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## Pain Control at Children's Hospital

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We hope your visit to Children's Hospital of Greenville Health System (GHS) is a good one and that your child does well while you are here and at home afterward.

Pain control is very important. Good pain control not only makes your child more comfortable but also helps your child heal faster. It also may help keep other problems or complications from occurring. Please help your child's doctors and nurses choose the best way to manage your child's pain.

### For the Child (to discuss with parents or guardian)

- Be sure to ask your doctor or nurse if you will have pain and how long you can expect it to last
- Ask about things we can do to help take care of your pain
- Ask about things you can do to help control your pain
- Help decide on a pain control plan with your nurse and doctor: It may include medication and other treatments such as, but not limited to, the following:
  - Pediatrics—heating pads, cold packs, relaxation breathing, distraction, games, music
  - Bryan Neonatal ICU—swaddling, pacifier, touch, music
- Help your doctor and nurse measure your pain, when possible
- Report any pain that has not decreased even after something is done to help

### For the Parents

- Ask about things we can do to help take care of your child's pain, including topical anesthetics, family presence and distraction
- Suggest ways to decrease pain for your child that have worked previously
- Help your doctor and nurse measure your child's pain, when possible

- Report any pain that has not decreased even after something is done to help
- Noise, light, heat and cold also have an impact on how your child handles pain: It is important that you let us know how these things are affecting your child
- Possible side effects of pain medication include nausea, vomiting, constipation, rash, itching and excessive sleepiness: Let your nurse know if your child is experiencing any of these reactions

### Pain Reporting

- You will be shown a scale to use to help you and your child measure pain: Use the same one each time
- The Wong-Baker Faces Pain Rating Scale is commonly used, which has faces from smiling to crying: Pick the one that describes the pain best
- "0" means no hurt and "10" means the worst pain: Rate the pain by how much your child is really hurting
- Other scales may include an infant rating scale, a neonatal pain scale, or a picture for your child to color using different colors to show how much pain he or she is having
- Some other scales look at the behaviors of the infant: These behaviors include facial looks, crying, breathing patterns, position of arms and legs, and alertness

The doctors and nurses at GHS Children's Hospital want to work with you and your child to help measure and manage his or her pain correctly. While it may not be possible to eliminate all pain, we will make your child as comfortable as possible.

If you have any questions or concerns after you leave the hospital, please call us at **(864) 455-7975**.

