

BLANK CHILDREN'S HOSPITAL MANAGEMENT OF PEDIATRIC PAIN/ANXIOLYSIS

Nobody likes Pain! Here are some tricks to help with painful procedures for your child/your patients.

1. CALM YOURSELF

- Take a deep breath, smile, relax your shoulders. Caregivers being calm helps their child be calm and more comfortable.

2. MAKE A PLAN

- Preparing your child ahead of time and giving them choices helps kids feel more in control. Create a plan for strategies they want to use (examples can be found at uph.link.MegFoundation).

3. NUMBING MEDICINE/VIBRATION/COLD

- Putting numbing cream (EMLA, LET, LMX) or using pressurized gas (J-tip) to place numbing medicine in the skin without a poke both help minimize needle pain in kids. Using cold, vibration (like the Buzzy), or rubbing the skin can also help.

4. COMFORT POSITIONING

- There are various ways to hold your child to help them feel more comfortable, calm them, and make them feel safe. These include: Side Sit, Tummy to Tummy Sit, Back to Tummy Sit, and Back to Tummy Table Sit.



5. DISTRACTION

- Toys, videos and activities children like often help them to minimize pain by taking advantage of their natural ability to get deeply absorbed in things that are more fun. Have them choose an activity they enjoy. Think about what has worked well in the past. Sometimes fidgets, stress balls or Playdoh help with keeping hands busy.

6. BELLY BREATHING

- Having your child take deep, easy, slow breaths in and out helps calm them and reduces the body's reaction to pain. Blowing bubbles or spinning a pinwheel can help distract and encourage slow, even, deep breaths.

7. PROCEDURAL PREPARATION

- Some children like to know ahead of time what tools will be used, how things will go or what is planned. If this is your child, have someone (the provider, nurse or Child Life Specialist) show them the supplies, describe the procedure and answer their questions.
- Other children become more anxious the more they know. There are devices that can help so that your child does not see what is occurring if seeing/knowing what is happening causes them distress.

8. MEDICATIONS FOR PAIN/ANXIETY

- Discuss with your provider a plan to help your child. There are medications that are available administered in various forms (by mouth, nose, or rectally) to help with pain and anxiousness. These can be administered ahead of time.



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