



Parents' Guide to Pain Management

Your child's comfort and safety are very important to us. You are getting this instruction sheet because your child either had a procedure or has a condition that makes pain or the potential for pain a concern for your healthcare team. Parents need to be comfortable understanding when their child is exhibiting pain and because so many of our children are brave warriors, it is not always easy to tell. This guide is meant to help you understand what pain might look like in your child if they are not old enough to say it, might not be able to say it, or might be trying to be extra brave.

Score	Assessment Guideline
0	No Signs of Irritability or Pain Exhibited
+	<u>Signs of Irritability and/or pain</u> <ul style="list-style-type: none">● Intermittent vocalizations, soft or brief cry but <i>able</i> to suck or feed or excessive crying● Increased activity of extremities, restless, purposeless movements● Frowning, furrowed brow, eyes open● Tense muscles, guarding area that is painful● Not sleeping● Increased respirations or appearing like it is hard to breath● Flushed face, feeling clammy● Withdrawn, not wanting to participate in any activity

To use this scale, please mark a + (plus sign) for each statement you can see in your child. If there are 2 or more + signs we expect that your child requires some more intervention for the pain.

Your child might experience pain from:

Lumbar puncture

bone marrow biopsy/aspirate

joint aspirate

Other: _____

The medication prescribed for your child is: Tylenol _____mg Other: _____mg

And should be given every _____ hours as needed for the signs of pain. Sometimes these medications can be upsetting to the stomach so we recommend giving the medication with food if possible.

If your child experiences any unexplained increase in pain or the pain persists longer than _____, please contact our office for further instructions.