



# Pain Management

Patient and Family Education

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**This teaching sheet contains general information only. Your child's doctor or a member of your child's health care team will talk with you about specific care for your child.**

**Pain management is an important part of your child's treatment. At Children's Healthcare Of Atlanta, we will work as a team with you and your child to prevent or decrease pain whenever possible.**

## ***Your child has the right to:***

- Receive care that will reduce or prevent pain
- Be told the truth about his pain
- Tell others if he hurts and what he thinks will help make it better
- Cry or object when anything hurts or upsets him
- Have questions answered in words he can understand
- Keep his bed a safe place, when possible
- Watch during a procedure if he wants to
- Be with a parent when in pain whenever possible

## ***What you can do to help us help your child:***

- Tell us as soon as your child is in pain
- Ask your doctor or nurse what to expect regarding pain
- Ask about the plan to treat your child's pain
- Tell us what has helped your child in the past when he has been in pain
- Tell us what you think we can do to help your child
- Tell us if what we are doing is not working
- Work with staff to try new methods to relieve your child's pain
- Let us know if you have any questions

## ***We learn about your child's pain by:***

- Listening to what your child says
- Watching what your child does
- Observing changes in your child's body
- Talking with you about what you see

To help your child tell us about his pain, we use different 'tools' (ways to measure pain). For older children, we use tools that ask the child to rate his pain. For infants and younger children, we use tools to help us recognize signs of pain. Please ask your nurse to show you the tool being used for your child.

## ***We also ask you to help us look for changes in your child's behavior such as:***

- Crying or fussing

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

## ***Pain Management, continued***

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- Holding, touching, guarding or rubbing the painful area
- Talking less or becoming quiet
- Sleeping more or less
- Eating less
- Doesn't want to move
- Making a pain face (grimace)
- Sweating

### ***What will we do to help?***

#### ***Pain medicines:***

There are many medicines that relieve pain and these can be given in different ways. Your doctor will talk with you about the medicine that is best for your child. Let your nurse or doctor know if you have concerns or questions about your child's medicines.

#### ***Play and relaxation:***

Play and relaxation are ways to help your child not think about pain. Our staff is trained in how to use play, distraction and relaxation with children. Here are some ideas you might want to try:

#### ***Infants***

- Rocking or holding
- Singing and music
- Listening to soft words or sounds
- Gentle massage
- Pacifier
- Favorite toy

#### ***Toddlers and Pre-schoolers***

- Rocking or holding
- Singing or listening to music
- Telling stories
- Watching videos or TV
- Blowing bubbles
- Pop-up books and toys

#### ***School-age and Teens***

- Talking about what has helped in the past
- Breathing deeply and slowly
- Watching videos or TV
- Playing electronic games
- Listening to music
- Imagining he is in his favorite place

**You know your child best. Please tell us if there is anything else we can do to help decrease your child's pain.**

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