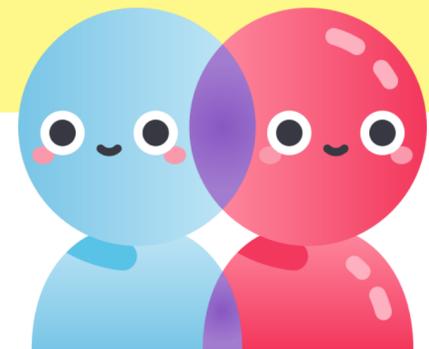


# BC Children's Hospital Comfort PACT

At BC Children's Hospital, we are committed to promoting comfort at every clinical encounter. The Comfort PACT (Pain Addressed, Comfort Tended) is our protocol to support each person's comfort using five key approaches: preparation, communication, comfort positions, alternate focus, and medication. Here are some facts about alternate focus.

## Alternate Focus



*"Do you want to watch or look away?"*

### Why alternate focus matters

- Alternate focus can be helpful during a procedure. It should also be the child's choice.
- Alternate focus means engaging the child in a task that guides their attention. This can reduce the child's fear and stress reactions. It can also reduce the pain that people report during a procedure.

### Your healthcare providers will:

- Give you and the child the option to use alternate focus.
- Plan with the child the options available and how to use different focus approaches.

### You can coach the child to use alternate focus

- Studies show that with an adult's help, people feel less distress and report less pain.
- Choose an approach that works best for the child: deep breathing, guided visualization, stress balls, bubbles, books, or electronic devices.
- Some people may choose to watch the procedure process.
- While the child is watching they can still use a distraction technique by getting involved, playing a game through the procedure, engaging with equipment.

#### References

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