HANDLE WITH CARE!

COMPLEX REGIONAL PAIN SYNDROME ALSO KNOWN AS CRPS OR RSD PATIENT

- EXTREME CONSTANT PAIN (BURNING, CRACKING DEEP BONE PAIN, TINGLING
- COLOR & TEMPERATURE CHANGES IN THE SKIN
- WEAKNESS & ATROPHY OF AFFECTED LIMB
- CHANGES IN NAIL & HAIR GROWTH & APPEARANCE OF SKIN
- HYPERSENSITIVITY TO SENSORY STIMULI
- SWEATING CHANGES / ASYMMETRY

IMPORTANT

FOR ALL STAFF & TEAM INVOLVED WITH MY CARE

- CRPS IS CAUSALGIA, SKIN, COLOR, TEMPERATURE CHANGES. IT ALSO CAUSES HYPERALGESIA, HEIGHTENED SENSITIVITY TO PAIN, AND HYPERESTHIA, SENSITIVITY TO SENSORY STIMULI (LIGHT, SOUND, TOUGH, ECT)

- PHLEBOTOMY SHOULD BE DONE BY SOMEONE EXPERIENCED (DO NOT PUNCTURE THE SKIN MORE TIMES THAN ABSOLUTELY NECESSARY, SEE IF BLOOD CAN BE OBTAINED FROM PICC LINE INSTEAD OF THE VENAPUNCTURE TECHNIQUE)

- PERFORM PHLEBOTOMY ON UNAFFECTED LIMB ONLY USING PEDIATRIC NEEDLES WHEN POSSIBLE (ANY TRAUMA CAN CAUSE CRPS TO SPREAD)

- ADJUST RATE AND TEMPERATURE OF IV FLUIDS IF POSSIBLE, SOME RESPOND BETTER TO SLOWER AND WARMER INFUSIONS

- DUE TO HYPERESTHIA, PLEASE ASK BEFORE APPLYING ICE OR HEAT. THESE MAY BE PAINFUL, HOWEVER EACH WARRIOR'S HYPERSENSITIVITY IS DIFFERENT.

- WHENEVER POSSIBLE, THE ROOM SHOULD BE IN A QUIET PART OF THE HOSPITAL. THEY SHOULD BE IN THE SECOND BED (ELIMINATES UNNECESSARY TRAFFIC & LESS LIKELY TO BE BUMPED WHEN MOVING THE OTHER PATIENT.)

- FREQUENT LINEN CHANGES DUE TO ASYMMETRIC SWEATING. EXTRA LINEBS SHOULD AS BE MADE AVAILABLE TO REGULATE TEMPERATURE.

- PRE-OP SHAVE TO BE DONE AFTER ANESTHESIA (FEELS LIKE A LAWNMOWER RUNNING OVER THE SKIN WITHOUT IT)

> "IMAGINE GOING THROUGH YOUR DAILY LIFE WHERE EVERYTHING THAT YOU TOUCH, OR THAT TOUCHES YOU, WHERE MOST EVERY NOISE AROUND YOU FROM A PASSING CAR OR PLANE TO CHILDREN PLAYING, CAUSES YOU PAIN."
> - KEITH ORSINI

CRPS WARRIORS foundation