

BC Children's Hospital Comfort PACT

BC Children's Hospital is committed to promoting comfort at every clinical encounter. The PACT (Pain Addressed, Comfort Tended) is a comfort protocol to support the person's comfort using five key approaches.

Preparation

We will:

- ✓ Use words that the child understands to explain the procedure.
- ✓ Minimize environmental stressors.
- ✓ Make a plan with you and the child.
- ✓ Communicate the plan to the right people.
- ✓ Give time for you, the child, and family to ask questions.

Communication

We will:

- ✓ Speak clearly and calmly.
- ✓ Have one supportive voice talking at a time, during the procedure.
- ✓ Be aware of non-verbal communication.
- ✓ Provide realistic choices for comfort.
- ✓ Use concrete language that describes what the child will feel, hear, see, smell, or taste.

Comfort Positions

We will:

- ✓ Consider the best position for the child's procedure and for you.
- ✓ Ensure that you are comfortable using the position.
- ✓ Check whether the child would like to see the procedure.
- ✓ Ensure that the experience is safe and comfortable for you and the child.
- ✓ Position the child so that they can see or hug you or another caregiver.

Alternate Focus

We will:

- ✓ Offer different options for the child to focus on during the procedure.
- ✓ Support the child's decision to watch the procedure if they want to.
- ✓ Help you or another caregiver to coach the child with alternate focus.
- ✓ Engage and re-engage the child's attention as needed.
- ✓ Guide the child's focus throughout the procedure.

Medication

We will:

- ✓ Consider whether the child needs medicine.
- ✓ Make sure the child receives any medications they need.
- ✓ Assess whether medication to help relaxation or sedation would help the child.
- ✓ Use numbing creams for procedures that breaks skin.
- ✓ Encourage breast-feeding or uses single dose oral sucrose for infants.