

# 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 medication.

## Medication



*"Considered all the options to reduce my pain."*

Your healthcare provider will ensure the child receives appropriate non-medication approaches to help with pain, along with medications if needed. The goal is to treat the pain they can, use medication when pain or distress requires more support, and make comfort a priority.

### Your healthcare providers will:

- Treat the pain the child may feel during the procedure with medication based on the expected intensity of the pain or anticipated distress,
- Use medications when non-medication approaches require more support.
- Choose medications according to the pain care required for the procedure and the needs of the child to cope and manage the procedure.
- Use anesthetic cream to numb the skin before a needle-poke procedure like an immunization, blood work, intravenous (IV) start, or lumbar puncture.
- Consider non-opioid medications to treat pain first if your child has mild to moderate pain.
- Consider stronger medications like opioids if the child has moderate to severe pain. Codeine is an opioid medication that is not recommended for children as it can be ineffective and less safe than other medications.
- Prescribe and provide the medication that is needed to minimize side effects.

If the child is an infant, touch approaches are encouraged first using more than one intervention at a time. For example, providing skin-to-skin contact and breastfeeding, or swaddling and sucking on a soother or finger at the same time. Oral sucrose can be used sparingly as a single-dose, and always combined with other non-medication approaches.

#### References

1. Government of Canada: Health Canada. (2016, July 28). 7. Summary Safety Review- Codeine-containing products- Further Assessing the Risk of Serious Breathing Problems in Children and Adolescents. <https://tinyurl.com/bbf9t7yp>
2. Friedrichsdorf, S. J., & Goubert, L. (2019). Pediatric pain treatment and prevention for hospitalized children. *Pain reports*, 5(1), e804.
3. Kalsay, H. (2017). Assessment and treatment of pain in pediatric patients. *Current Pediatric Research*.
4. Stevens, B., Yamada, J., Ohlsson, A., Haliburton, S., & Shorkey, A. (2016). Sucrose for analgesia in newborn infants undergoing painful procedures. *The Cochrane database of systematic reviews*, 7(7), CD001069.
5. Trottier E.D., Doré-Bergeron, M., Chauvin-Kimoff, L., Baerg, K., Ali, S. (2019). Managing pain and distress in children undergoing brief diagnostic and therapeutic procedures. *Paediatrics and child health*, 24(8), 509-521.