

Pain relief for children

Patient information

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If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

The aim of this leaflet is:

- To explain the way pain will be assessed and managed whilst your child is in hospital.
- Also included is advice on managing your child's pain when they are discharged from hospital.

Pain History:

- When your child is admitted to hospital the nurse will ask you a series of questions about your child's past experience of pain. The aim is to develop a pain history.
- This helps staff recognise when your child is in pain and plan their pain control.

Medication given:	Amount given:	How often?:

Last medication/s given at (date/time):

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.....

.....

.....

After being discharged home

If you have any concerns regarding your child's pain, please contact the discharging Ward.

Pain assessment:

During your child's stay, the nurses will assess and record your child's pain score, by themselves with either pointing at faces or giving us a verbal response with a number between 1 – 10.



The nursing staff will allow time for the pain relieving medication to work and then reassess your child's pain to ensure their pain is being controlled.

Methods of pain relief - discussed with you and your child:

By mouth - Most pain is controlled using a combination of medicines given by mouth.

Intravenous Infusion - If your child has had or is awaiting an operation and cannot take medicines by mouth, they may be given pain relief by injection through a vein via a cannula.

Suppositories - Your child can be given pain relieving medicine in the form of a suppository in their bottom. This method is effective if your child is vomiting or is not able to eat or drink.

Local anaesthesia - During some operations local anaesthetic is injected near to the operating site. This can provide pain relief at the operation site for some hours after the operation.

Play Therapy - Play can be a good method of pain control in children. Play helps children to cope with pain, and allows them to focus on an activity, therefore reducing their anxiety and pain.

Side effects of medication:

In hospital the correct medicine dosage is worked out for children according to their weight and age. Very occasionally children will experience side effects from pain relieving drugs. Nursing staff therefore monitor children carefully for medication side effects which can be treated.

Discharge advice:

- When your child goes home you may be given pain relieving medicines to continue at home.
- The nurse who discharges your child will explain how to give the medication and how often.
- The nurse will complete the following guide on the next page with you before you go home.

Continued overleaf.....