

COMFORT KIDS

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Non pharmacological pain management strategies have been shown to reduce anxiety and reports of pain related to hospital procedures. Parents are suggested to be best place to be able to support their child, although they frequently are not aware of what role they can play to best do that. Nurses are often best placed to be able to engage in non-pharmacological pain management strategies when play therapists are not available, modelling appropriate strategies for parents.

After a review of pain management processes conducted at The Royal Children's Hospital in 2001, the Procedural Pain Management Steering Committee was established and developed Comfort Kids to support nursing, medical and allied health staff to develop skills to use in supporting children through distressing procedures. A pre-post review of the program suggests that in those areas where the program has been established, staff are more likely to use the skills they have developed and are more likely to make appropriate referrals for pain management support.

This presentation will look at the reviews of non-pharmacological pain management use at the Royal Children's Hospital, and how an integrated education program impacted on the use of non-pharmacological pain management strategies.