACT



Pain is DIFFERENT for everyone.

It's even different for the same person, depending on what's going on in their world. It depends on MANY things, including past pain experiences, genetics, stress, mood, culture, etc.

MYTH



If psychological techniques like **mindfulness** and **stress management** work for my pain, it means my pain **isn't real.**

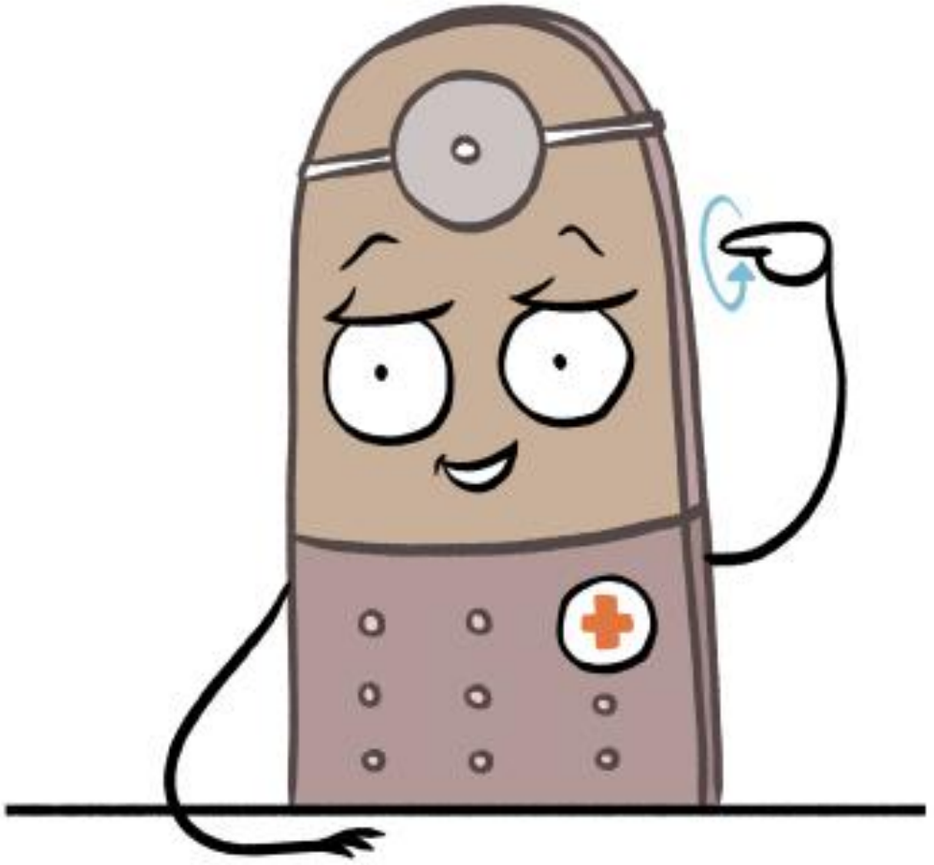
FACT



NOOOOOOOO!

It means you're doing a **great job taking care of yourself** and that you understand pain is a biological, psychological, **AND** social experience. By changing our psychological state, we change our **VERY REAL** pain experience.

MYTH



If something hurts more than a doctor "***thinks***" it should, then it means **you are crazy.**

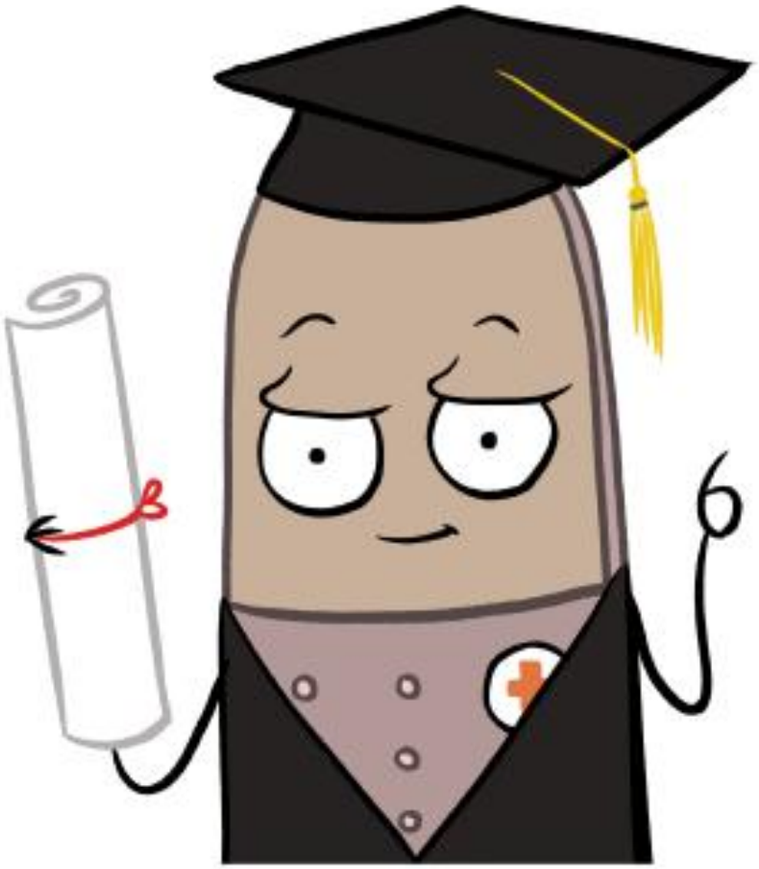
FACT



Wrong.

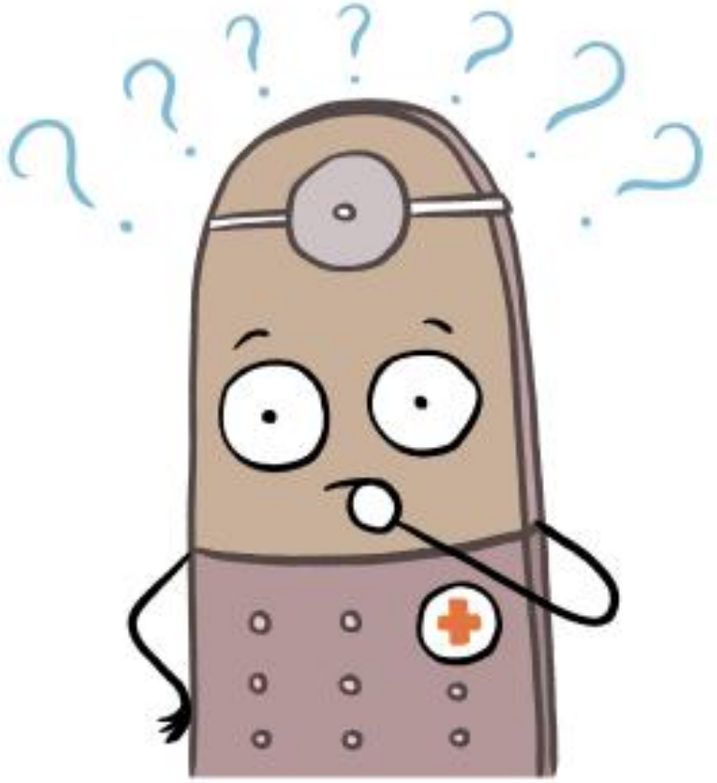
Everyone's body
is different,
and what might be
not a big deal to one
person can be
incredibly painful
to someone else.
It's not crazy
...it's how
people work.

MYTH



All doctors and medical providers know **everything there is to know** about all pain management techniques.

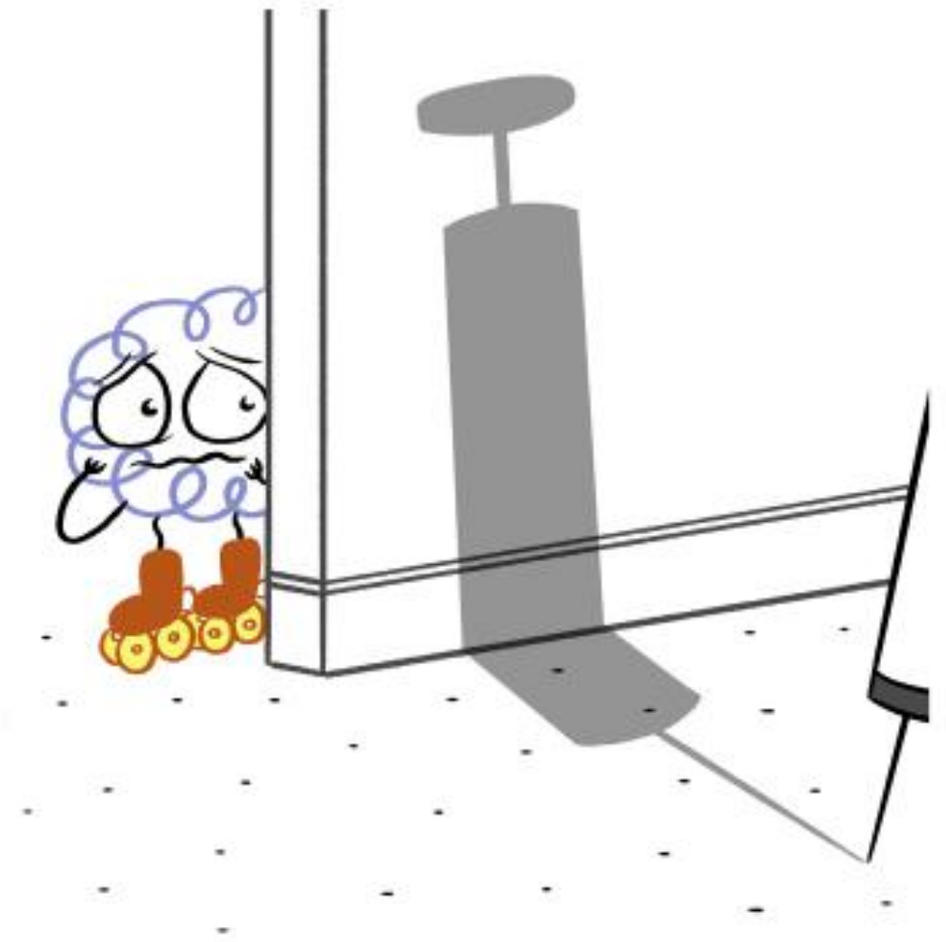
FACT



It turns out not, even the best ones!

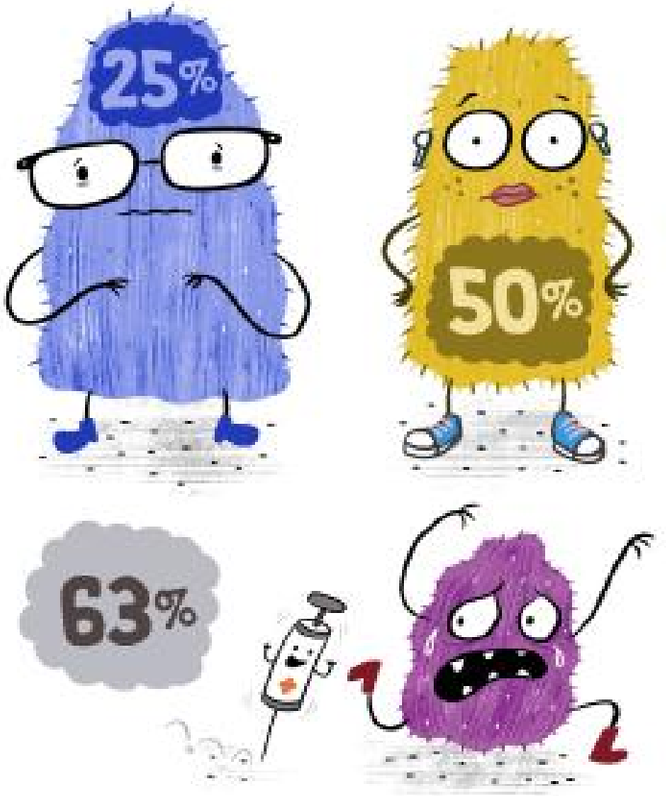
Chances are they only received 7-10 hours of instruction on pain in med school. You might need to give them some information (we can help!).

MYTH



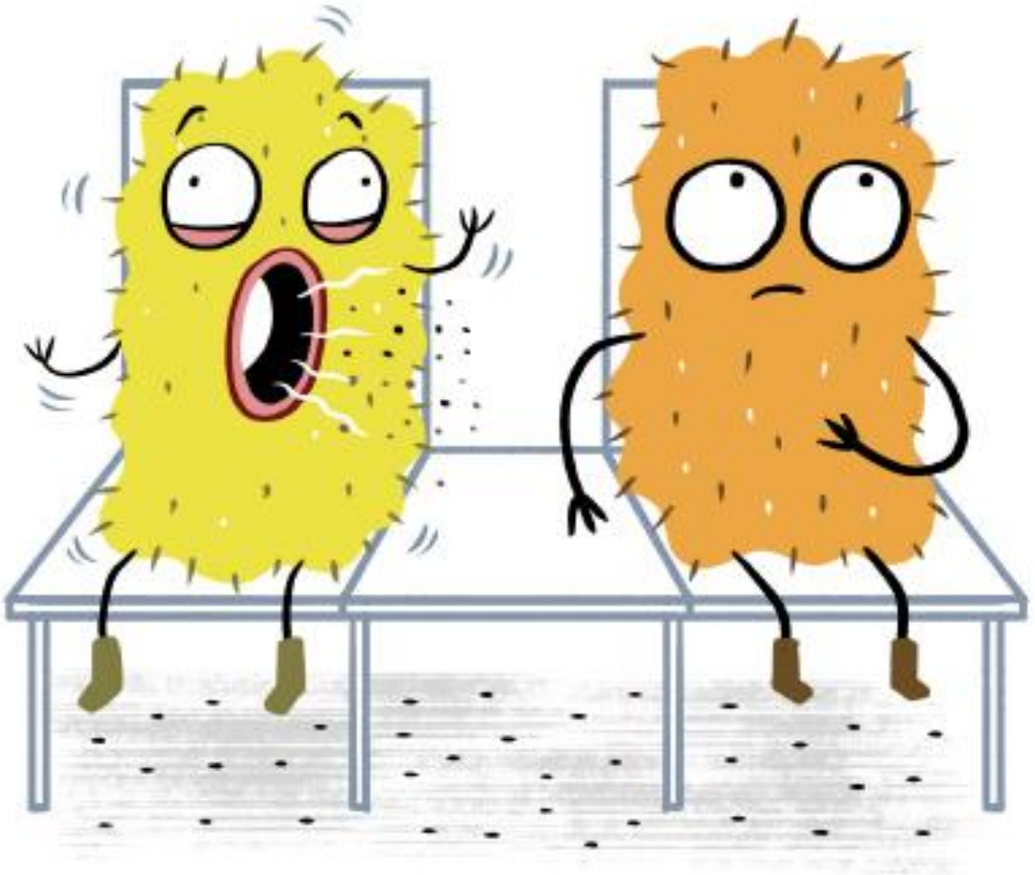
Needle anxiety is **rare.**
I'm the **only one** I know who has it.

FACT



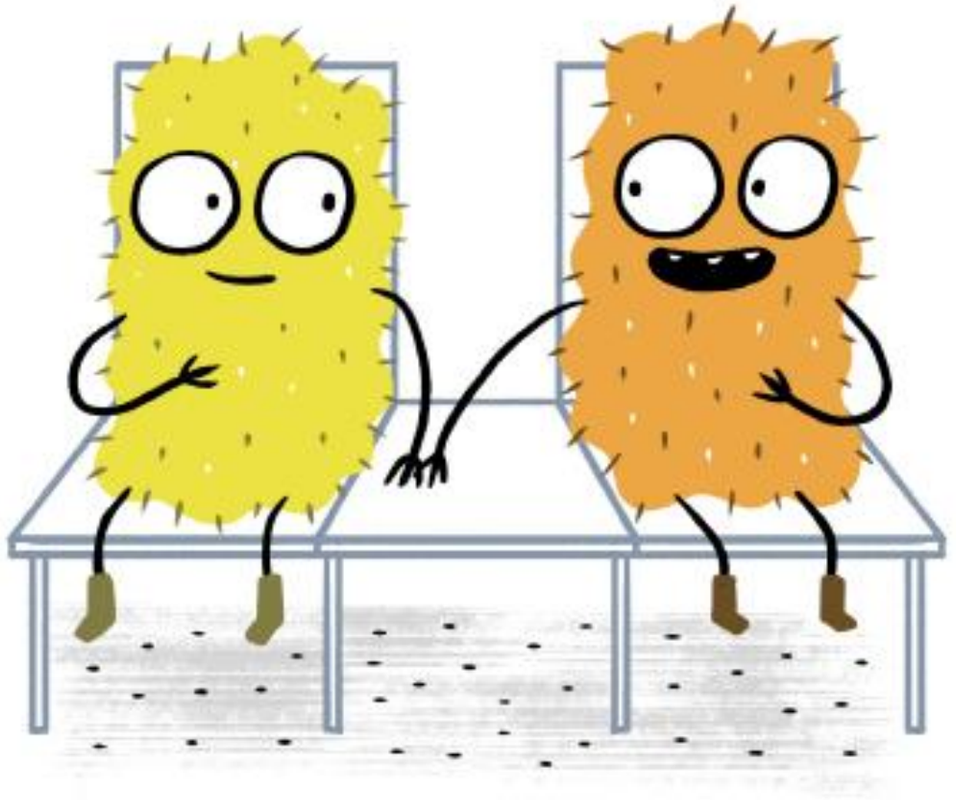
Unless you're a hermit who lives in the woods, this is **impossible. 25%** of **adults, 50%** of **teens,** and **63%** of **kids** are freaked out by needles... we just **don't talk about it** enough (yet!)

MYTH



People who are scared of needles just need to ***suck it up*** ...it's no big deal.

FACT



It is a *REALLY* BIG deal!

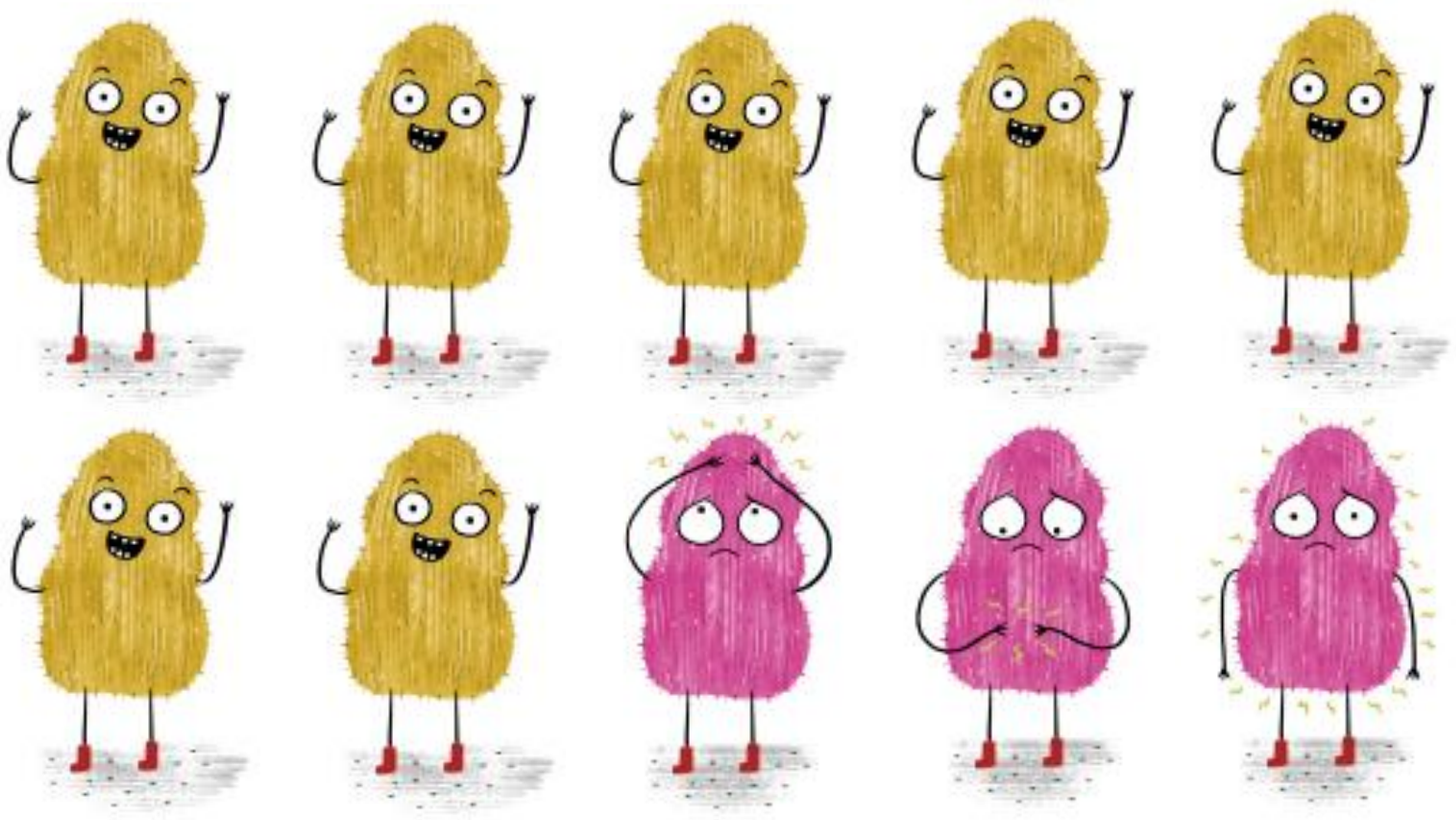
It's a fear that likely developed in childhood, is VERY common, and can have a major impact. People need skills and support...not shame.

MYTH



Kids don't have chronic pain.

FACT



That would be **REALLY** nice but the reality is that about **25-30%** of kids experience chronic pain.

MYTH



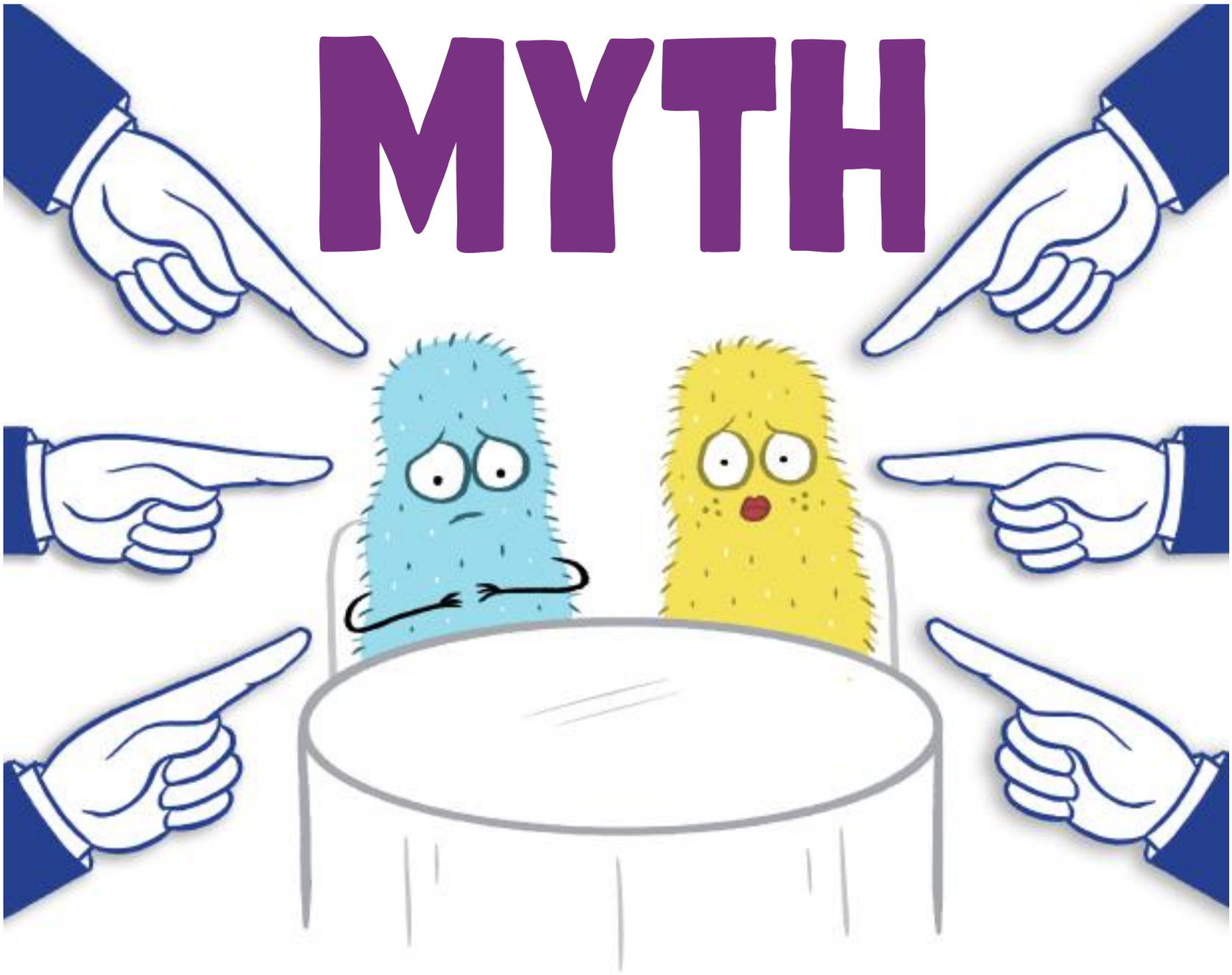
I am **always** going to feel
as **bad** as I do right now.



FACT

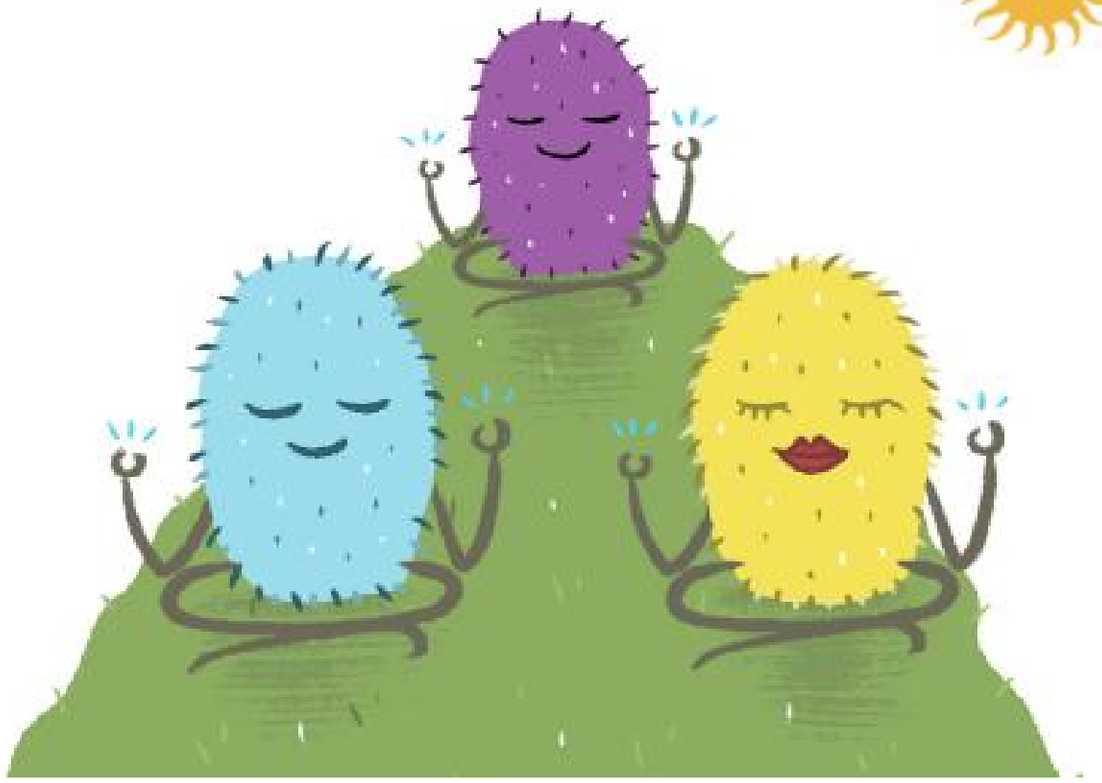
Your brain and body are **always** changing, so **pain can change too.** With the right kind of intervention, there is great research evidence that **you can feel a whole lot better.**

MYTH



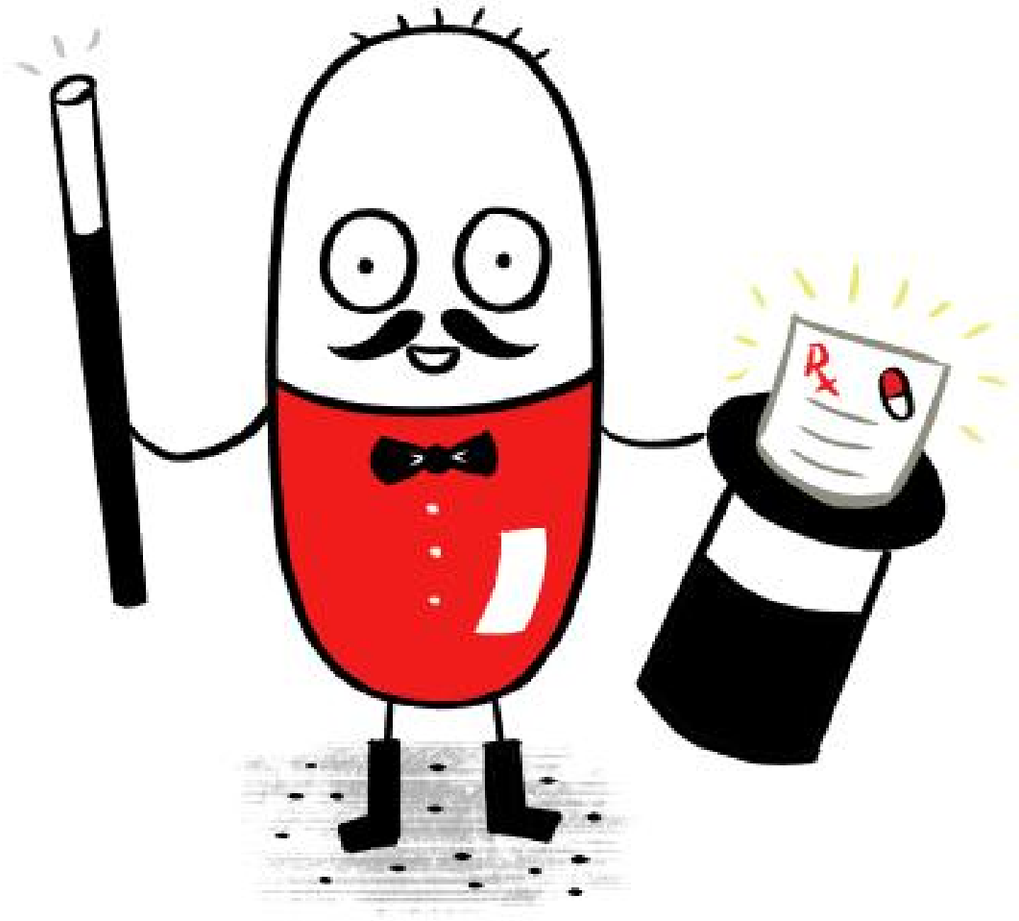
It's the **parents' fault**
that kids have chronic pain.

FACT



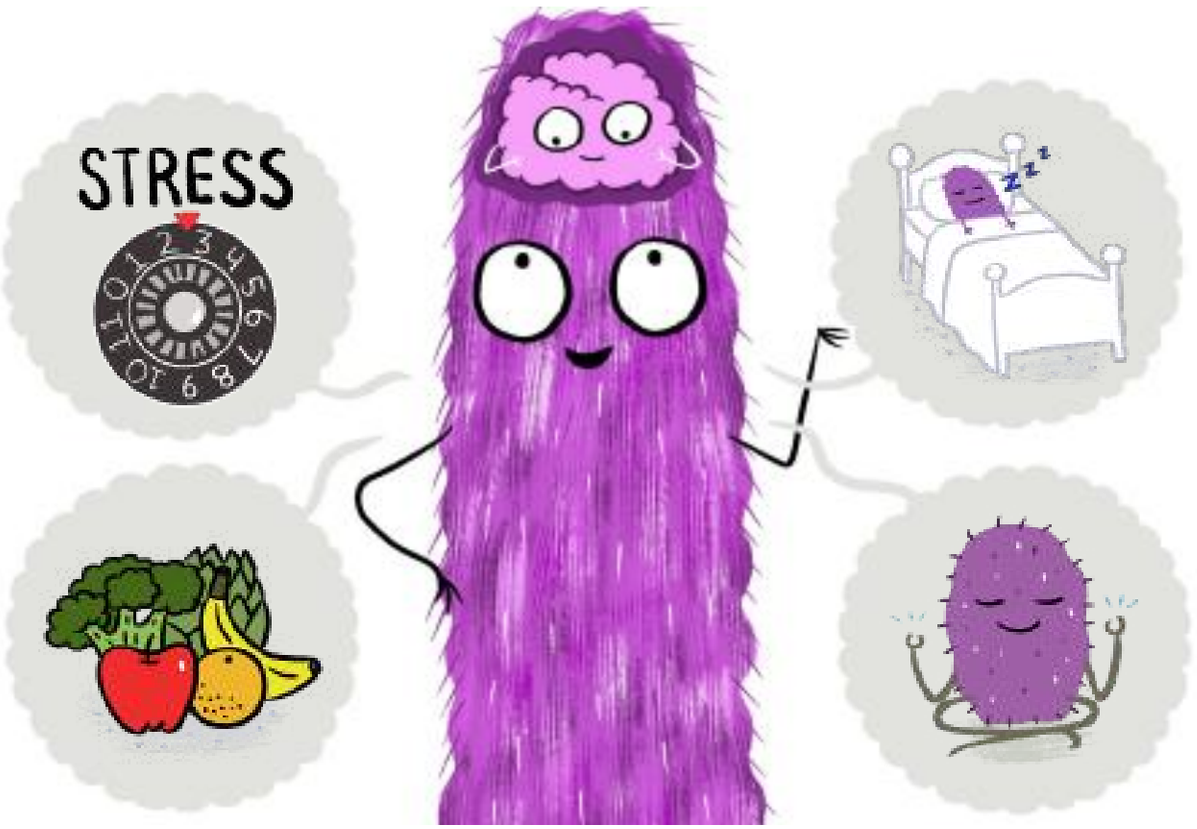
It's **no one's** fault, but it does require a **whole new set** of parenting skills. Learning how to **respond** to a child's pain can be a powerful part of the solution.

MYTH



There is a **“magic pill”** solution to chronic pain.

FACT



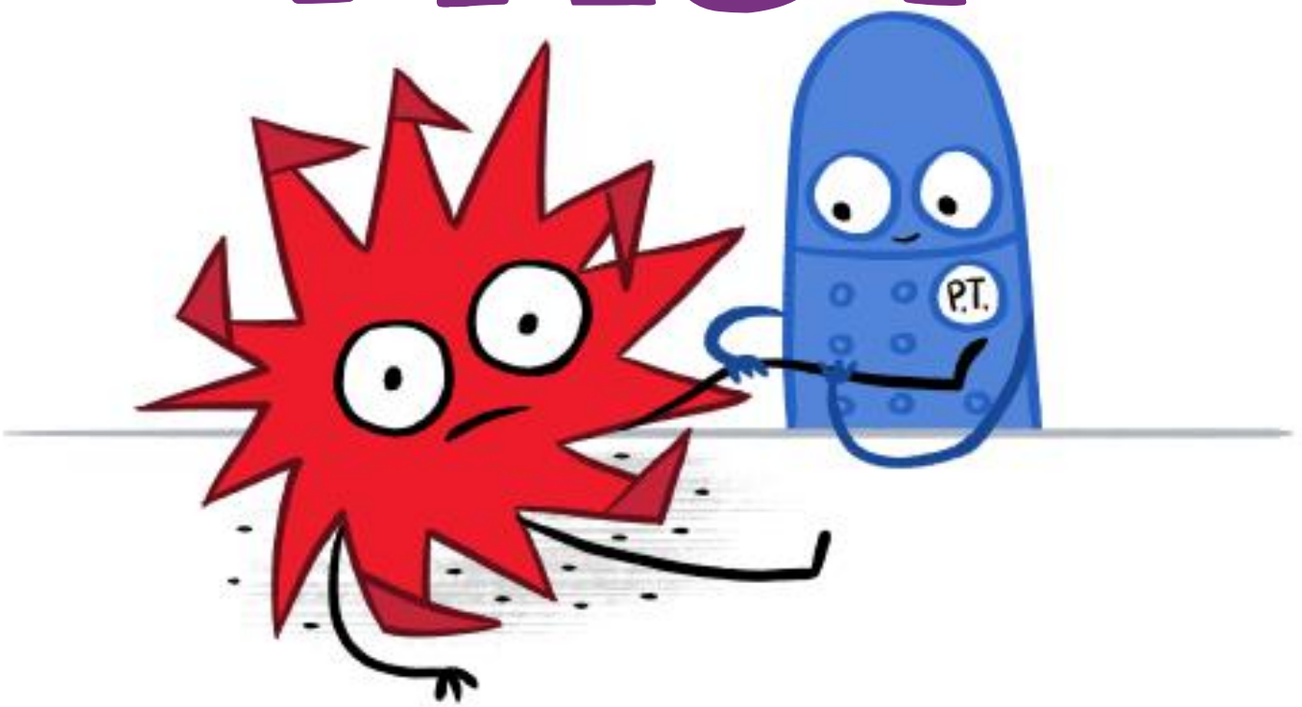
While patients **AND** providers would **LOVE** this to be true, it's just not. Treatment is complicated. It involves learning **new coping skills** and **changing the way we think** about pain.

MYTH



I can't function or **do anything** until my pain is gone.

FACT



Unfun reality:

Finding ways to get back to normal life and activites needs to happen **BEFORE** the pain goes away.
It's about learning new **coping strategies**, new **habits**, and **changing the way you think** about pain.

MYTH



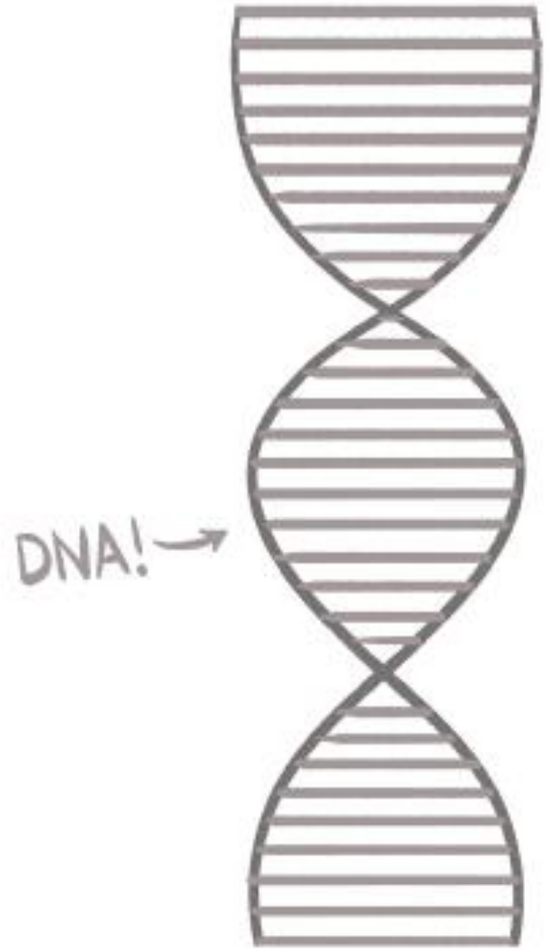
My **crazy sleep schedule** doesn't have anything to do with my pain.

FACT



A **solid sleep schedule** and **good sleep habits** are some of the **BEST** things you can do to improve your pain.

MYTH



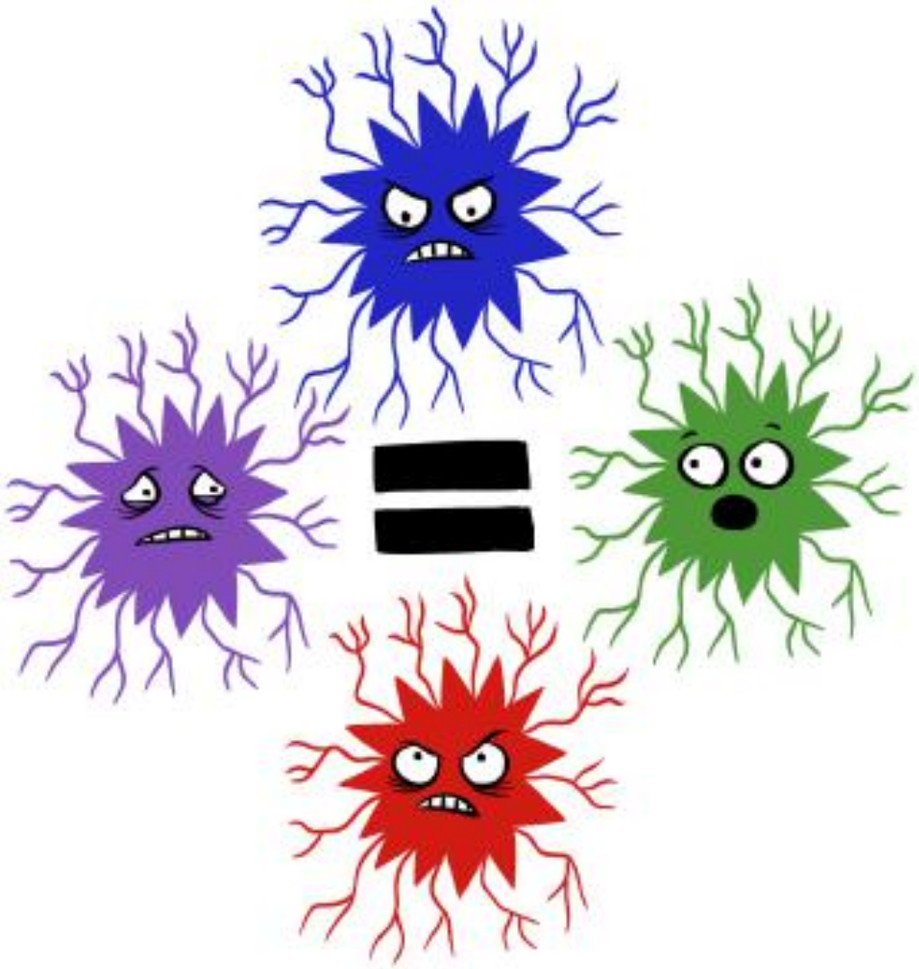
Black people
experience **less** pain.

FACT



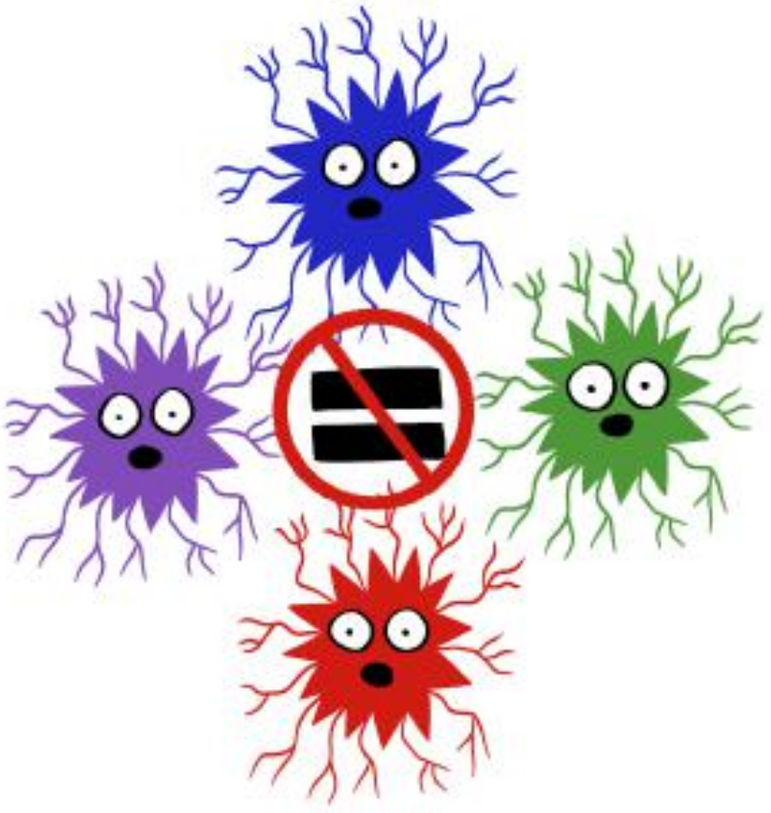
This is a **racist** idea left over from the days of slavery. It's been debunked over and over, but this myth still persists and creates a **lot** of unnecessary suffering even today.

MYTH



Everyone gets the **same kind of treatment** for their pain.

FACT



The truth:

Black people and those from other communities of color are **much more likely to be undertreated**, even kids. Women are also more likely to **not** get the care they need.

MYTH



Kids should **NEVER** be given **strong pain meds** like **opioids.**

FACT



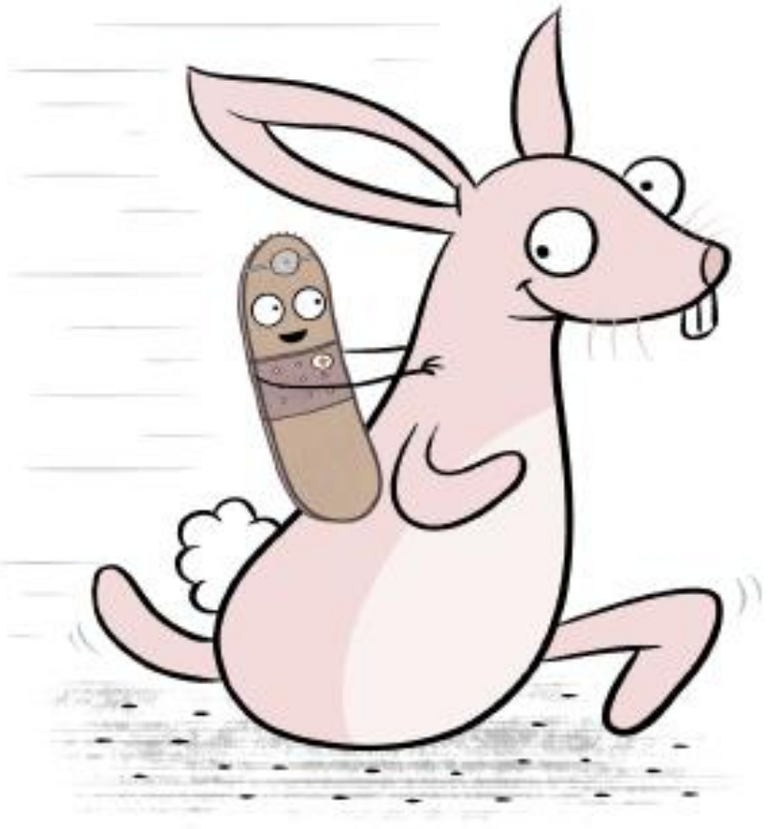
Nooo! While we obviously need to be cautious and careful, there are **definitely** injuries and surgeries where they are a really good idea and **prevent unnecessary suffering and medical trauma.**

MYTH



Doing best practice pain management **slows down** the work of medical providers, so it's really hard to fit into their workflow.

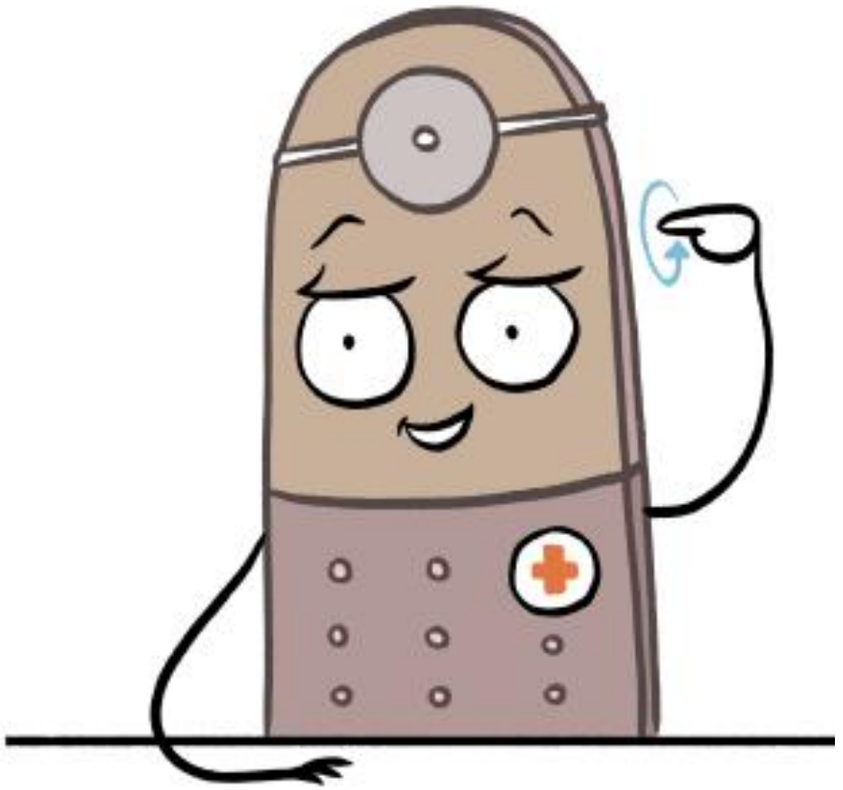
FACT



Another persistent but untrue myth!

Turns out good pain management practice **IMPROVES** workflow, reduces wait times, and improves both patient **AND** provider satisfaction.

MYTH



If I say **anything** about what works
for me or my child for pain management,
medical providers will be **mad and insulted**
and might ***not*** want to care for me.

FACT



You and your medical team have the same goal...

to create a **good healthcare experience** for you & your kiddo. Collaboration makes that happen. You combine their medical expertise **AND** your expertise in you and your child.



Meg Foundation

EMPOWERING FAMILIES TO PREVENT AND RELIEVE PAIN

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