

*In partnership with Primary Children's Hospital*

*Let's Talk About...*

# **Your Child's Pain and Comfort**



**Intermountain  
Primary Children's Hospital**

*The Child First and Always®*

## Options for Pain Management: Recommendations and resources



Your child's doctor may prescribe medicine to help relieve your child's specific type of pain. There are others ways to control pain as well, including:

- Cold or heat
- Games
- Talking
- Relaxation
- Art projects
- Sensory toys
- Music
- Distraction
- and activities

These non-medication pain management options are in addition to your child's pain plan managed by your nurse. They do not replace pain medication.

### Non-medical therapies

(Not available at all facilities.  
Ask about availability.)

#### **Nurse or Certified Child Life Specialist (CCLS) assistance:**

- **Bubbles or a pin wheel to blow.** Your nurse or CCLS can provide supplies and instruction.
- **Comfort positions.** Your nurse or CCLS can demonstrate.
- **Essential oils.** Must be supplied by your nurse or CCLS.
- **Hot or cold packs.**
- **Oral sucrose.** Only for babies up to 1 year of age who are having procedures.
- **Numbing cream or spray for IV or Port access.**

#### **Additional services:**

- Interaction with a CCLS, Kids Crew member, or volunteer
- Dance or movement therapy
- Pet therapy
- Art therapy
- Music therapy

#### **With a doctor's order:**

- Acupressure or acupuncture
- Massage therapy

## On your own

- Bath
- Comfort Channel (tranquility, white noise)
- Personal comfort item (blanket, stuffed animal)
- Personal iPad
- Listening to music (available on TV channels)
- Pacifier
- Reading books (use your own or ask your nurse to see what's available)
  - Swaddling
- Personal toys or those provided by the hospital (each facility is different)
- TV hospital channels (programs for kids)
- Guided imagery\*
- Progressive muscle relaxation\*
- Counter stimulation\*
- Thought replacement techniques\*

### Communication

- Choose one person for your child to talk to during procedures. (A family member or loved one who knows what to say and do during pain and procedures)

\*More information available by scanning the QR codes on the next page.

## Understanding your child's pain

Review the pain management options. Then, ask your child which items may help them with their pain.

How does your child express or say they feel pain?



Access the following Let's Talk About... brochures for more information about managing your child's pain:



**Aromatherapy with  
essential oils**



**Breathing  
techniques**



**Counterstimulation  
techniques: Using  
sensory distraction**



**Helping your child  
cope with medical  
procedures**



**Imagery  
techniques**



**Oral Sucrose  
for Short-Term  
Pain Relief**



**Pain management  
techniques for  
special-needs children**



**Progressive  
muscle  
relaxation**



**Thought  
replacement  
techniques**



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