

More resources and additional information.

Use these QR codes or follow the links to learn more about the Comfort PACT and additional ways to support your child through medical procedures.

[BCCH Pain Guide - Comfort Approaches](#)



[BCCH Pain Management and Comfort](#)



[Our Child Life Specialists](#) can be contacted for support.

(604) 875 2345 ext. 7687

BC Children's Hospital Comfort PACT

BC Children's Hospital is committed to promoting comfort at every clinical encounter. The PACT (Pain Addressed, Comfort Tended) is a comfort protocol to support the person's comfort using five key approaches.

Preparation

We will:

- ✓ Use words that the child understands to explain the procedure.
- ✓ Minimize environmental stressors.
- ✓ Make a plan with you and the child.
- ✓ Communicate the plan to the right people.
- ✓ Give time for you, the child, and family to ask questions.

Communication

We will:

- ✓ Speak clearly and calmly.
- ✓ Have one supportive voice talking at a time, during the procedure.
- ✓ Be aware of non-verbal communication.
- ✓ Provide realistic choices for comfort.
- ✓ Use concrete language that describes what the child will feel, hear, see, smell, or taste.

Comfort Positions

We will:

- ✓ Consider the best position for the child's procedure and for you.
- ✓ Ensure that you are comfortable using the position.
- ✓ Check whether the child would like to see the procedure.
- ✓ Ensure that the experience is safe and comfortable for you and the child.
- ✓ Position the child so that they can see or hug you or another caregiver.

Alternate Focus

We will:

- ✓ Offer different options for the child to focus on during the procedure.
- ✓ Support the child's decision to watch the procedure if they want to.
- ✓ Help you or another caregiver to coach the child with alternate focus.
- ✓ Engage and re-engage the child's attention as needed.
- ✓ Guide the child's focus throughout the procedure.

Medication

We will:

- ✓ Consider whether the child needs medicine.
- ✓ Make sure the child receives any medications they need.
- ✓ Assess whether medication to help relaxation or sedation would help the child.
- ✓ Use numbing creams for procedures that breaks skin.
- ✓ Encourage breast-feeding or uses single dose oral sucrose for infants.



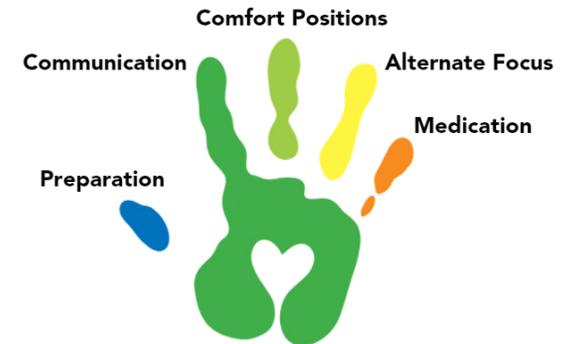
childkind

BC Children's Hospital

Comfort PACT

Pain Addressed, Comfort Tended

BC Children's Hospital is committed to promoting comfort at every clinical encounter. The Comfort PACT is a protocol that includes five key pillars to promote comfort and reduce pain whenever possible. The pillars are preparation, communication, comfort positions, alternate focus, and medication. These pillars offer different approaches and interventions.



This resource was co-developed by patient partners and health care professionals



PainCare 360

What is the Comfort PACT protocol?

The Comfort PACT (Pain Addressed, Comfort Tended) is a protocol of standard approach that our health care providers follow to support your child with clinical procedures. BC Children's Hospital is committed to providing the best pain management and promotion of comfort for all persons through the use of the Comfort PACT.

The Comfort PACT uses evidence-based practices to promote the five pillars as a bundle of care interventions.

BC Children's Hospital encourages all staff to use the Comfort PACT in their everyday practice.

How will the Comfort PACT support my child?

By following the Comfort PACT protocol, health care providers can anticipate needs, manage distress, and actively reduce pain for your child.

The Comfort PACT protocol aims to:

- Eliminate or reduce pain for your child during procedures and increase their ability to cope.
- Provide equal pain care for all children.
- Help health care providers promote positive lifelong health care experiences for your child.
- Make comfort a priority.

What are the five pillars?

Preparation

- When your child understands what is happening, they may experience less stress.
- Preparation can help reduce stress leading up to a procedure and improve outcomes.
- Preparation includes the use of plain language to explain procedures and making a coping plan.

Communication

- What you say, and how you say it, can affect your child's comfort.
- Health care providers will consider their tone of voice, volume, and body language.
- Communication includes providing realistic choices to your child when appropriate.

Comfort Positions

- A secure hugging hold can reduce stress and improve safety in procedures.
- Being comfortable can help your child feel more confident.
- Health care providers will work with you to consider the best position for your child.

Alternate Focus (distraction)

- Alternate focus can be helpful during procedure, but it should also be a choice.
- Your child may feel less pain if they focus on a task or activity during a procedure.
- Health care providers will support your child in choosing a distraction they enjoy.

Medication

- Medication can work alongside these pillars to increase comfort and reduce pain.
- When medication is used, health care providers will ensure that all appropriate non-pharmacological approaches are also used.

How can I participate?

You can help your child by using the Comfort PACT protocol tool.

- Prepare your child for the procedure
- Communicate clearly and calmly.
- Use a comfort position.
- Choose a distraction with your child before the procedure. You may want to bring a device or toy from home.
- Use medication when needed, like topical anesthetic, or sucrose (for babies up to 1 year).