



General Authority for Health Services for the Emirate of Abu Dhabi

Al-Rahba Hospital

Pain Management for Children



Pain can have a serious impact on your child's quality of life. Pain can change your child's mood, cause loss of sleep, and interfere with daily activities. Your child has a right to good pain management. It is the responsibility of you and your child to inform us about your child's pain in order to achieve the best results.



What is Pain?

The body is totally covered by a network called "The Nervous System", this network carries "Messages" from all over the body to the brain to tell it what's going on in the body, one of those messages is Pain. Pain is an electro-chemical "Message" to the brain telling that there is actual or potential tissue damage.



Recommendations:

- Make sure that a member of your child's health care team is aware of any pain your child is having. Some patients are hesitant to discuss their pain, but we encourage you and your child to do so.
- Tell your health care team the following things about your child's pain:
 - ◆ Where it is located
 - ◆ How bad it is
 - ◆ What has helped so far or in the past

Your children's nurses are very skilled in providing comfort measures. These measures may include pain medication (such as morphine and Tylenol) or sedatives (such as Ativan). To achieve the best control over discomfort, your children may need a combination of these medications.

If pain medications are prescribed for your child, please:



- Make sure you know who and when to call if your child's pain is not well controlled.
- Learn the possible side effects of the medication.
- Follow carefully the directions on the label
- Use the specific dropper, syringe or medicine cup.
- Please ask your child's health care team for more specific information about pain and alternative methods of pain management appropriate for your child's personal condition. We are committed to treating your child's pain.