The Pediatric Procedural Pain Comfort 5 Bundle has been developed to provide best practice techniques to minimize pain and increase comfort in a consistent manner for all pediatric patients.

### 1. Partnership with patient/family
- Explain the procedure
- Introduce the Comfort 5 (e.g. “in an effort to improve comfort around this procedure, I’d like to discuss the comfort options we can offer.”)
- With each bundle element ask the patient/family what has worked in the past
- Explain what can be helpful and develop the plan together with patient/family

### 2. Positioning for Comfort
- Parent holding child is preferred.
- A position of comfort isolates the body part needed for the procedure and comfortably secures the others in the swaddle for infant, or embrace for older child.
- Use upright positions when possible
- Swaddle for infants
  - Chest to chest hold, or back to chest hold
  - Froggy: Child sitting up and parent/caregiver supports from behind
  - Side by side

### 3. Numbing
- Reduces pain sensation
- Interventions:
  - LMX™
  - J-Tip™
  - LET™
  - Buzzy™

### 4. Distraction
- Provides effective alternative focus
- Coping Kits (choose items by developmental age, and interest)
- iPad/tablet
- Music/Singing
- Patient may choose to watch the procedure rather than be distracted

### 5. Sucrose/Breastfeeding
- Breastfeeding and sucrose are both effective options in reducing pain and stress in infants
- Sucrose can be used for infants < 12mos
- Use a few drops orally about 1-2 minutes before procedure
  - **Max daily dose:**
    - < 1500g = 0.5mL (2 Bullets)
    - ≥ 1500g = 1 (4 Bullets)
- Can breastfeed or use expressed breast milk on a pacifier as a substitute for sucrose, but expressed breast milk has a shorter duration of effect than sucrose.
Your child’s comfort matters.

Our Comfort 5 plan shows how we can partner to lessen your child’s pain and worry around procedures.

**Partnership:** You know your child best. Tell us what comforts and calms your child.

**Positions:** These images show comforting “hugs” and other positions to help children feel more in control.

**Numbing Options:** Numbing cream and other options can help to reduce pain.

**Distraction:** Use music/singing, pinwheels, bubbles and toys for child to focus on.

**Sucrose:** Breastfeeding or sugar water help comfort babies under 12 months.

*Created in partnership with families and expertise from our Sala Institute for Child and Family Centered Care.*