

Colour the Picture



St. Anna
kinderSpital

What you need to know about pain and pain management

Printing Information

Compiled on behalf of St. Anna Children's Hospital
www.stanna.at

In partnership with the Pain management specialists and the General Paediatric Pain Management project team in the Nursing Department

Photos: personal photo (title), Fotolia
Graphic Design: www.atelier-lev.com



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How is pain assessment carried out at St. Anna Children's Hospital?

What can we do to relieve your child's pain?

How can you support your child?

What you need to know about pain and pain management



Your child's illness might mean that they are experiencing pain. Moreover, it is sometimes necessary to use painful diagnostic and therapeutic methods. However, we promise that we will do our utmost to minimise any pain for your child!

You as the parent play a very important role in helping us to evaluate and control your child's pain. You know your child's condition better than anyone else and can help us better understand your child, especially if they are very young or are afraid.

You also know best how to comfort and distract your child and help them relax. You are your child's mouthpiece when they are experiencing pain. You should always let us know about any symptoms you observe so that we can take appropriate steps to alleviate the pain.

Pain that is left untreated causes anxiety and your child may become withdrawn or irritable. They might also experience unpleasant physical responses such as cramps, sleeplessness and a loss of appetite, which can delay the recovery and healing process.

Pain assessment

Finding out if your child is in pain involves asking many questions and observing your child closely.

We will ask how you assess your child's pain and also ask your child if they are in pain. For this, we show them a face scale or a scale from 0 to 10 with which they can show the intensity of the pain.



Infants, small children and children with special needs are assessed using an observation scale. In addition, we also observe your child's behaviour, their posture and facial expression.

Pain relief

We always try to give you and your child simple, clear and age-appropriate information before taking any therapeutic or diagnostic measures. If anything is unclear, you should not hesitate to ask! If your child is due to undergo a procedure that will cause pain, we will do everything we can to keep the pain to a minimum. In addition, the doctor will prescribe pain-relieving drugs that are tailored to the type and level of pain your child will experience. This medicinal pain therapy is based on the latest international findings.

As well as pain-relieving drugs, there are a number of psychological and physical measures that can also support or supplement pain relief.

What we can do for your child

- ▶ Use less painful methods of finger pricking
- ▶ Apply local anaesthetising ointments, e.g. before taking blood samples or inserting cannulas.
- ▶ In the case of babies under 3 months, giving a small quantity of sugar solution with a dummy has been shown to be useful before undertaking any procedure.
- ▶ Teach your child relaxation and breathing exercises – taking slow deep breaths can reduce pain and increase self-control.
- ▶ Involve your child: If possible, we let the child choose the position they wish to lie in and the puncture site.
- ▶ Psychological measures

- ▶ Physical measures such as hot and cold applications, special positions, tummy massages for infants.

What you can do for your child

- ▶ Try to be there for your child. Children often feel safer if a parent or someone they trust is present
- ▶ Keep calm, even if it is sometimes hard. Anxiety increases pain. Your child can feel your anxiety and uncertainty
- ▶ Support and praise your child! ("You're doing that really well!")
- ▶ An operation can be painful. Honesty is the best policy in this case and your child can deal with the situation better than you think
- ▶ Encourage your child to express their feelings and take them seriously
- ▶ Comforting physical contact such as rocking, holding, stroking or cuddling can help your child relax
- ▶ Distract your child when they are in pain or give them something they can concentrate on (telling stories, listening to music, singing, television, reading aloud, computer games)

