

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 preparation.

Preparation

"What are you doing? What is happening right now?"



Why preparation matters

- Preparation helps you and the child understand what is happening.
- Preparation can help reduce stress and other negative experiences before and after a procedure.
- Stress can delay procedures and reduce trust between families and their health care providers.
- Stress can also make recovery time longer and increase the experience of pain.

Your healthcare providers will:

- Form a trusting relationship with you and the child.
- Introduce themselves to you and get to know you.
- Use age-appropriate information to explain what will happen, why, and how.
- Create a calm environment to reduce stimulation
- Create a supportive environment and welcome any questions from you and your child.
- Develop a plan with you and the child to set the procedure up for success.



References

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2. Friedrichsdorf, S. J., & Goubert, L. (2019). Pediatric pain treatment and prevention for hospitalized children. *Pain reports*, 5(1), e804.
3. 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.