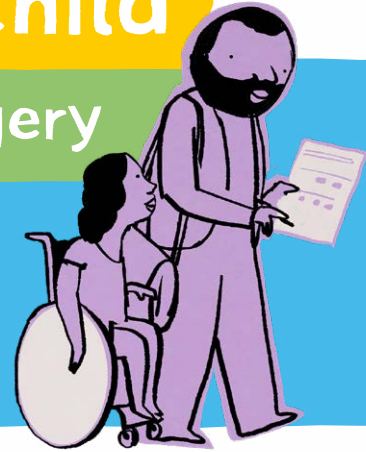




# How you can help your child if they are in pain in hospital after surgery

Research shows that even though parents feel positive about the treatment their children get in hospital, some children experience more pain than they should. We know that sometimes a child can be in pain, without complaining, or telling us they are in pain.



**It's really important for you to tell the doctors and nurses if you think that your child is in pain. Sometimes it is not obvious to people who don't know how your child reacts. You know your child best, and you can help the doctors and nurses manage their pain. When this happens good decisions and good plans can be put in place.**

This leaflet gives you some ideas about the sorts of things that the doctors and nurses would find helpful to know: such as what words your child uses to tell you they are in pain, how your child reacts to pain, what helps, whether you think your child's pain is getting better or worse or staying the same and whether their pain medicine is working.

## Using this leaflet

You might find it helpful to fill in the following boxes. Once you've done this, you could use the sheet as a way of reminding yourself of important things when you have a conversation with the doctors and nurses about your child's pain. You could give it to them as a reminder of the conversation. The following questions will ask you about your child's previous as well as current pain.



## Previous pains

The words my child uses to talk about pain are...

.....

.....

.....

.....



My child usually reacts to pain by (e.g., crying, going quiet, wanting to snuggle up)...

.....

.....

.....

.....



When my child is in pain the things that usually help are (e.g., Calpol, cuddles, story time, other)...

.....

.....

.....



## The pain your child has now

Having thought about previous pain your child has experienced, now think about the pain your child has now. It can be hard when your child is in hospital for you to know whether they are in pain as there is so much else happening. But you know your child best so the doctors and nurses can learn from you.

If I had to score my child's pain I would score:

No pain

A bit of pain

Quite a lot of pain

If I had to score how satisfied I was about how my child's pain is being managed, I would score:

Not satisfied at all

Not sure

Very satisfied

My child's reaction to this current pain is (e.g., same, different)...

.....

.....

.....

Here are some things you might want to say when you talk to the doctors and nurses about your child's pain:

I don't think their pain medicine is working properly

I want to help my child to cope but don't know how

I think my child is still uncomfortable

I don't understand how the medicine is supposed to work

I don't know why they are getting pain

If you think your child is in pain, please let the doctors and nurses know so that they can help.

### Links to useful resources for parents:

You can watch our animation about pain management for children here... [bit.ly/31DtNFY](https://bit.ly/31DtNFY)

And you can find an animation and information sheets specifically about assessing the pain of children with profound cognitive impairment here...

[www.edgehill.ac.uk/communicatinglilypain/](http://www.edgehill.ac.uk/communicatinglilypain/)

