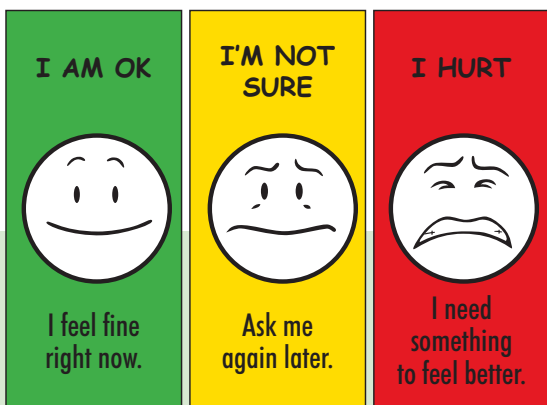


# Let's work together to reduce pain



StoplightPainScale.com ©2014 Booster Shot Media

## Our Commitment to Comfort

We'll do our best to promote comfort by helping to lessen pain and anxiety. Please let us know what we can do to help.

## We can help with:

**Scoring the Pain:** We will ask kids over 4 years of age to rate their own pain using a pain scale. If we haven't asked for a pain score, please ask us to do so. We have special tools to rate pain in young children and those who do not speak.

**Medicine:** We can help choose a pain medicine that is right for the situation. Often pain medicine can be given by mouth or a nose spray instead of a needle. You don't need to wait to see the doctor before treating pain.

We have numbing cream and sprays to reduce needle pain. You can ask for this if it hasn't been offered.

**Other comfort measures:** Ice packs, warm blankets, splints, and distraction items are some of the things we offer to promote comfort.

## You can help by:

**Talking to us:** We rely on you to let us know about pain and fears, and we welcome your questions. We may not be able to make all pain stop, but we will do all we can to make you or your child feel comfortable.

**Supporting a child with pain:** Encourage children to let others know if they have pain or feel worried. Activities such as reading, playing with a toy, using an electronic device, or cuddling with a loved one can help keep a child's mind off of pain.

**Staying calm and relaxed:** Fear can make pain feel stronger. A calm voice and a relaxed posture and facial expression can help to make a child feel less afraid.

Children and their loved ones are the experts in knowing what's calming for them. Use some of the calming techniques above, or try one of your own.

## Supporting a child during a procedure

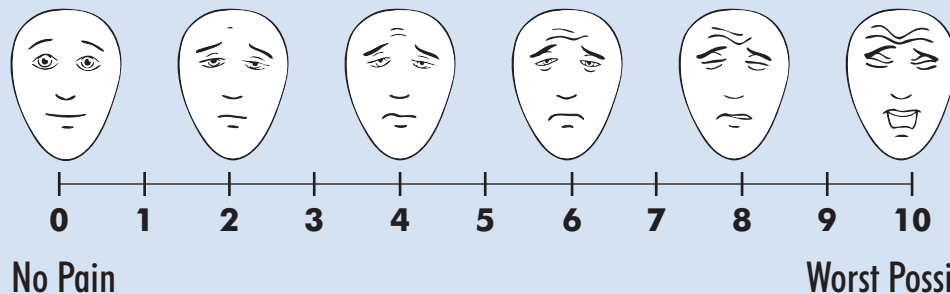
Parents and other trusted adults can be a coach or helper when a child is having a procedure.

A calm voice can help a child feel less afraid. You can also help by asking the child to focus on a distraction such as counting, looking at a toy, squeezing your hand, singing a song, or taking deep breaths. You can say, "I'm going to take 3 big breaths in and out with you. Tell me when you're ready to start our breathing."

Most children experience less stress if they can sit during a procedure rather than lie down. We can suggest comfort positions for many procedures. An infant can sometimes be held during a procedure or given sugar drops.

After the procedure is over, recognize the things your child did well. You can offer praise for holding still, or counting, or being brave.

## Faces Pain Scale



Tell me  
if you have  
**Pain**

## Comfort Menu

- Medicine for pain
- Numbing before needles
- Ice pack
- Warm blanket
- Wheelchair
- Splint
- Something to watch
- Something to play with
- Something to read
- Music
- Relaxation techniques



## Managing Pain at Home

- Treat pain regularly even when it's mild, rather than waiting for it to become very strong.
- For parents, ask your child regularly about pain. Use the stoplight or faces pain scale in this pamphlet.
- Comfort and distraction techniques can be used both in hospital and at home.

### Pain Medicine

Acetaminophen (Tylenol): Give every 4-6 hours as needed, but not more than 5 times a day

Weight more than :	12 lbs or 6 kg	17 lbs or 8 kg	23 lbs or 11 kg	35 lbs or 16 kg	47 lbs or 22 kg	70 lbs or 32 kg	> 95 lbs or 44 kg
Total dose (mg)	80	120	160	240	320	480	650
Infant drops: 80 mg/mL	1 mL	1.5 mL	2 mL	3 mL	4 mL	-	-
Children's liquid: 160 mg/5 mL	2.5 mL	3.5 mL	5 mL	7.5 mL	10 mL	15 mL	20 mL
Chewable: 80 mg tablets	-	1.5 tabs	2 tabs	3 tabs	4 tabs	6 tabs	8 tabs
Chewable: 160 mg tablets	-	-	1 tab	1.5 tabs	2 tabs	3 tabs	4 tabs
Regular Strength Tablet: 325 mg	-	-	-	-	1 tab	1.5 tabs	2 tabs
Extra Strength Tablet: 500 mg	-	-	-	-	-	1 tab	1 tab

Acetaminophen also comes in suppositories. The rectal dose is the same as the dose given by mouth.

Ibuprofen (Advil/Motrin): Give every 6 hours as needed, but not more than 4 times a day

Weight more than:	12 lbs or 6 kg	17 lbs or 8 kg	22 lbs or 10 kg	35 lbs or 16 kg	44 lbs or 20 kg	66 lbs or 30 kg	88 lbs or 40 kg
Total dose (mg)	60	80	100	160	200	300	400
Infant drops: 40 mg/1 mL dropper	1.5 mL	2 mL	2.5 mL	4 mL	-	-	-
Children's liquid: 100 mg/5 mL	-	4 mL	5 mL	8 mL	10 mL	15 mL	20 mL
Junior Strength: 100 mg caps or chewables	-	-	1 cap	1.5 caps	2 caps	3 caps	4 caps
Adult regular strength: 200 mg caps or tablets	-	-	-	-	1 tab	1.5 tabs	2 tabs
Adult extra strength caps or tablets (400 mg)	-	-	-	-	-	-	1 tab

Other pain medicine: \_\_\_\_\_

If pain is getting worse, if the medicine your healthcare provider said to take isn't working, or if you have other concerns, call Health Link Alberta at 811 to speak to a nurse.