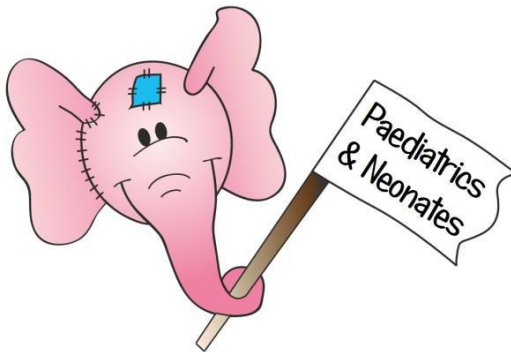


# Pain relief for children

## Inpatient Pain Team

### Parent/carer Information Leaflet



### Introduction

At The Dudley Group we aim to give your child good pain relief and make them as comfortable as possible after surgery, injury and throughout their stay in hospital.

Good pain relief helps your child:

- Feel better
- Recover quicker
- Move around easier

## **What is the role of the inpatient pain team?**

The team is made up of doctors and nurses with a specific role in managing pain. They may prescribe various types of pain relief specifically for your child, depending on the cause of the pain.

## **What types of pain relief are there?**

Pain medication can be given in various forms depending on your child's condition and the type of surgery they have had. They include:

### **Medication by mouth**

This will either be in the form of tablets, liquid or dissolvable preparations, given regularly or when your child needs them.

### **Rectal**

This route can be used for pain relief until your child can tolerate oral medication, or as an alternative.

### **Intravenous injection**

This will be given through a small plastic tube (cannula) straight into a vein for rapid pain relief. If your child has had surgery, they may already have a cannula in place. The cannula can also be used to give other medications, for example, anti-sickness medication if your child is feeling or being sick.

### **Patient-controlled analgesia (PCA)**

This is a pain relief pump controlled by your child. It is programmed to allow your child to deliver pain medication when they need it and has safety features to prevent harm.

### **Nurse-controlled analgesia (NCA)**

This is a pain relief pump controlled by the nurse who will deliver pain medication based on your child's pain score.

### **Inhaled pain relief**

A mixture of half oxygen and half nitrous oxide (sometimes known as gas and air) can provide useful pain relief for painful procedures.

## **What happens after my child's operation?**

When your child wakes from their anaesthetic in the recovery area, they will be asked about their pain and what it is like. This is best time to treat pain.

When your child arrives on the ward, the nurses will ask them about their pain using a pain scoring tool that is appropriate for their age, development and medical condition. Good pain assessment can prevent pain from becoming too bad and keep it under control. The pain scoring tool used are as follows.

### **FLACC pain scale**

FLACC (face, legs, activity, cry, consolability) is a tool for young children up to five years who cannot tell us if they are in pain. It shows the signs of pain we look for. This tool is very easy to use and parents can become very skilled using this tool with assistance from nurses.

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

## Wong and Baker Faces Pain Rating Scale

This is suitable for children aged five to 12 years. We will ask your child to rate their pain based on the faces below:



## Adults 0-3 Score

Suitable for children over the age of 12 years. We will ask your child to rate their pain based on the scoring system in the table below:

Score	Pain
0	No pain
1	Mild pain
2	Moderate pain
3	Severe pain

These scoring tools will enable staff to give your child pain relief appropriate to their pain score. Good pain relief means that your child will recover quicker from surgery. This will enable them to get up and about and carry out their daily activities sooner.

## Can I ask for help?

If your child's pain control is not adequate at any time and they are still feeling pain, or if you have any questions or concerns about your child's pain relief, please ask the nurse. It is best to do this as soon as you can to enable us to respond quickly. If appropriate, a member of the pain team will visit you to discuss this and offer advice.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The inpatient pain team on 01384 456111 ext. 2845 or 1729. You can also ask for us to be bleeped on 7851. (8am to 6pm, Monday to Friday. 8am to 4pm weekends and bank holidays).

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://www.dgft.nhs.uk/services-and-wards/pain-management/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔