

MISSION

Health PEI Care Team members working together with you and your child to increase your child's comfort during procedures.



Comfort Commitment Card

If your child has a Comfort Card, please share it with the care team. If not, we can help create a comfort plan that works well for you and your child. Please remember, due to safety, plans sometimes need to change.

Health PEI		
COMFORT CARD		
Date: _____		
_____		Child's name
		DPC-2573

Health PEI

16 Garfield St,
Charlottetown,
PE C1A 6A5

DPC-2571



COMFORT COMMITMENT



**Pediatric Procedural Pain
and Comfort Management**

Health PEI

The comfort commitment is a guide that we will use to help increase your child's comfort during procedures. In this guide you will find ideas to help you in feeling successful when supporting your child. Most children cope better when they are given information and included in the process. You may have some suggestions that are not included in this guide – please share those with your child's care team.

These four steps will help us create a plan for your child to make the experience as positive as possible:

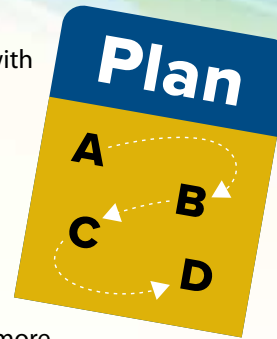


1. **ASK** what your child knows about the procedure.

2. **SHARE** honest and age-appropriate information with your child so they know what to expect. A child life specialist or nurse will help you with this.



3. **PLAN** for the procedure with your child and care team. Coping ideas may include:



- a. **Medicine and numbing** – Numbing creams, ice and/ or vibration can be used to help your child feel more comfortable. If your child is 12 months or younger, ask about using sugar water.
- b. **Refocusing** – Some children want to watch the procedure and others would rather look away - both are okay. Refocusing Items such as toys, books, electronics, or music can provide a positive distraction. Deep breathing is one of the best ways to lower stress and for younger children, blowing bubbles can provide the same response. Breastfeeding or the use of a pacifier can be helpful for infants.
- c. **Positioning** – Sitting up is best unless your child chooses to lie flat or the procedure requires it. Sitting helps your child feel more in control. Ask your care team about comfort position options that may work well for your child.
- d. **Environment** – Lights, noise and words all make up the environment. Work with your child's care team to create a calm space. Children benefit from having one person gently coaching them during the procedure to help keep their focus



4. **DO** jointly follow the agreed upon plan and know that the care team will pay attention to your child's feelings throughout to ensure they feel heard.



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