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# A Child In Pain: What Health Professionals Can Do To Help



## Synopsis

This volume is designed to help pediatric health professionals gain a true understanding of childhood pain. Pain is the most common reason for children to seek a medical consultation and sometimes is the most common reason for avoiding it. Unaddressed fears and anxiety complicate pain management and recovery. This book comprehensively examines children's fears and anxieties that accompany their need for pain relief, and gives the professional the communication skills and words that can help calm these fears. This book is addressed to all disciplines, and is organized into three parts: Part I explores the scientific understanding of pain as a part of children's development; Part II explores pain treatments themselves, their efficacies and how to combine them for therapeutic impact; and Part III uses this understanding to help translate knowledge into clinical practice in three major arenas of pediatric health care and the general practice setting: the physician's office, the dentist's office, and in the hospital. Without doubt, this volume will become a standard on pediatric pain management for many years to come.

## Book Information

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## Customer Reviews

In her latest contribution to the well-being of children Dr. Kuttner has created a gem which is a must-read for all child health clinicians. Vignettes of actual patient encounters illustrate what really works, and offers hope for greater comfort for both clinicians and the families they serve. --Daniel P. Kohen, MD, Professor, Departments of Pediatrics & Family Medicine and Community Health, University of Minnesota Provides simple, clear guidance for health professionals of every discipline,

with just the right balance of research made real by countless patient stories that bring it to life. There is no other book that fills this niche easy to read, yet packed with practical advice and strategies that every pediatric clinician can use every day. --G. Allen Finley, MD, FRCPC FAAP, Professor of Anesthesia and Psychology, Dalhousie University, Canada

Dr. Kuttner and her contributors have distilled their rich experience providing integrative care for young people in pain to create an exceptional book that is comprehensive, practical and compassionate. Written with integrity, it speaks to us in the clear voice it would have us use to help children find comfort. This book is profound. --Laurence I. Sugarman, MD, Clinical Associate Professor in Pediatrics, University of Rochester School of Medicine and Dentistry, President, American Board of Medical Hypnosis

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Leora Kuttner, PhD is a pediatric clinical psychologist who specializes in children's pain management. She is a Clinical Professor in the Pediatric Department of the University of British Columbia and BC Children's Hospital, Vancouver, Canada. Dr. Kuttner has authored 'A Child in Pain, How to Help, What to Do,' a book for parents, and as a film-maker has co-produced and directed award winning documentaries on pediatric pain management: 'No Fears, No Tears,' 'No Fears, No Tears 13 Years Later,' and 'When Every Moment Counts.'

This book has a lot of wonderful information for parents as well as health professionals. We have a child who suffers with chronic nerve pain and have been able to learn how to better help him deal with his pain. There is quite a bit of medical jargon but it is written in a way that anyone can gain valuable information especially with regards to how to talk to a child who is in pain.

Easy and enjoyable to read. Good information for students and parents alike.

The book reads quickly as I have a lot of experience working with kids and know many of the things stated.

this is exactly what my niece asked for and she was extremely happy to receive it as a Christmas gift

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