

CHILDREN'S COMFORT IS OUR PRIORITY

OSF Saint Anthony Medical Center has an ongoing commitment to pediatric pain management. The promotion of pain management for your child is viewed as a priority. All children can feel pain. As a parent, it is hard to see your child in pain. At OSF Saint Anthony, parents and staff work together to do everything so that your child's pain is managed appropriately. Our staff views parents as very important members of the healthcare team for their child.

We promise to provide the best pain relief possible for all children at OSF Saint Anthony Medical Center.

At OSF Saint Anthony, we are committed to:

- Providing information to children (as appropriate) and their family about pain and pain relief.
- Providing age-appropriate pain management.
- Assessing and re-assessing your child's pain.
- Listening to each child about their pain levels. We will take prompt action to relieve your child's pain.
- Using every available option to treat or prevent your child's pain.
- Treat pain so each child can return to normal routines and play as soon as possible.
- Providing the best environment possible to decrease or eliminate your child's pain.

As a parent with a child at OSF Saint Anthony, we expect you will:

- Ask your child's doctor or nurse what to expect regarding pain and pain management.
- Discuss pain relief options with your child's doctor and nurse.

- Work with your child's doctor and nurse to develop a pain management plan.
- Ask for pain relief for your child when pain first begins.
- Help your child's doctor or nurse assess your child's pain.
- Tell your child's doctor or nurse if pain is not relieved.
- Tell your child's doctor or nurse about any worries you have about any pain medicines your child may be taking.
- Take an active role in your child's care. We may ask you to assist and comfort your child during procedures.

WE CARE ABOUT YOUR CHILD'S COMFORT.

“Pediatric Pain Bill of Rights”

What is pain?

Pain is an unpleasant feeling that comes with bodily injury, damage or disease. If left untreated, pain can cause many other problems. Pain is useful when it warns us of danger, injury or illness. Pain is no longer useful once we have found the cause.

Only the child in pain can tell the amount, location and quality of pain and relief from pain medicines. It is important to take your child's report of pain seriously. If we do not believe children's reports of pain, they may lose trust in those who are caring for them.

Pain from procedures

Our goal is to keep your child free from pain and fear during a procedure. If a painful procedure is necessary, every effort will be made to make your child comfortable.

For non-emergency blood draws or IV starts, a topical anesthetic (such as EMLA) will be applied to the skin before the procedure to lessen the pain of the needle stick. EMLA is a cream or patch that is applied to your child's skin for about an hour before a needle stick. EMLA helps to numb the skin to reduce the pain of needle sticks. We will make our best effort not to do painful procedures in your child's room. We want your child to continue to feel that their room is a safe place.

Managing children's pain

The key to managing pain is assessment. In order to learn more about your child, we will ask many questions.

Questions we may ask you to help us understand your child and how he/she reacts to pain might include;

- What word(s) does your child use in regard to pain?
- Describe the pain experiences your child has had before.
- How do you know when your child is in pain?
- How does your child usually react to pain?
- What works best to decrease or take away your child's pain?

Our goal is to stop pain from procedures and treatments before it starts. If we are unable to prevent pain, we are quick to provide action for pain relief. It is the job of the child, the parent, the nurses and doctors to make a plan and to prevent or treat pain as soon as possible.

In order to help your child manage his or her pain, it is important for the nurses and doctors to ask your child's level of pain. Here at OSF Saint Anthony, we use two

different pain rating scales, depending on the age and learning level of your child.

Your child is the only one who can tell us exactly how much he/she hurts. It is important to let children know to tell us when they are hurting.

The FLACC scale

For children who can not talk, behavior is the best way to tell if they are hurting. The FLACC scale is used for patients under 3 years old or older children who cannot talk or use other scales. The FLACC scale includes looking at your child's face, legs, activity, cry, and consolability to assess their pain.

The Faces Scale

The faces scale is used for most children over 3 years old. The nurse will tell your child what each face means, then ask your child to choose the face that best describes how much pain he/she is feeling at that time.

“The faces scale”

Effectively managing your child's pain

In order to effectively manage your child's pain, we need to know:

- Where does it hurt?
- How does it feel? (such as: achy, burning, sharp, sore, etc)
- How much does it hurt? (pain scales)
- What is your acceptable pain goal?
- When did the pain start and how long does it usually last?

- What makes the pain feel better and what makes the pain worse?
- How well does pain medicine work?
- What non-medicine strategies do you use to relieve pain?

It is also important to let your doctor or nurse know if your child has a new pain or a change in the way their pain feels.

Treating your child's pain

Both medicine and non-medicine treatments can be successful in relieving your child's pain. In fact, pain is often best-managed using more than one pain relieving approach.

Medications used to control pain are called analgesics. The type of analgesia your child may be given will depend on the kind of pain your child is likely to experience. Non-steroidal anti-inflammatory drugs (NSAIDS) are often prescribed for mild to moderate pain. Pain that is moderate or severe may be controlled with opioids, such as Morphine or Dilaudid. Opioids can provide fast, effective pain relief. Opioids may be used alone or given with NSAIDS to ease pain. Other medicines such as muscle relaxants may also be added to your child's pain medicines to help relieve pain.

How pain medicines will be given to your child:

By mouth: pills or liquids

Sublingual: pills or liquids placed under the tongue for quick absorption

Intravenous (IV): Medicine given directly into a vein

Rectal: Medicine given in a suppository placed in the rectum

Topical: A cream or gel that contains medicine that is spread over the skin

Common questions about pain medicines

- Q.** Will my child become addicted to pain medicine?
A. When pain medication is used on a short term basis, your child will **not** get addicted to it. When the pain is controlled, your child will feel better, move better and their risk of complication such as pneumonia or blood clots is greatly reduced.
- Q.** What if pain medicine makes my child "sick to their stomach"/ nauseated?
A. Sometimes pain medicine can cause an upset stomach. There are medicines we can use to relieve this. Sometimes pain medicine will be changed to make this better.
- Q.** Will pain medicine cause my child to have constipation?
A. Constipation is a common side effect of pain medicine. Your child should continue to take their pain medicine. Check with their doctor or nurse about using a laxative or stool softener to prevent constipation.
- Q.** Should my child take pain medicine when they have bad pain?
A. Pain is easier to control when it is mild. Your child should take pain medicine when he/she first starts to feel pain. Waiting too long can make it much harder to control. This may also mean taking pain medicine on a regular or "scheduled" basis.
- Q.** What if the pain medicine makes my child too sleepy?

A. Pain medicine can make them drowsy at first. Often this will go away after the first few doses. Check with their doctor or nurse if drowsiness lasts longer than a couple of days.

Behavioral pain treatments

Each child experiences pain differently. There are many different ways to relieve pain in addition to pain medicine. We know that fear and anxiety can cause a child to have a higher level of pain. Controlling these emotions can lower pain levels and allow your child to feel better. Relaxation, deep breathing, progressive muscle relaxation and guided imagery can calm emotions. Some of the benefits of relaxation include calming emotions and fears, improving sleep and increasing energy. Relaxation can also lower blood pressure and heart rate. Relaxation also assists your child in dealing with the stress of everyday life. This table shows how each child, according to his/her age, can relax and decrease his/her pain. Remember these techniques can be used in addition to pain medicine to control pain.

“chart of non-pharm. methods”

Child Life Specialist

A child life specialist is available to help your child prepare for surgery or a procedure or to help with distraction and coping during and after a procedure. The Child Life Specialist can provide an explanation of the procedure and calm your child's fears.

Our Child Life Specialist can teach you and your child techniques like those listed. These techniques will help you make a plan for coping with future procedures based on what works best for your child.

What you can do to help your child cope with pain

**Be honest and sensitive*

Explain to your child what pain is. Explain why he/she needs a certain procedure. Describe the procedure in simple words. Explain what he/she can expect to see, feel, or hear during the procedure. Be honest about what may hurt and what will not hurt.

**Reassure and Comfort*

Make sure your child knows that his/her pain is not a punishment. Physically comfort your child; touch them, hug them, rock them. Just physically being with them and comforting them is the most important action you can take to help them.

**Listen to your child's concerns*

Let your child know it is okay to cry, to feel sad, to ask questions, and to talk about his or her feelings. Often, your child may need permission to express his/her feelings.

**Help your child to manage pain*

To help reduce anxiety and perceptions of pain, teach your child to practice deep, steady breathing. Let your child squeeze your hand. Distract your child with books, songs, music, blowing bubbles, etc., to divert attention from the pain.

**Use simple language*

When describing a medical procedure, do not use words that have double meanings or are threatening.

**Encourage curiosity*

Help your child become familiar with the healthcare facility. Help him or her understand the equipment that will be used during treatment or diagnosis.

IMPORTANT REMINDERS

- Tell your doctor or nurse when your child is in pain or if the medication your child was given is not working. In general, medications given by intravenous injection should begin working within five to 10 minutes, and pills within 30 to 60 minutes. Let your child's nurse know as soon as he or she is experiencing worsening pain.
- Your child's nurse will ask your child to rate his or her pain using the same pain scale before and after they take medication.
- Make sure you ask for pain medication for your child before pain gets too far along.
- Before discharge from the hospital, you will want to talk to your child's doctor about pain management at home.
- Report all new pain or changes in your child's pain.
- Talk to your child's nurse or doctor if your child's pain medication is not working.
- Be sure to ask your doctor or nurse any questions you may have. At OSF Saint Anthony, we have health professionals and anesthesiologists who are specially educated and certified in pain management. They are available to assist your physician in meeting your child's pain needs.
- Be sure to ask for the Child Life Specialist to help you help your child stay calm and help with pain management techniques.

Pain can be harmful if not treated. As parents, you must take an active role in responding to your child's pain. As healthcare providers, it is our responsibility to provide appropriate pain assessment and management. Together we can provide the best pain management possible for your child.

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