

## Pain Assessment – Woodlands

Whether your child has had a planned or acute admission, their pain management is important to us. Our staff will regularly assess pain, either as part of their routine temperature, pulse and blood pressure observations or as necessary.

However, if your child becomes uncomfortable please let us know.

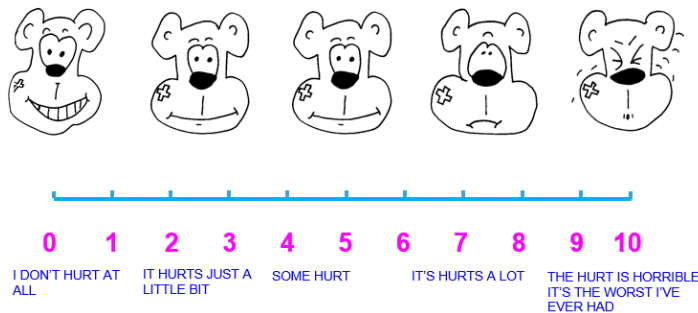
We will use a variety of pain assessment tools that have been developed for specific age groups. These include –

**Verbal score** – your child will be asked to rate the pain on a scale of 0(low) – 10 (high)

**Faces scale** – for younger children we may use the ‘teddy bear’ scale, where they will be asked to point to a face that looks like how they are feeling

### WHICH POORLY BEAR DO YOU FEEL LIKE?

AGE 5 AND OVER



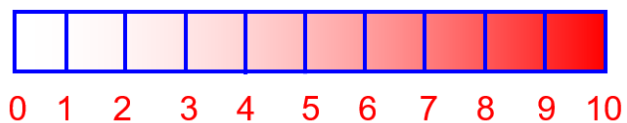
**Pain Ruler** – for older children, they will be shown a ruler and will be asked to show what number on the ruler represents their pain

### PAIN RULER

AGE OVER 5 YEARS

**Behavioural measures** – used for children and infants who are unable to express themselves, we look at a series of behaviours, i.e. crying/smiling, sleeping to determine their pain levels

### CAN YOU MEASURE YOUR PAIN



I DON'T HURT AT ALL      IT HURTS JUST A LITTLE BIT      SOME HURT      IT HURTS A LOT      THE HURT IS TERRIBLE. IT'S THE WORST I'VE EVER HAD

## Pain Management – Woodlands

There are many ways in which you can help manage your child's pain. These include-

**Distraction** – focus their attention on toys, books, iPads, games and films

**Relaxation** – encourage deep breathing, tensing and relaxing muscles, music

**Physiotherapy** – massage, touch or heat/cool pads.

We may also use a combination of medications for the control of your child's pain, including –

**Paracetamol** – a very effective analgesia (pain killer) that also helps reduce temperature and can be given via oral, intravenous and rectal routes.

**Ibuprofen** – can also reduce inflammation, swelling and reduces temperature

**Codeine** – is a mild opioid, used in children over 12 years, for short term use **only**

**Morphine** – is given to for severe pain that has not been controlled by other medication and can be given orally (oromorph) or intravenously

**Nitrous oxide** (Entonox or 'gas and air') – may be used when your child has to undergo painful procedures, such as cannulation, dressing changes or blood tests

**Please remember to inform staff if your child is in pain.**