THE LANGUAGE OF PAIN

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Learning Objectives

- Pediatric Primary care: pain assessment in immigrant and refugee patients

- Describe the impact of language in the assessment of immigrant children

- Assess immigrant children for their painful experiences

- Implement effective communication strategies for patient across transitions of care.
I have nothing to disclose.

I am not receiving any financial support for this presentation.

MSU CON Audio release Consents were obtained for all voices used in this presentation.

All images used are from the internet.
The United States resettles more refugees than any other country, and these refugees go on to contribute to our communities and our economy.

Between October 2014 and August 2015, out of 1300 Syrian refugees, Michigan was assigned 139 refugees.
Primary Care Clinic

Routinely provides Health screenings to the refugee children from Lutheran Social Services and other organizations supporting refugee/immigrant children.

Interpreters are present and assistant in the assessment of the clients.

Interpreters are available using phone lines located in the exam rooms.

However there always is the potential for interpreters to be unavailable.
A refugee, as defined by Section 101(a)42 of the Immigration and Nationality Act (INA), is a person who is unable or unwilling to return to his or her home country because of a "well-founded fear of persecution" due to race, membership in a particular social group, political opinion, religion, or national origin.

http://www.immigrationpolicy.org/just-facts/refugees-fact-sheet
The **top origin countries** for refugees are Afghanistan (2.6 million), Somalia (1.1 million), Iraq (746,200), Syria (729,000), Sudan (569,000), and the Democratic Republic of the Congo (509,300).

http://www.immigrationpolicy.org/just-facts/refugees-fat
REFUGEE EXPERIENCES

- Physical pain due to parasitic intestinal parasites
- Congenital anomalies
- Development of deteriorating conditions
- Injuries intentional and unintentional
- Abuse physical and emotional in homes and refugee camp
The purpose of this presentation is sharing the clinical experience in caring for refugee children in a primary care setting and the need to thoroughly assess their pain state.
Pain

An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage.

The International Association for the Study of Pain is an international learned society promoting research, education, and policies for the knowledge and management of pain.
Though we have technological developments in pediatric pain assessment as well as pain management.

Pain management in children is still considered by many to be undertreated.

Factors affecting the treatment of pain results and further risk factors for the use of analgesics.
The optimal pain assessment, management and the provision of evidence based advice to children and parents is through language.

Franck, Noble, and Lossi, 2010
Children rapidly develop an extensive vocabulary

This occurs as early as 12 and 30 months of age

The words for pain are usually related to injury emerging first

And then reflecting the normal speech acquisition

North American children usually say hurt, how, and out

Words such as ache, pain and sore occur after 36 months of age
Research on the impact of language on expression and suffer pain in children found that there a number of dimensions of definitions that cover pain. (Aziz, Humphreys, Cattani, 2011)

The many studies did not take cultural and linguistic factors into consideration in the process of their studies (Kopf and Patel, 2010).
Pain communication especially amongst children who speak a different language acknowledged that it may be very difficult to assess. (Bates et al, 1993)

Other recent research has found that a lack of interpreter limits the health services that any patient can be provided. (Wilson, et al, 2005)
"Lost in translation" literally means a word or phrase which, when translated from one language to another, loses so much of its nuance and/or connotation that its meaning, or the full sense of its meaning, is no longer discernible in the translated form.

http://www.answers.com/Q/What_is_the_figurative Meaning_of_the_phrase_lost_in_translation
CASE STUDY

- 8 year
- Pascal (name changed to protect HIPAA)
- From the Congo- Spoke French
- Interpreter-response denies pain
- Physical examination the patient’s facial expression indicate that he has abdominal tenderness. Eyes are closing with deep palpation with facial grimacing.
CLINICIAN ISSUES

- Asking the right question
- Ask the question at the right time to the physical assessment
- Timing during the physical assessment
- Asking the child the proper term based on their age
- Clearly defining what is pain, discomfort, hurt
- As a clinician I recognize I needed a method to determine if the question was being asked and answered
ARABIC TEEN

- 17 year old
- Oldest of 3 children
- Sent to the USA
- With his Uncles
- Symptoms of C/o pain- “achy”
- Flat affect
- “Tired all of the time”
As a clinician what do you think the next question should be?

Why?
<table>
<thead>
<tr>
<th>English</th>
<th>Arabic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you in pain?</td>
<td>هل تشعر بالألم</td>
</tr>
<tr>
<td>Does it hurt?</td>
<td>هل تؤلم؟</td>
</tr>
<tr>
<td>Pain</td>
<td>ألم</td>
</tr>
<tr>
<td>Hurt</td>
<td>ى</td>
</tr>
<tr>
<td>Swahili</td>
<td></td>
</tr>
<tr>
<td>---------</td>
<td>--</td>
</tr>
<tr>
<td>Are you in pain</td>
<td>umua</td>
</tr>
<tr>
<td>Are you feeling pain</td>
<td>sikiyamaumivu</td>
</tr>
<tr>
<td>Pain</td>
<td>maumivu</td>
</tr>
<tr>
<td>Hurt</td>
<td>kuwumiya</td>
</tr>
<tr>
<td>Language</td>
<td>Tigrinya</td>
</tr>
<tr>
<td>--------------------------</td>
<td>---------------------------</td>
</tr>
<tr>
<td>Unique is this is a gender specific language</td>
<td>Male third person</td>
</tr>
<tr>
<td>Are you in pain? (Be in pain?)</td>
<td>መስቀየ (ተወረ) ጠርቀም</td>
</tr>
<tr>
<td>Does this hurt?</td>
<td>No phrase</td>
</tr>
<tr>
<td>Pain</td>
<td>ኢልሆም, እም, እወም, እስመው</td>
</tr>
<tr>
<td>Hurt</td>
<td>(ስመውም, እላም)</td>
</tr>
<tr>
<td>Language</td>
<td>Somali</td>
</tr>
<tr>
<td>------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>Are you in pain?</td>
<td>Xanun Ma Kuhayo</td>
</tr>
<tr>
<td>Does it hurt?</td>
<td>Makuu Dhikama</td>
</tr>
<tr>
<td>Pain</td>
<td>Xanun</td>
</tr>
<tr>
<td>Hurt</td>
<td>Dhikan</td>
</tr>
<tr>
<td>English</td>
<td>Shona</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>------------------------------</td>
</tr>
<tr>
<td>Are you in pain</td>
<td>Uri Kurwadziwa</td>
</tr>
<tr>
<td>Does it hurt</td>
<td>Zviri (Greri) Lurwadzu</td>
</tr>
<tr>
<td>Hurt</td>
<td>Kukuvara</td>
</tr>
<tr>
<td>Pain</td>
<td>Marwadzo</td>
</tr>
</tbody>
</table>
CLINICAL IMPLICATIONS
CASE
ANTALGIC GAIT

- 15 year old female
- Refugee from Somali
- CC: Letter for school transportation to pick up patient in front of the home
- Hx: “She get tired walking to the bus stop.” “The stop is over a mile away”
- Assessment: Decreased and limited ROM of right hip.
- Referral to Orthopedics and xray of hip and spine
- Returns to clinic 4 weeks later and after orthopedics visit.
- Denies pain though father carried her into clinic. “She can’t walk”
# PAIN ASSESSMENT

<table>
<thead>
<tr>
<th>Language</th>
<th>Somali</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you in pain?</td>
<td>Xanun Ma Kuhayo</td>
</tr>
<tr>
<td>Does it hurt?</td>
<td>Makuu Dhikama</td>
</tr>
<tr>
<td>Pain</td>
<td>Xanun</td>
</tr>
<tr>
<td>Hurt</td>
<td>Dhikan</td>
</tr>
</tbody>
</table>
THE GAP IN ASSESSMENT: LANGUAGE

- Patient/culture
- Patient was not allowed to answer
- Father responded/culture
- Interpreter
- Timing during palpation
- Treatment at home: “We give Motrin sometimes”
- The meaning of “pain” “hurt” was not assessed
Spondylolisthesis

Positive labs for Rheumatoid Arthritis

Pain management Neurontin

Referral to orthopedics and rheumatology

Letter for transportation
Assessment
- There are many valid tools that have been used to measure the intensity of pain

Interpreters
- Availability
- Due to the dialect spoken an interpreter may not be available. Be sure to know if the question is being asked the correct way for the age and the culture.
- Allow the child to answer.
- How is the quality of the interpreter evaluated?
### Translations of Wong-Baker FACES™ Pain Rating Scale

<table>
<thead>
<tr>
<th>English</th>
<th>0</th>
<th>No Hurt</th>
<th>2</th>
<th>Hurts Little Bit</th>
<th>4</th>
<th>Hurts Little More</th>
<th>6</th>
<th>Hurts Even More</th>
<th>8</th>
<th>Hurts Whole Lot</th>
<th>10</th>
<th>Hurts Worst</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spanish</td>
<td>0</td>
<td>No</td>
<td>2</td>
<td>Duele Un Poco</td>
<td>4</td>
<td>Duele Un Poco Más</td>
<td>6</td>
<td>Duele Mucho</td>
<td>8</td>
<td>Duele Mucho Más</td>
<td>10</td>
<td>Duele El Máximo</td>
</tr>
<tr>
<td>French</td>
<td>0</td>
<td>Pas Mal</td>
<td>2</td>
<td>Un Petit Peu Mal</td>
<td>4</td>
<td>Un Peu Plus Mal</td>
<td>6</td>
<td>Encore Plus Mal</td>
<td>8</td>
<td>Très Mal</td>
<td>10</td>
<td>Très Très Mal</td>
</tr>
<tr>
<td>Italian</td>
<td>0</td>
<td>Nessun Dolore</td>
<td>2</td>
<td>Dolore Lieve</td>
<td>4</td>
<td>Dolore Moderato</td>
<td>6</td>
<td>Dolore Forte</td>
<td>8</td>
<td>Dolore Molto Forte</td>
<td>10</td>
<td>Il Più Forte</td>
</tr>
<tr>
<td>Portuguese</td>
<td>0</td>
<td>Não Doi</td>
<td>2</td>
<td>Doi Um Pouco</td>
<td>4</td>
<td>Doi Um Pouco Mais</td>
<td>6</td>
<td>Doi Muito</td>
<td>8</td>
<td>Doi Muito Mais</td>
<td>10</td>
<td>Doi O Máximo</td>
</tr>
<tr>
<td>Bosnian</td>
<td>0</td>
<td>Ne Boli</td>
<td>2</td>
<td>Boli Samo Malo</td>
<td>4</td>
<td>Boli Malo Više</td>
<td>6</td>
<td>Boli Još Više</td>
<td>8</td>
<td>Boli Puno</td>
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<td>Boli Najviše</td>
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<tr>
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<td>Hỏi Dau</td>
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<td>Dau Hôn Chút</td>
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<td>Dau Nhiều Hôn</td>
<td>8</td>
<td>Dau Thất Nhiều</td>
<td>10</td>
<td>Dau Quá Dô</td>
</tr>
<tr>
<td>Chinese</td>
<td>0</td>
<td>無痛</td>
<td>2</td>
<td>微痛</td>
<td>4</td>
<td>靜痛</td>
<td>6</td>
<td>更痛</td>
<td>8</td>
<td>非痛</td>
<td>10</td>
<td>剧痛</td>
</tr>
<tr>
<td>Greek</td>
<td>0</td>
<td>Νέω Ποναϊ</td>
<td>2</td>
<td>Ποναϊ Λιγο</td>
<td>4</td>
<td>Ποναϊ Λιγο Πολυ</td>
<td>6</td>
<td>Ποναϊ Πολυ</td>
<td>8</td>
<td>Ποναϊ Πολυ</td>
<td>10</td>
<td>Ποναϊ Παρα Πολυ</td>
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<tr>
<td>Romania</td>
<td>0</td>
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<td>2</td>
<td>Doare Puţin</td>
<td>4</td>
<td>Doare Un Pic Mai Mult</td>
<td>6</td>
<td>Doare Şi Mai Mult</td>
<td>8</td>
<td>Doare Foarte Tare</td>
<td>10</td>
<td>Doare Cel Mai Mult</td>
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<tr>
<td>Mongolian</td>
<td>0</td>
<td>Зовиургүй байна</td>
<td>2</td>
<td>Бага зэрэг евдэж байна</td>
<td>4</td>
<td>Өвчин нэмэгдэж байна</td>
<td>6</td>
<td>Их евдэж байна</td>
<td>8</td>
<td>Маш их евдэж байна</td>
<td>10</td>
<td>Төсөгүүн аргагүй евдэж байна</td>
</tr>
<tr>
<td>Japanese</td>
<td>0</td>
<td>痛みはない</td>
<td>2</td>
<td>わずかに痛い</td>
<td>4</td>
<td>少し痛い</td>
<td>6</td>
<td>かなり痛い</td>
<td>8</td>
<td>ひどく痛い</td>
<td>10</td>
<td>耐えられないほど痛い</td>
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<td>Bahasa Malaysia</td>
<td>0</td>
<td>Tidak Sakit</td>
<td>2</td>
<td>Sangat Sedikit Sakit</td>
<td>4</td>
<td>Sedikit Sakit</td>
<td>6</td>
<td>Sakit</td>
<td>8</td>
<td>Sangat Sakit</td>
<td>10</td>
<td>Teramat Sakit</td>
</tr>
</tbody>
</table>

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My Accessible Real-Time Trusted Interpreter – could be described as “interpretive services meets Skype.” The system, about the size of a standard computer screen, is used in clinical spaces to provide real-time interpretation in a multitude of languages. A provider simply dials into MARTTI and requests an interpreter, who then relays information while the patient watches the screen.
Google Translate

Medibabable translator

- Haitian
- Armenian
- Spanish
- Latin
WEB SITES

Translate

- http://vashona.com/translator/
- https://www.translate.com/human_translations/order
REFERENCES


Immigration http://www.immigrationpolicy.org/just-facts/refugees-fact-sheet

Lost in translation http://www.answers.com/Q/What_is_the_figurative Meaning_of_the_phrase_Lost_in_translation


Refugee http://www.immigrationpolicy.org/just-facts/refugees-fact-sheet

Tigrinya http://www.omniglot.com/writing/tigrinya.htm

THANK YOU