

Pediatric Pain Management and Preparing for Procedures Education Plan

Getting Ready to Learn How to Manage Your Child's Pain

Learning something new can be hard. It is even harder if your child is not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who else do you want to learn this information?
- What is the best way for you to learn? Reading, listening, or by doing things yourself?
- Tell staff if you cannot focus on learning right now.

This information is important to your child's health. We may explain something more than once. We will be giving you information in small bits at a time. If there is something you don't understand it's ok to ask us to explain again.

What I Need to Learn about Managing My Child's Pain and Preparing for Procedures

1. I will be able to tell the staff how my child experiences pain.
2. I will be sure to tell the staff of any changes or signs of pain.
3. I will understand how pain medications may be used to manage my child's pain.
4. I will be able to tell staff what I can do to help lessen my child's pain.
5. I will be able to prepare my child for a procedure.

The staff will use three questions to teach me about managing my child's pain and preparing for procedures.

1. What is my child's main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know how to manage my child's pain and prepare them for procedures.

What is My Child's Main Problem?

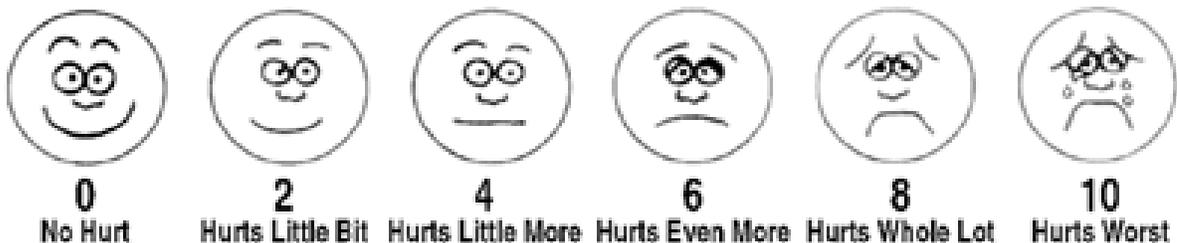
- Pain

Pain is a unique experience and each child reacts to pain differently. This can be from illnesses and injuries my child has had before. How my child feels pain can also change with emotions, stress and understanding what is happening. My own experiences with illnesses and injuries may affect how I react to my child's pain. Some pain can be expected with surgery or other illnesses or injuries.

What do I need to do?

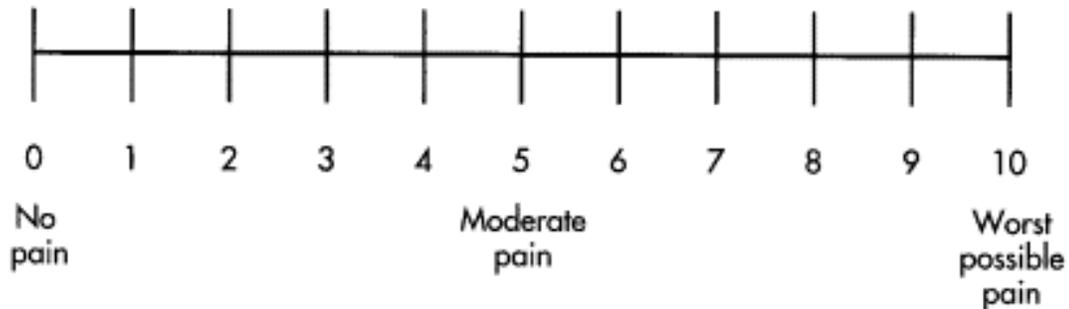
I will be able to tell the staff how my child experiences pain.

- I know my child best
 - It is important I tell the nurses and doctors what they can do to make my child comfortable.
 - A pain-rating tool is used to help my child tell us how much he or she is hurting.



Wong-Baker FACES Pain Rating Scale

- For older children, they may be asked to rate their pain on a number scale from 1-10.



Numeric Pain Rating Scale

Experience with pain in the past

- My child has pain in the past when:

- My child shows pain by:

- My child uses these words to tell me they have pain: “owie”, “boo-boo”, etc. _____
- My child behaves like this when they are in pain.

I will be sure to tell the staff of any changes or signs of pain.

Changes in pain

- I will listen and watch my child for signs of pain.
- I will tell the nurse if I think that my child is in pain.

I will understand how pain medicine may be used to manage my child’s pain.

Pain Medicine

- Medicine will be ordered by the doctor for:
 - My child’s age and overall health.
 - My child’s illness, injury, or type of surgery.

- Medicines may be given as a pill, liquid, or given in an I.V.
- Opioids are not addictive when used to control pain.

I will be able to tell staff what I can do to help lessen my child's pain.

How I can help

- Be with my child to reduce anxiety.
- Keep a favorite toy such as a blanket, stuffed animal, or doll with my child.
- Use things that have helped my child before, such as cuddling or massage.
- I will distract him or her using stories, books, or toys.
- I will use senses such as sight, sound and touch. A way to help is by talking about a special place. For example: a trip to the beach. Can you hear the waves? See the seagulls? Can you feel the sand on your feet?
- I will use my voice to sooth my child.
 - If I can't be here, I may record my voice to play for my child.
 - I could read, sing favorites songs, talk about memories of fun times, or say goodnight words.
- Child Life Specialists and Music Therapist may help with other distractions such as playing games, music, or movies.

I will be able to prepare my child for a procedure.

Preparing my child

- I can talk to my child about what to expect.
- I will tell my child what he/she will see, hear, and feel.
- I can ask if my child can be offered something before the procedure to prevent or decrease pain.
- If I choose, I may be in the treatment room with my child.

- Usually, the test or procedure is done in a special treatment room. This keeps my child's room a "safe" place.
- I will help my child by providing choices such as:
 - Would you like to look at this book or watch the nurse?
 - Would you like to hold my hand?
 - Do you want to lie down or sit up?
 - Should we count and see how long it takes?
 - Would you like me to keep talking to you?
- I will explain to my child that this procedure is to help him or her be healthy and is not a punishment.
- I will tell my child, "You will not be alone."

Why is this important to me?

A visit to the hospital can be a scary experience for a child. It is important to work with the nurses and doctors to keep my child as comfortable as possible during their stay.

To help me understand how to manage my child's pain and prepare for tests or procedures, I may receive the education plan and:

- Information about pain medications my child is receiving.
- Information about the test or procedure.

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Resources for Staff

- [Prep for Toddler](#)
- [Prep for Preschooler](#)
- [Prep for School Age Child](#)
- [Prep for Adolescent](#)
- [Nursing N-09 USE OF WARM AND COLD COMPRESSES GUIDELINE](#)
- [When Your Child Is In Pain](#)
- Principles in Pain Management. In Bowden, V.R., Greenburg, C. (2012). Pediatric nursing procedures (3rd ed.) (pp. 35-46). Philadelphia: Lippincott Williams & Wilkins.
- Pain Assessment Scales (2008). In Lebet, R.M., Verger, J.T. (Eds.), Procedure manual for pediatric acute and critical care (pp 1260-1268).St. Louis: Saunders. Text placed at each nursing pod.
- Child Life/ Music Therapy Staff of Bronson
- Pain Resource Nurse at Bronson

Teaching Tools (Items given to the Patient)

- Pediatric Pain Mgt. and Procedural Preparation Education Plan
- Pain Scale appropriate for age and developmental level

References:

- Principles in Pain Management. In Bowden, V.R., Greenburg, C. (2012). Pediatric nursing procedures (3rd ed.) (pp. 35-46). Philadelphia: Lippincott Williams & Wilkins.
- Pain Assessment Scales (2008). In Lebet, R.M., Verger, J.T. (Eds.), Procedure manual for pediatric acute and critical care (pp 1260-1268).St. Louis: Saunders.

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Always close each teaching session with the question, “What questions do you have for me?”

*This page is intended for staff use only. Do not give to the patient. This document is not a part of the permanent medical record.