

The Comfort PACT: Why and how we promote comfort

Preparation

WHY?

- Reduces your child's fear and stress
- Promotes long-term coping

HOW?

- Use plain language to explain procedures, tests, or surgeries
- Make a Coping Plan with a Child Life Specialist

Alternate Focus

WHY?

- Distraction techniques decrease children's pain and distress perceptions

HOW?

- Offer alternate focus (TV, I-Spy, books, toys)
- Explore different coping strategies together (music, counting, watching the procedure, looking away, deep breathing)

Communication

WHY?

- When parents are stressed, children tend to have more difficult responses in hospital

HOW?

- Have one voice calmly communicate with the child
- Provide realistic choices when appropriate
- Use concrete and age appropriate language

Medication

WHY?

- Addressing and treating pain increases comfort, and decreases the risk of health-care anxiety and avoidance in the long term

HOW?

- Use numbing cream for skin-breaking procedures
- Encourage breast-feeding or oral sucrose for infants
- Inquire with medical staff to assess the need for sedation

Comfort Position

WHY?

- Comfort Positions build children's trust and reduces the need for medication or restricting movement

HOW?

- Consider the best position for the child, caregiver and procedure
- Allow the child to see or hug their caregiver

