

Pain in Sickle Cell Disease

There are two different types of pain that we see in kids who have been diagnosed with sickle cell disease. These pains are different, but both require medical care. Our pediatric behavioral health experts can help manage moods and medical care related to both types of pain.

	Acute Sickle Cell Pain	Chronic Sickle Cell Pain
How It Happens	Pain comes on fast and can happen unexpectedly.	Pain comes on gradually and can linger.
Mood	You might be afraid or feel anxious about your pain occurring.	You might experience depression, sadness, anger, or frustration.
Length	A few days to a few weeks.	Long term (months or years).
Medical Treatment	Per incident (might require hospitalization or clinic visit depending on severity).	Ongoing scheduled clinic visits with multidisciplinary teams.
Behavioral Health Involvement	Support for pain management coping strategies.	Support for medication management, chronic pain coping, and cognitive behavioral therapy-based interventions.
Goal	Getting you back to your baseline and functioning as you normally do.	Finding a treatment plan to manage your ongoing pain and to increase functioning.