

# Healing Beyond Medicine: MHPSS Approaches to Pediatric Pain

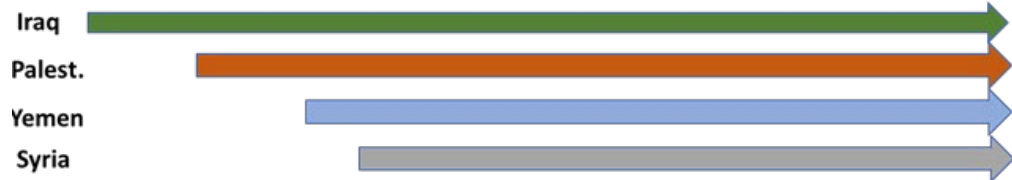
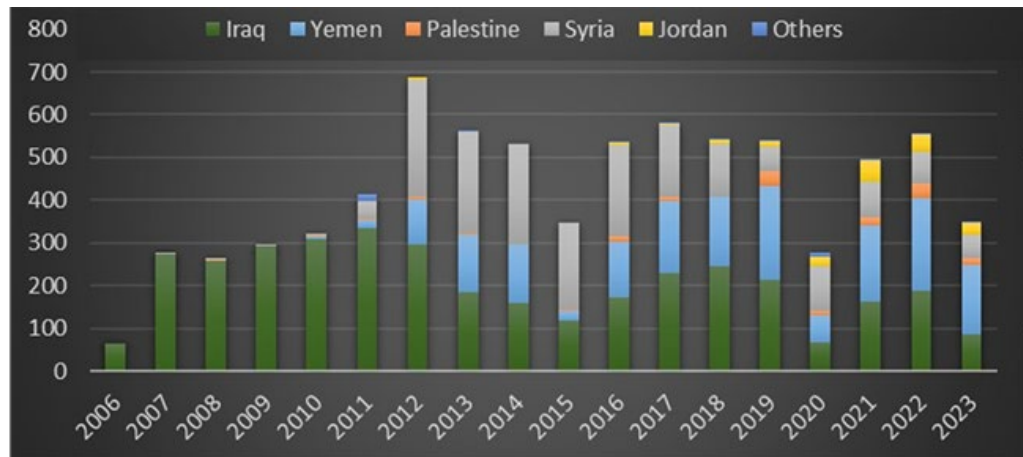
*Mahmoud Wriekat, Clinical Psychologist, MSC.*  
**Dr. Amira Dahmani, Clinical Director.**

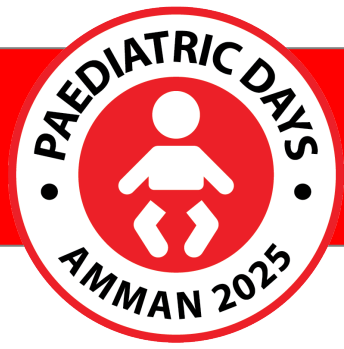
**MSF- Reconstructive Surgery Hospital – Amman**



# Reconstructive Surgery Hospital – Amman /Jordan

Surgical Reconstruction for war wounded , started in 2006 with Iraqis then it expanded to Yemenis, Syrians and Palestinians.

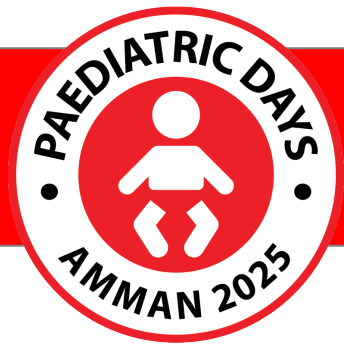




# Until 2025

- The Total Admissions: 8675
- Patients number: 5722
- Conducted Surgeries: 18922
- Pediatric cases: 1733





## Reconstructive Surgery Hospital – Amman /Jordan

RSH- MHPSS programs offers specialized care tailored to both patients and their caretakers , aim to provides them with the needed psychological care during the hospitalization, reduce risk factors while strengthening protective factors to improve children's positive mental health and well-being, as well as reduce anxiety and the negative effects of stressors.





# Beyond the Physical: The Psychosocial Dimensions of Pediatric Pain

- Pediatric pain is not only a biological experience — it is deeply intertwined with emotional and social suffering.
- Prolonged hospitalization, trauma, and loss of function often lead to anxiety, fear, and behavioral changes among children.
- Children who spend years in medical care — undergoing repeated surgeries, long rehabilitation periods, and ongoing treatments — often face more than physical pain.

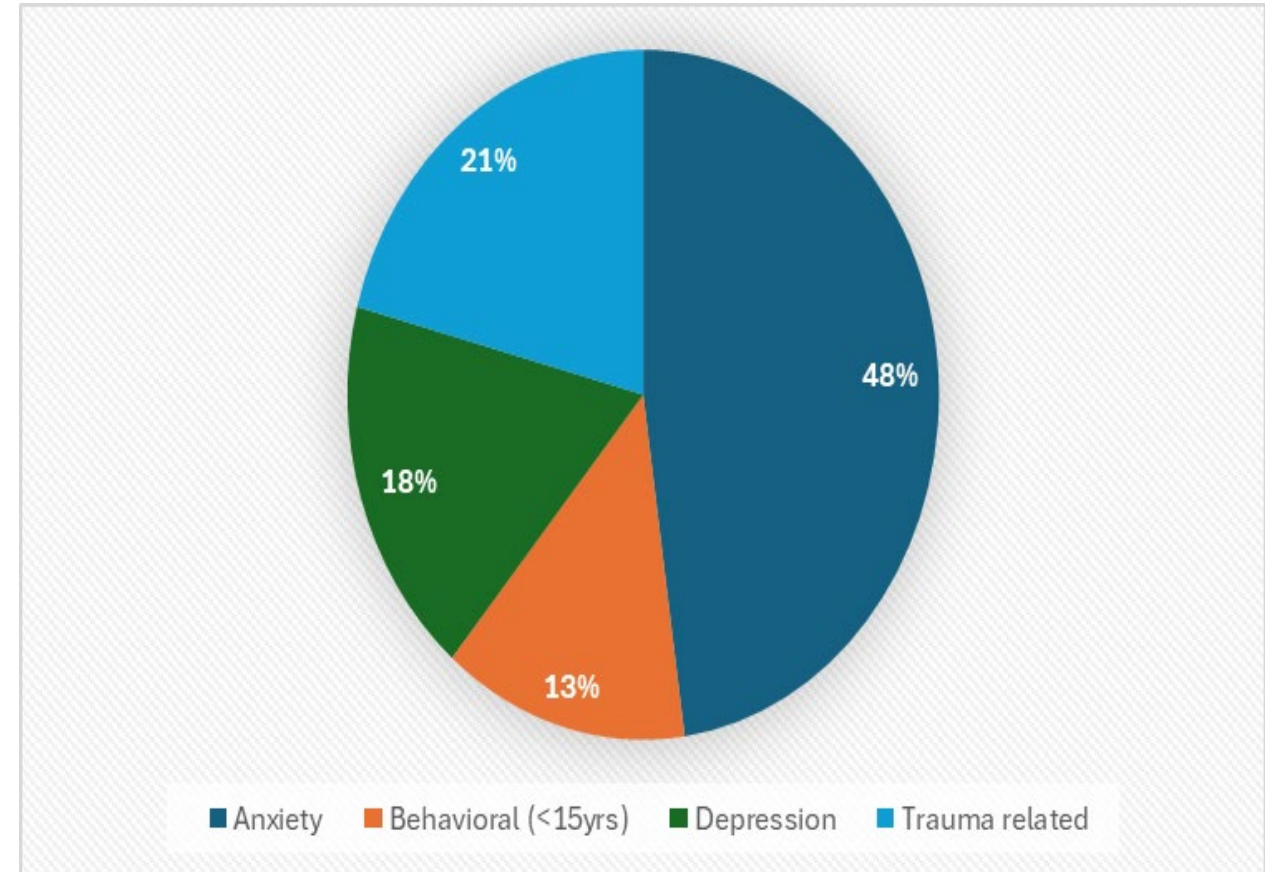
**“My childhood memories are full of pain, operations, and hospitals.”** Ahmad (16 years old), receiving treatment at RSH Hospital since he was 6 years old.

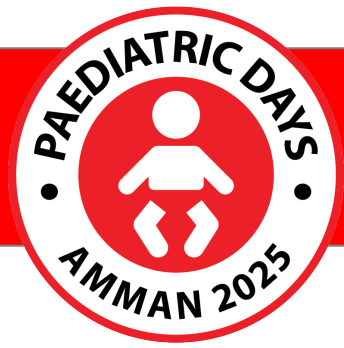


# Beyond the Physical : The Psychosocial Dimensions of Pediatric Pain

RSH- MHPSS data indicates that psychological distress – Anxiety is highly prevalent among pediatric inpatients.

These findings are consistent with global research demonstrating that unaddressed psychological distress — such as anxiety or trauma — can heighten the perception of pain, prolong recovery, and reduce adherence to treatment and rehabilitation.

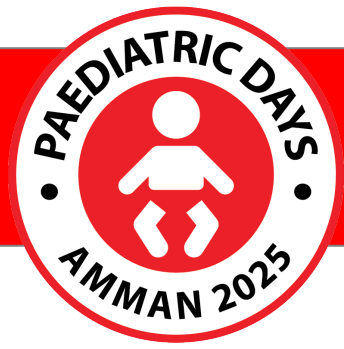




# Case Introduction: Hussein's Story

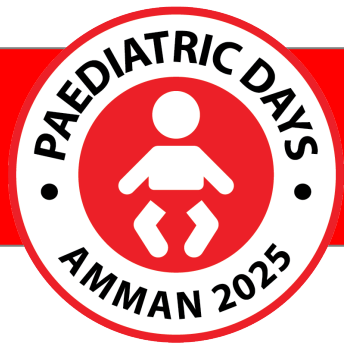
- A 12-year-old boy, who was exposed to about 4-gun shots on the left leg when he was 7 yrs old, resulting in a big wound on the posterior aspect and fractures.
- A story of trauma transformed into resilience.





# Medical Overview and Treatment Journey

- **Presented to RSP:** Big bone gap with soft tissue defect, walked with difficulty, pain, anxiety, malnutrition, isolation, Self-esteem, negative body image , poor coping skills.
- **During his say 2022-2025:**
  - Diagnosed with Langerhans histiocytosis,
  - Had many surgeries and treatment of infection on multiple stages, ended up with BKA. **3 admissions**
  - Physio follow up for prosthesis
  - MHPS Support for him and his father



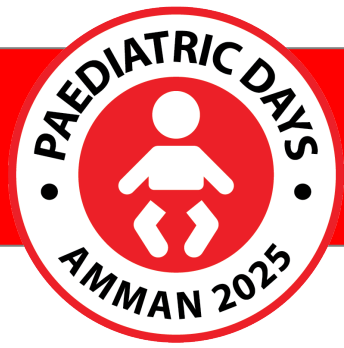
# Comprehensive Care Approach for pain management and mental health involvement.

**Multidisciplinary coordination (Medical, Nursing, Physiotherapy, Nutrition, Education, MHPSS)**


**Psychological support started early, in parallel with medical treatment.**

**Objective: Reduce distress, enhance understanding, and prepare child and family emotionally.**

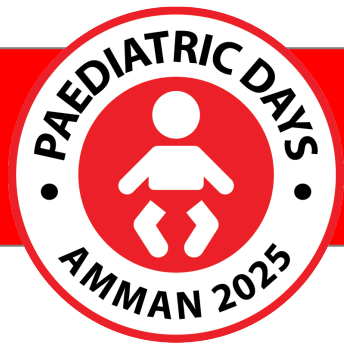




# MHPSS Interventions

 Specialized Psychological Techniques for Pre-surgical Preparation (Children)

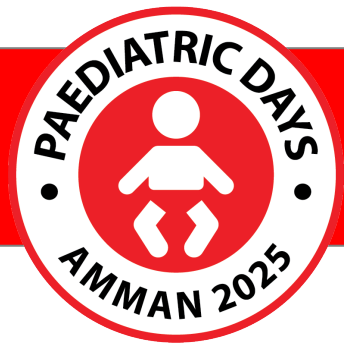
- 1. Psychoeducation and Cognitive Preparation**
- 2. Stress Management (Relaxation and Breathing exercise )Cognitive Coping Strategies**
- 3. Art therapy and Therapeutic Play**
- 4. Family-based Emotional Support**



# MHPSS Interventions

**5. Peer Modeling or Testimony** (Introducing the child to a peer who has successfully undergone a similar surgery.)

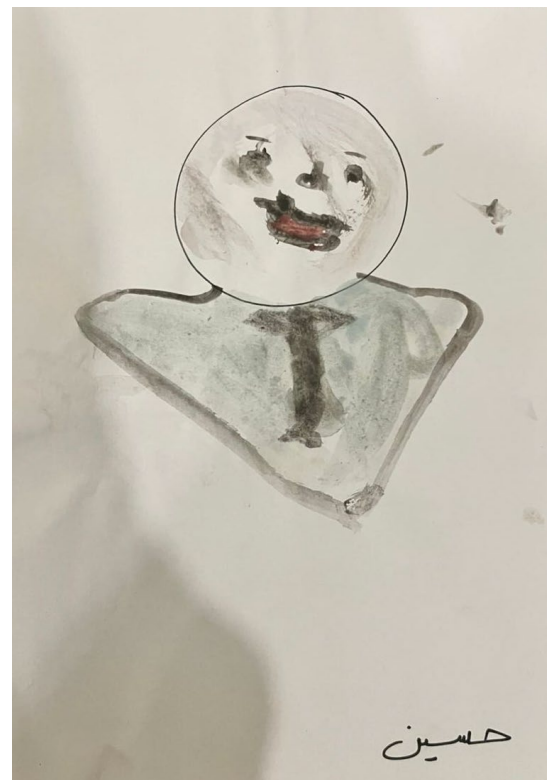
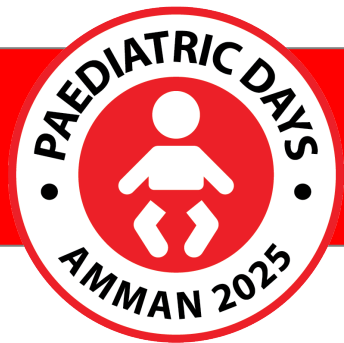
Rationale: normalizes the experience, increases hope, and provides realistic reassurance)

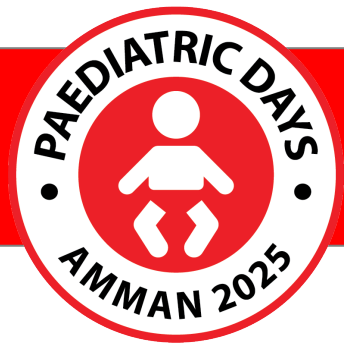


# Support Group Therapy

## Description of Hussein's drawings –through Art Therapy:

- Hussein demonstrated a remarkable ability to engage in artistic activities, using drawing as his primary means of expressing his feelings and his perception of himself and the world around him.
- He presented three solo works, in addition to participating in a large group project with children. His work reveals a clear interest in symbolism, the use of color for expression, and the organization of artistic space despite his limited mobility.



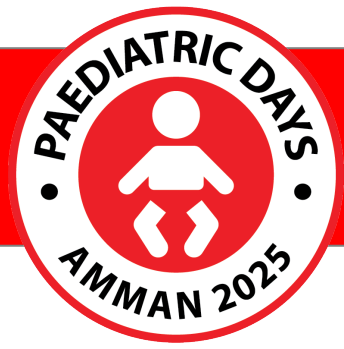


## **A general summary of Hussein's artistic experience**

**Hussein's four works reveals a clear ability to use art as a means of expressing himself, his body, and his emotions. His works range from:**

- **The search for security (Home)**
- **Releasing intense emotions (Black Painting)**
- **Attempting to understand his self-image (Gray Work)**
- **Connecting with and needing emotional connection (Composite Work with Clay)**

**His drawings represent a blend of silent emotions, inner energy, and ongoing attempts to visually rewrite his personal experience, making his participation in therapy sessions visibly therapeutic.**



# Transformation

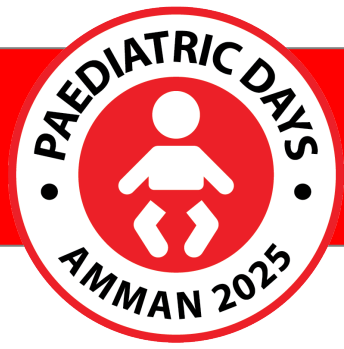
**Before:** Anxious, Withdrawn, Dependent

**After:** Confident, Socially engaged, Independent

Returned to school

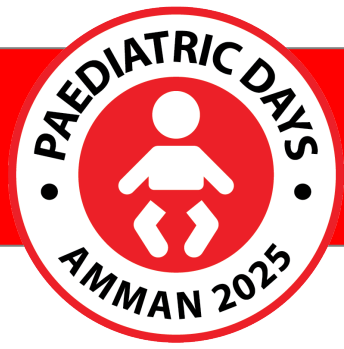
Uses prosthetic confidently

Expresses joy, plans for the future

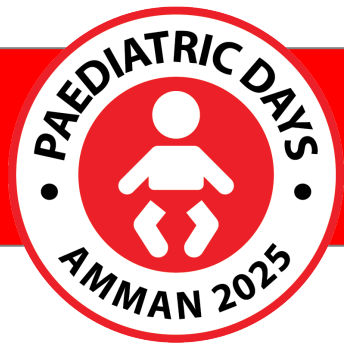


# Key Learnings

- Pain management must include psychological and social healing.
- The caretaker is a big part of child management.
- Early MHPSS integration enhances coping, reduces anxiety, and improves adherence to treatment.
- Peer and play-based interventions build resilience and identity post-trauma.



**“Healing goes beyond medicine — it’s about restoring hope, dignity, and childhood.”**



***“A Story Of Trauma Transformed Into Resilience”***

***Thank you..***