

Further information and advice can be obtained from:

NHS 111
NHS Choices online

☎ 111
www.nhs.uk



Acute Pain Management for Children

Information for parents and carers



MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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Riverbank Unit: Maidstone Hospital

☎ 01622 220241/ 220242

Open Monday – Friday, 7.30am – 6.00pm

Woodlands Ambulatory Unit: Tunbridge Wells Hospital

☎ 01892 638032/ 633346

Open 7 days a week, 7.00am - midnight

Hedgehog Ward, Inpatient Ward: Tunbridge Wells Hospital

☎ 01892 633525

Open 7 days a week, 24 hours a day

- You can buy Paracetamol and Ibuprofen from many different places and with different brand names, please ensure that you have bought the correct strength dose for your child.
- Always check with your pharmacist or GP if you are unsure.

What can I do at home to support my child?

When your child is ready to be discharged from hospital the nurse caring for your child will advise you as to the medications given in hospital, the times they were last given and the times when it is ok to repeat them.

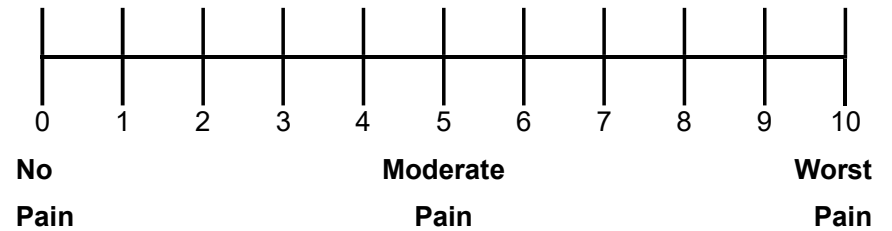
We advise parents to continue to give medication regularly once home; particularly if your child has had an operation. We advise weaning or stopping the medications one at a time. It is better to give medication regularly and stop the pain from intensifying than it is to try to control the pain after missed doses.

Feel free to continue using the pain scores or behaviour assessment at home if that helps, as well as remembering the practical things like ice packs extra pillows and distraction.

If you have any queries please speak to:

Paediatric Orthopaedic Pain Nurse Specialist, Julie Doherty on telephone number 07894 327226 (Monday to Friday, 09:00 to 17:00).

The Numerical rating scale: Age 7 and above.



FLACC Behavioural Pain Assessment Tool

Age group: 2 months to 7 years.

Categories	Scoring		
	0	1	2
Face	No particular expression or smile	Occasional grimace or frown, withdrawn, disinterested	Frequent to constant quivering chin, clenched jaw
Legs	Normal position or relaxed	Uneasy, restless, tense	Kicking, or legs drawn up
Activity	Lying quietly, normal position, moves easily	Squirming, shifting back and forth, tense	Arched, rigid or jerking
Cry	No cry (awake or asleep)	Moans or whimpers, occasional complaint	Crying steadily, screams or sobs, frequent complaints
Consolability	Content, relaxed	Reassured by occasion touching, hugging or being talked to, distractible	Difficult to console or comfort

Each of the five categories: **(F)** Face; **(L)** Legs; **(A)** Activity; **(C)** Cry; **(C)** Consolability; is scored from 0-2 which results in a total score between 0 and 10.

How do we manage pain in hospital?

To begin with your child will be prescribed the simple analgesia of Paracetamol and/or Ibuprofen. These can be safely given together if the pain is bad. Stronger pain killers can then be given if your child is still in pain.

Pain medication is best given regularly; especially when the pain is bad. Do not wait until the pain gets severe to give medication. Giving pain killers at night time will help your child have a more settled night. Please speak to your nurse if you have concerns or questions.

Children in pain find distraction techniques very helpful in reducing pain because increased anxiety levels increase the perception of pain. Depending on your child's age, they may enjoy listening to music, playing a game or being sung or read to by a parent/carer. We have a team of play specialists who can help provide distraction through play, arts and crafts and many videos to watch. Younger children may respond well to a breast feed or a dummy if used.

Other practical things may help such as:

- An ice pack on an injured limb to reduce swelling, which in turn reduces pain.
- Elevating the limb on a pillow or in a sling.
- A plaster on a fracture helps reduce pain by immobilising
- A hot water bottle (not boiling and ensure the lid is on) can be used for tummy pain.
- A favourite toy or cosy blanket to cuddle may also help.

Now would not be the time to wean off a dummy or other comforter. Children often regress when they are in pain; for example they may wet the bed when they are usually dry at night.

What can I do to help my child?

As mentioned previously the pain is likely to be worse if your child feels frightened, worried or tired; therefore comforting and

reassuring them can be one of the best things to do as these can help to make your child feel safe.

Children often display a change in their behaviour when they are in pain. As you know your child best please let us know if you are concerned. For example:

- They may not be interested in something they usually love.
- They might be more clingy than usual.
- They may be more irritable, or quiet, or cry more easily.
- They may have a change in appetite.

Please talk to us and let us know if you or your child is worried or anxious due to any previous experience of pain or hospitals as these previous experiences can make pain feel worse. We will do our best to help.

Do the medicines have side effects?

Side effects from painkillers are not common. You can find them written on the information sheet inside the medicine box from the manufacturer. It is important to always follow the instructions on the discharge letter and be guided by the manufacturer's instructions; do not give the medicine more often than the instructions tell you.

Always tell your doctor if your child is allergic to any medicines. You should not worry about giving your child medicine that will reduce pain; they will not become addicted and pain medicines will not slow down healing. Children feel much better when they are not in pain.

Important general information about medicine;

- Always shake the bottle before use.
 - Keep medicines in a safe place away from children.
 - Keep medicines at room temperature, unless you are told otherwise.
 - Please return unused or expired medicine to your pharmacist.
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