



Every Child Every Time

NEWSLETTER

VOLUME 1 FALL 2019

WELCOME!

It is Every Child Every Time's great pleasure to share with you the current efforts undertaken to prevent and relieve pain in all our patients.

Our 2017 Audit highlighted the need for better pain management in our hospital. Needle pain was found to be the most painful experience for patients.

The focus of the initiative is currently to prepare policies and guidelines to prevent procedural pain. A second goal is to establish a funded clinic for chronic and complex pain in youth here in Manitoba. A working group against acute pain aims to start in the fall, and against needle pain in neonates in February 2020.

Our website is up and running. We are actively adding resources and welcome any feedback along the way

- Your ECET Team



UPDATES

NEEDLE PAIN

The working group (WG) against needle pain started in December 2018. Chaired by Drs. Stasa Veroukis and Suzanne Robinson, the group is made up of 15 members with a range of specializations such as nursing, respiratory therapy, pharmacy, and laboratory medicine.

What do they all have in common?

A desire to decrease needle pain felt by all infants and children! This group has been working on finding the most effective topical anesthetics, learning about distraction techniques and also looking at minimizing the number of needle pokes a child might need to get. This group is dedicated to improving every child's experience with needle pokes, every time!

How are they achieving this?

- A small subcommittee has created a **Nurse Decision Making Tool**, which allows nurses to determine and obtain appropriate tools to alleviate pain. It will be trialed for 1 month on an inpatient ward to iron out any kinks.
- Each of the topical anesthetics (Pain Ease, EMLA, Ametop, Maxilene) were trialed in the PDU. Nurse feedback will be used to determine which are most effective.
- A center-wide roll-out will occur in order to educate and instruct all nurses, residents, physicians, Child Life members and unit managers on this new and important initiative.

CHRONIC PAIN

In collaboration with subspecialists of the Department of Pediatrics and Child Health and the Departments of Psychology, Psychiatry and Allied Health, the Adult Chronic Pain Service and the Specialized Services for Children and Youth SSCY, the group is finalizing a briefing note to apply for a governmentally funded service for a Clinic for Chronic and Complex Pain in Youth in Manitoba.

Please feel invited to our monthly multidisciplinary case conferences on patients with difficult-to-treat chronic pain.

Last Thursday of the month, 14.00h – 15.00h, CH181/183

Submit your cases to kgerhold@hsc.mb.ca

KEY DATES

August

15th Steering Committee
29th Patient Case Conference

September

14th & 21st Let's Talk Pain
26th Patient Case Conference

October

17th Steering Committee
31st Patient Case Conference

November

28th Grand Rounds
28th Patient Case Conference




Did **YOU** Know



The presence of a caregiver during a needle poke procedure significantly decreases distress.¹

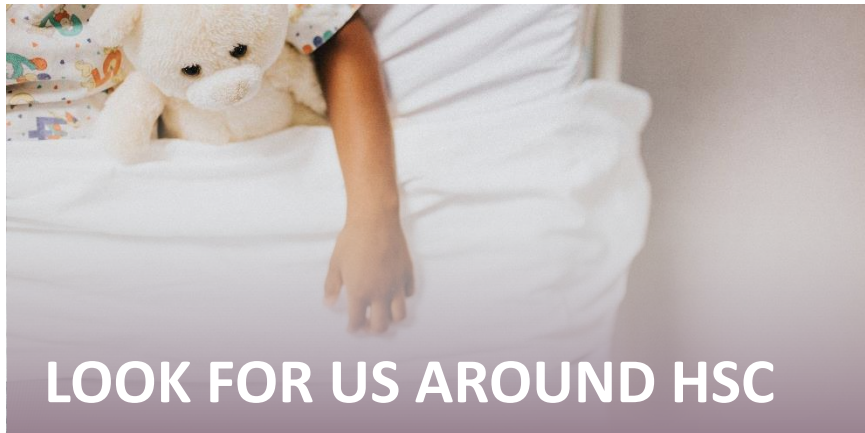


Children who suffer from needle trauma are more likely to avoid the hospital as an adult.²



In 2010, the World Health Organization recognized pain management as a human right.³

1. Committee on Hospital Care. American Academy of Pediatrics. *Family-centered care and the pediatrician's role*. *Pediatrics*. 2003;112(3 pt 1):691-697 PMID:12949306
2. Fitzgerald. *Nat Neurosci Rev* 2005; 6:507-520 Rennick JE, et al. *J Dev Behav Pediatr* 2002; 23(3):133-144
3. <http://www.iasp-pain.org/DeclarationofMontreal>



LOOK FOR US AROUND HSC

Our Needle Pain Ads are visible on screens around the Health Sciences & Childrens Hospitals. These are meant to help remind both patients and staff of the ways one can reduce procedural pain for young patients. These are:

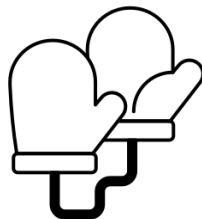
COMFORT - TOPICAL CREAMS - DISTRACTION - SUCROSE

Soon Doctors and nurses will also be offered to wear this **pin** to remind patients to ask for help if they are in pain.

*PINS WILL BE DISTRIBUTED TO MANAGERS FOR HAND-OUT IN SEPTEMBER *



WE HAVE *mittens!*



Don't worry, it's not Winter yet! In 2018, we received a generous donation of 100 hand-knitted kids' mittens to be used as distractors from pain. If you'd like some for your area, contact Child Health.

Contact us:

Email ecet@chrom.ca

www.everychildeverytime.ca

The Pain Program is supported by:

