

Non-pharmacological pain management

Children's Pain Management Service Royal Children's Hospital





Painful procedures

During painful procedures children can exhibit:

- stress
- fear
- anxiety





Result of stress, fear and anxiety

- Abnormal pain behaviours
- Post-traumatic stress disorder in severe cases
- Enormous implications for the child, family and all hospital staff involved with these children on subsequent encounters





Non-pharmacological interventions

- Can be used with or without pharmacological support
- Variety of techniques
- Effective as coping strategies
- Help make pain more tolerable





For optimal efficacy

Non-pharmacological interventions need:

- to be taught to parents and children
- to be taught to health professionals
- Experience for advanced interventions is necessary for:
- guided imagery
- hypnosis



Goals of non-pharmacological interventions

- To minimise fear and distress
- To make pain more tolerable
- To give the child a sense of control over the situation and their behaviour
- To teach and enhance coping strategies for the child
- To instruct parents in techniques to assist their child





Outcomes of successful nonpharmacological strategies



- To have a cooperative, calm, non-traumatised child
- To complete medical procedures successfully in a timely manner
- To have subsequent procedures performed with reduced fear and anxiety





Indications

- The medical procedure should not be complex or prolonged
- The child needs to be willing to participate
- Pharmacological strategies should be considered as well





Contraindications

- Non-pharmacological techniques should NOT be attempted during painful procedures without prior instruction and co-operation
 - Surgical procedures
 - Complex and/or long procedures
 - Distressed, un-cooperative child



Non-pharmacological techniques everyone can implement



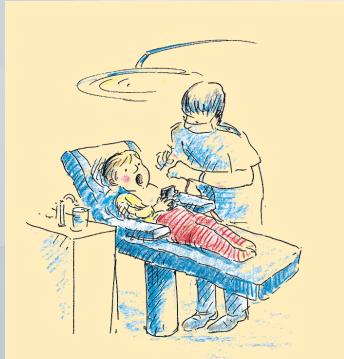
- Information: explain, explain, explain...
- Parents' presence
- Choices and control
- Laughter and fun
- Deep breathing
- Heat / Cold





Diversion





- Choices and control
- Diversion / distraction
- Play / relaxation
- Videos / DVDs / computer games





Controlled breathing

- Bubbles
- Breathing
- Blowing







Comforting touch

- Cuddles
- Stroking
- Massage
- Holding
- Rocking





Imagination

- Story telling / books
- Guided imagery
- Favourite activity
- Magic





Give information





- Explain at a level:
 - the child can understand
 - the child wants to know
 - involve the parents





Relaxation

- Deep breathing
- Relaxing from head
 to toe
- Music





RCH procedural pain management info:

 Hospital Policy on Procedural Pain Management





Finally...

Optimal pain management is the right of all patients and the responsibility of all health professionals

