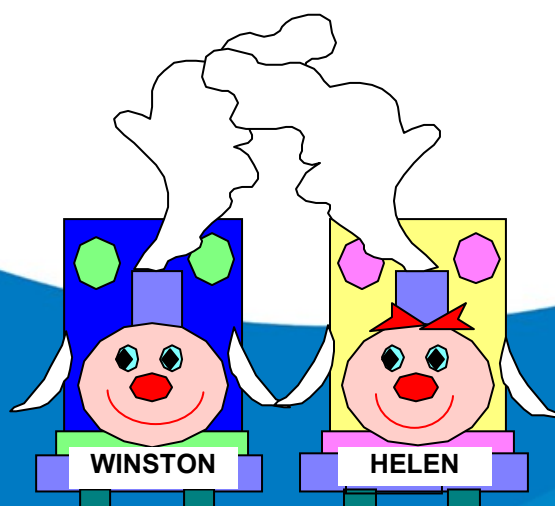


# Pain Relief For Children

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.



## The aim of this leaflet is:

- ◆ To explain the way pain will be assessed and managed whilst your child is in hospital
- ◆ Also included is advice on managing your child's pain when they are discharged from hospital.

## Pain history

When your child is admitted to hospital the nurse will ask you a series of questions about your child's past experience of pain. The aim is to develop a pain history. This helps staff recognise when your child is in pain and plan their pain control.

## Pain assessment

During your child's stay, the nurses will assess and record your child's pain score. This helps staff to provide adequate pain relief to control any pain experienced.

The nursing staff will allow time for the pain relieving medication to work and then will re-assess your child's pain to ensure their pain is controlled.

## Methods of pain relief which will be discussed with you and your child

**By mouth** – Most pain is controlled using a combination of medicines given by mouth.

**By injection** – If your child has had or is awaiting an operation and cannot take medicines by mouth, they may be given pain relief by injection through a vein via a cannula.

**Suppositories** – Your child can be given pain relieving medicine in the form of a suppository in their bottom. This method is effective if your child is vomiting or is not able to eat or drink.

**Local anaesthesia** – During some operations local anaesthetic is injected near to the operating site. This can provide pain relief at the operation site for some hours after the operation.

**Play Therapy** - Play can be a good method of pain control in children. Play helps children to cope with pain, and allows them to focus on an activity, therefore reducing their anxiety and pain.

**Side-effects of medication** - In hospital the correct medicine dosage is worked out for children according to their weight and age.

Very occasionally children will experience side effects from pain relieving drugs. Nursing staff therefore monitor children carefully for medication side effects which can be treated.

## Discharge advice

When your child goes home you may be given pain relieving medicines to continue at home.

The nurse who discharges your child will explain how to give the medication and how often.

The nurse will complete the following guide on the next page with you before you go home.

**Continued overleaf.....**

Medication:	Amount:	How often:

**Last medication(s) given at (date/ time):**

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After being discharged home, if you have any concerns regarding your child’s pain, please contact:

Ward 4F: 0151-430-1627

Ward 3F: 0151-430-1616

If you have any further questions, please contact your child's consultant via their secretary via the hospital switchboard 0151 426 1600. The secretaries are available Monday to Friday 9.00am to 5.00pm.

If you need to contact the department outside of these hours, please phone either:

Ward 3F	0151 430 1616
Ward 4F	0151 430 1791

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

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