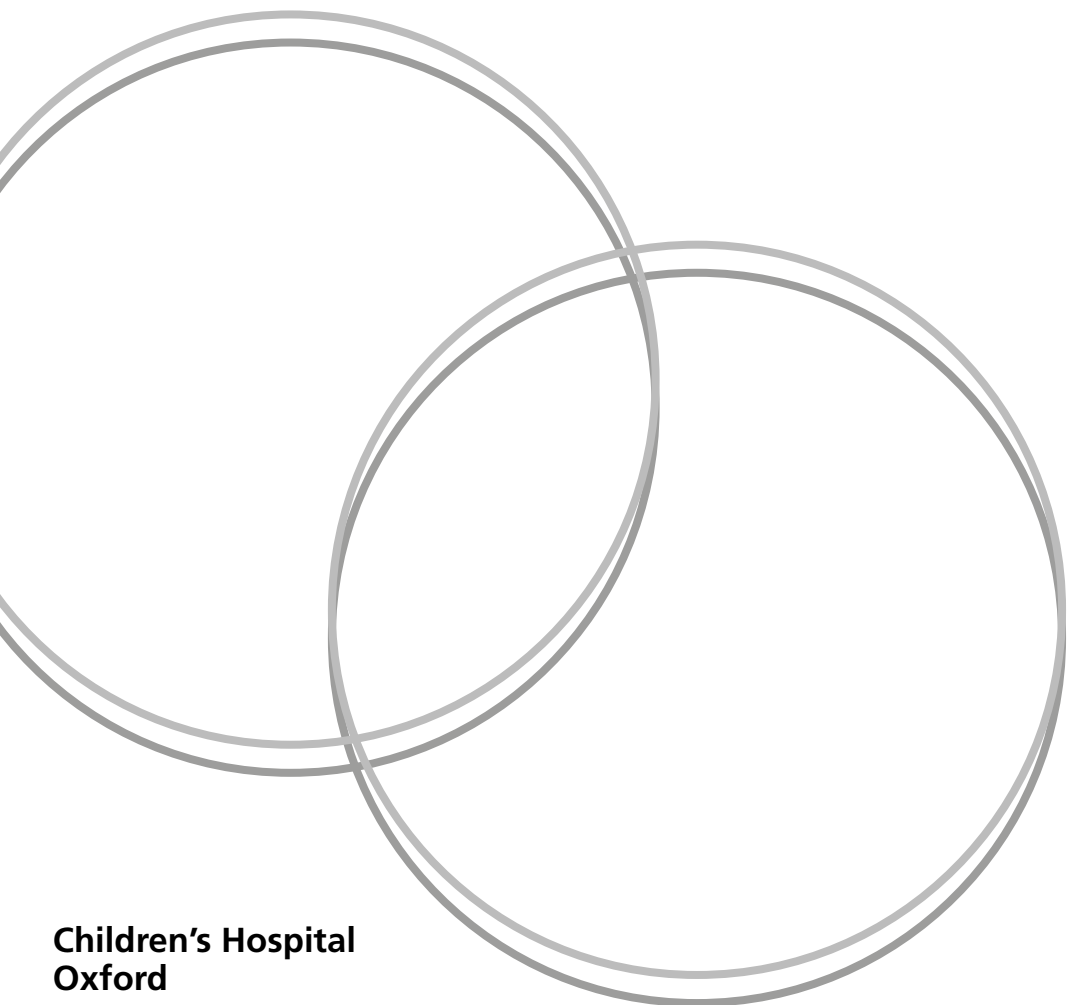




Oxford University Hospitals  
NHS Foundation Trust

# **Pain Assessment and Pain Relief for your Child**

**Information for parents and carers**



**Children's Hospital  
Oxford**

The assessment of pain is an important part of the care your child will receive while they are in hospital. Children and their families are sometimes worried that they may be in pain when they are in hospital. They are often keen to know what can be done to prevent and reduce any discomfort.

This leaflet has been written to give you information about how your child's pain will be assessed and what we can do to help reduce your child's pain while they are in hospital.

# Children's Inpatient Management of Pain Service (ChIMPS)

We have a team of specialist nurses and pain management doctors, who will work with the ward staff to help to keep your child comfortable when they are in hospital. We also have various ways of managing your child's pain.

The Pain Management team will regularly visit your child when they are on the ward, to provide advice.

## How we assess your child for pain

Firstly, we have to find out more about their pain.

It is helpful to know:

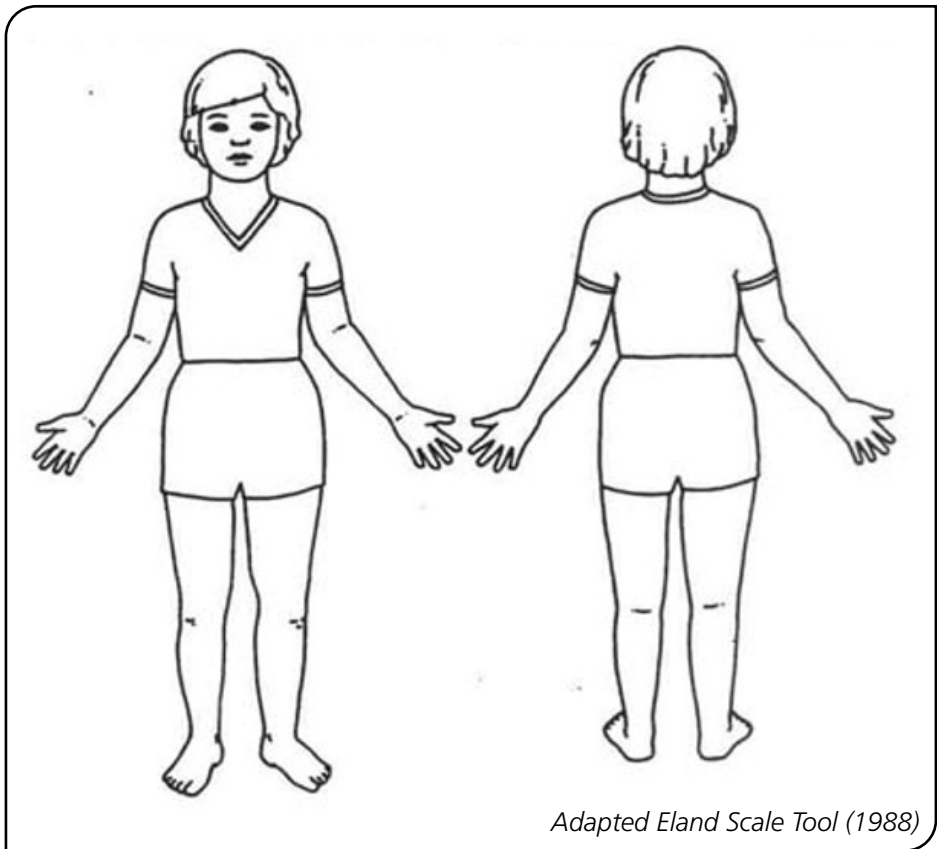
- where the pain is
- what it feels like
- how bad it is
- how often it is felt
- what helps to relieve it.

We will do this by using pain assessment tools with your child (see an example on the next page). We have tools for all age groups and for children with different communication needs. We will use these tools regularly, to make sure your child's pain relief is working.

## Example of a self reporting pain assessment tool for children



## Body map to help with the location of pain



The nurses and doctors will also ask you about your opinion of your child's level of pain. If you feel your child is in pain at any time, please tell their nurse.

# Ways to help your child if they are in pain

You have an important part to play in helping us to manage your child's pain, as you know them best. It is helpful to know what pain relief methods have worked well for your child in the past.

## Ways we can help reduce your child's pain

### **Medicines:**

There are different pain relieving medicines available, which might be given to your child.

### **Paracetamol**

This medicine is given to children for relieving pain and also to help with high temperatures. It is likely to be given regularly to your child, either by mouth or into a vein in their arm or hand (intravenously).

### **Ibuprofen or diclofenac**

These are pain-relieving medicines that also reduce inflammation. They work well with paracetamol.

### **Oral morphine**

This is a strong pain-relieving medicine that is sometimes used after operations or for severe pain.

We avoid giving children injections for relieving pain, if possible.

Your child might also be given one of the following methods of pain relief after an operation or procedure:

- PCA (Patient Controlled Analgesia)
- NCA (Nurse Controlled Analgesia)
- epidural infusion
- nerve infusion.

The decision to use these methods of pain relief would be made by your child's doctor or the anaesthetist. We have separate information sheets about these methods of pain relief, if required.

## **Other methods of pain relief:**

- distraction – encouraging your child to concentrate on something else (such as TV, films, games or counting)
- relaxation – deep breathing, using their imagination
- physiotherapy – position changes or massages.

The hospital play specialists can also help with managing pain.

## **Pain relief at home**

Before your child leaves hospital, their nurse will tell you about any medicines they can have to help with pain when they are at home. If your child's pain is not controlled when they are back at home, or they have side effects from the pain medicine, please see their GP.

## How to contact us

If you would like further information, please contact the Children's Pain Management team.

Tel: **0300 304 7777** and ask for Bleep 1400 (Pain Management Nurse)

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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Adapted from the Great Ormond Street leaflet 'Helping Your Child Cope With Everyday Pain'

Author: Children's Inpatient Management of Pain Service (ChIMPS)

January 2020

Review: January 2023

Oxford University Hospitals NHS Foundation Trust

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