

# 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 comfort positions.

## Comfort Positions

*"Being comfortable makes me feel safe and confident."*



### Why comfort positions matter

- Comfort positions can support the child and ensure safety during procedures.
- Use comfort positions during procedures to help the child feel more in control.
- Comfort positions, like hugging holds, help the child feel seen, secure and safe.
- They allow caregivers to play an active role in the child's medical care by supporting them through a procedure.
- A lying down position can make a child feel more vulnerable, but can be used if it is the child's preference or if necessary when other comfort positions are not accessible due to the procedure situation. Remember to explore and discuss with the child and provide choices when possible.
- Comfort positions create a more positive experience for support staff, caregivers, and the child during a procedure. Less people are needed, and this creates a calmer environment for everyone.
- Caregivers can decide how they wish to support the child with positioning during the procedure and do not have to hold the child if this does not feel comfortable.



#### References

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