

Emergency Department Discharge Advice



Health & care
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The Information Standard  Certified Member

Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Pain Assessment in Children

This information leaflet belongs to:

PATIENT LABEL

Surname

Forename

DOB

Patient N^o

Hello, welcome to the Emergency Department.

When you have hurt or injured yourself, or are feeling unwell, it can be quite hard to tell us how much pain you are feeling.

To help you we have a colour chart with faces, words and numbers.

With the help of an adult you can point to the face that you think shows how you are feeling. You can also use some of the words or numbers.

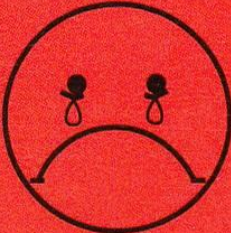
You can show this to the nurse or doctor. They will then be able to give you some medicine to help take the pain away. Don't worry, all of our medicines are liquid, making them easy to swallow.

Whilst you are waiting we have a separate playroom for you to use with a variety of toys and books. There are also baby changing facilities and a separate toilet.

We hope that you feel much better soon.


Based on the Wong-Baker Faces pain rating scale

8-10
Very severe




Very bad
Worst ever pain
Painful all the time

6-8
Severe




Very sore
Really painful
Hurts lots and lots

4-6
Moderate




Quite bad
Hurts if I move
Quite sore
Pain most of the time

2-4
Mild



Hurts a little
A bit sore
Not too bad

0-1
None



No pain
Not hurting
Not sore

Advice for Parents

Following discharge from hospital your child may need more pain relief medication whilst at home.

You may find the pain scale useful to monitor your child's pain.

When giving medication always read the label to make sure you give the correct dosage for your child's age.

Do not exceed the stated dose.

Do not give Aspirin to children under 16 years of age.

Remember to keep all medicines out of the reach of children, or locked in a cupboard.

Do not leave medicines out to give later.

If your child's pain:

- Becomes worse
- Does not seem to improve/get better
- Or you would like some advice

Please contact your GP or NHS Direct.