

Comfort 5 Bundle Staff Tip Sheet

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.



HASSENFELD
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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.