

Pain Management

Non Pharmacological Techniques:
A Guide to Managing Your Child's Pain



Child Life Department

Environment

Friendly and Secure...

Before



After



- Keep comfort items close
- Invite patients and parents to make their room as home-like as possible
- They may bring stuffed animals, blankets, photos, etc.

Please...

- Perform procedures in treatment rooms as often as possible
 - Keep safe zones, safe...no procedures in playrooms
- Close the door during procedures and for sensitive conversations

Deep Breathing

The first step in relaxation...

Ask your child to...

- Exhale completely making a wooshing sound
- Close your mouth and **inhale deeply through your nose** for a few seconds
- Hold your breath for a few seconds
- **Exhale through your mouth** making a wooshing sound
- Repeat

You can also try to.....

- Count your breath as you exhale slowly



Relaxation Through
Deep Breathing

Breathing tools:
To encourage deep breathing
use...

- Bubbles
- Pinwheels
- Kazoos
- Party blowers
- Harmonicas

Mind/ Body Relaxation Tricks

Less tension = Easier procedure...

The Stormy Cloud Trick:

Ask your child to close their eyes and picture a stormy cloud.

The cloud represents pain and we have to get it as far away as possible.

Ask your child to blow the cloud away using all their strength.



Mind/ Body Relaxation Tricks

Less tension = Easier procedure...

The Noodle Trick:

Being Tight and worried can make the pain feel worse.

But when you relax your body,
you can make any discomfort better.

- Make your arm stiff and tight...
 - Tighter... Tighter
 - Now Relax your arm
- Let it flop down like a loose noodle
 - Repeat with other body parts



Mind/ Body Relaxation Tricks

Less tension = Easier procedure...

The Story Trick:

When you concentrate really hard on something, you can take your mind away from almost anything.

- Make up a story and really concentrate on it.
- Who are the characters? Where are they? What are they doing?

When you have a lot of things happening in your story, you'll have more to think about during the treatment.



Mind/ Body Relaxation Tricks

Less tension = Easier procedure...



The **Switch** Trick:

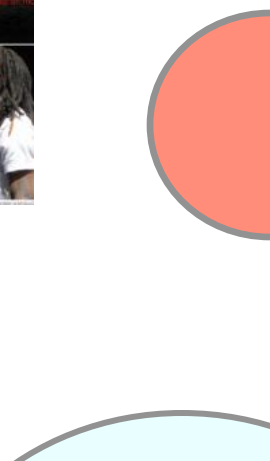
Imagine that your brain has switches
and you can help to control discomfort by turning off
switches.

- Turn off the switch to your hand.

As the switch goes off you can feel your hand getting heavy,
tingly, numb, and you may find it hard to feel anything at all.

A visual board is a simple visualization tool that helps people manage goals and manage

A visual board is a simple yet powerful visualization tool that helps people set and reach goals and manage pain.



Visual Boards

How To...

1. Choose **15-30 photos** from the internet (We use Bing), or from your personal files
* Tip: Avoid using clip art
2. Make sure the photos represent present and future **goals** and dreams,
And your “**Happy Places**”
3. Use any **collage making program** (We use Pic Collage)
4. Use any **photo center** to publish your collage (We use Costco online) 12X18 glossy
*Remember: you can always use pictures from magazines or other sources and glue them together to form a collage.

Physical Touch

Comforted patients are happy patients...



- As a caregiver, your hand or gentle touch can provide pain relief
- Provide your child with comfort items like a favorite stuffed animal, toy or blanket to hold
 - Provide something to squeeze during painful procedures...Model Magic works great!

Buzzy

Desensitizes nerves...Dulls Pain...



Buzzy® is simply a small vibrating bee with a unique ice pack.

Put it near any sharp, itching or burning pain, and presto!

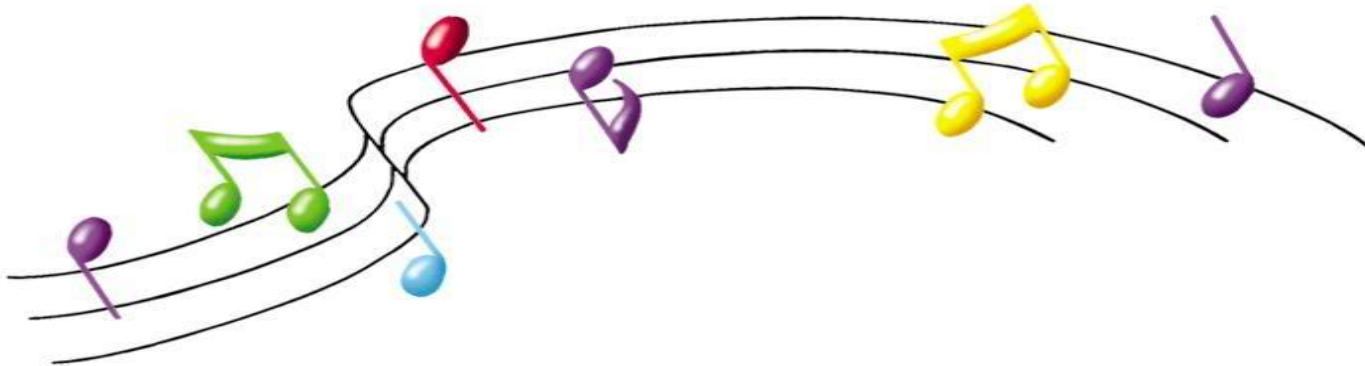
Using natural pain relief, Buzzy desensitizes your body's own nerves, thereby dulling or eliminating sharp injection pain.

Buzzy® crowds out pain by sending stronger motion and temperature sensations down the nerves instead.

<http://www.buzzy4shots.com>

Music

To sooth the soul...



- Bring your child's favorite CD's from home
- Patient and treatment rooms are equipped with CD players

Child Friendly Language

A better way to say...

Avoid ambiguous, “adult” medical terminology
What children do not understand, they fear
For example:

Avoid saying:

Give you a shot

IV

This feels like a bee
sting

The medicine will burn

Don't cry

Be a big boy/ girl

Instead say:

Medicine through a small needle

Medicine through a small plastic straw

Tell me how this feels

Some kids say this feels warm

That was hard

When I count to 3 blow the feeling
away from your body (stormy cloud)



Remember

Your Child Life Team is here to help...

Consult us for child life services including:

- Procedure preparation
- Procedure Distraction
- Pain Management
- New Diagnosis Education
- Coping/ Emotional Support

Resources

Bandstra , N., Skinner, L., LeBlanc, C., Chambers, C., Hollon, E., Brennan, D., & Beaver, C. (2008). The role of child life in pediatric pain management: A survey of child life specialists. *The Journal of Pain*, 9(4), 320-329. Retrieved from www.sciencedirect.com

Pain in Children's Lives. In. L. Kuttner (2010), *A Child in Pain: What health professionals can do to help* (p.7-112). CT: Crown House Publishing Ltd.

Child Life Council. (n.d.). *Comfort tips: techniques for keeping children's hospital experiences positive*. Retrieved from <http://www.childlife.org/files/ComfortMeasuresandTips.pdf>

Children's Hospital of the King's Daughters. (2009). *Positions of comfort and coping activities*. Retrieved from <http://www.chkd.org/Services/ChildLife/ComfortPositions.aspx>

Ngheim, C. (2008, August 07). *Guided relaxation for children*. Retrieved from <http://mindfulkids.wordpress.com/2008/08/07/guided-relaxation-for-children/>

Relaxation script: the happy paint brush. (2010, August 29). Retrieved from <http://kidsrelaxation.com/all-relaxation-activities/relaxation-script-the-happy-paintbrush/>

Talley , N. (n.d.). *Nurses guide to child life*. Retrieved from <http://www.childlife.org/files/Nursesguide.pdf>