

## Pain score

0 1 2 3 4 5 6 7 8 9 10



Normal activity  
Happy



Rubbing affected area  
Decreased movement  
Neutral expression  
Able to play/talk normally



Protective of affected area  
Complaining of pain  
Consolable crying  
Grimaces when affected part moved/touched



Inconsolable crying  
Complaining of lots of pain  
Restless, unsettled  
Very quiet  
Looking frightened  
No movement or defensive of affected part

### Further information can be obtained from:

NHS 111  
Or contact your GP

Dial 111

Bluebell Ward, Lister Hospital, Stevenage

01438 284008

Children's Day Services

01438 286315

Children's Emergency Department,  
Lister Hospital, Stevenage

01438 284333

Urgent Care Centre, New QE11 Hospital,  
Welwyn Garden City

01707 247549

Patient Advice and Liaison Service

01438 285811

The information in this leaflet was taken from [www.cks.nhs.uk](http://www.cks.nhs.uk)

[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

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You can request this information in a different format or another language.

## Pain Relief (Also known as Analgesia)

### Child Health Patient Information Leaflet



## Pain relief

The most common type of pain experienced by children is acute (sudden) pain resulting from injury, illness, or medical procedures. Pain relief is essential in allowing the body to heal faster and get back to normal activities. Pain is always personal: no two people experience it in the same way. This is why assessing pain and treating it are so important.

Pain relief is required to make it easier for doctors and nurses to assess your child's injury effectively. If you withhold pain relief before presenting to the Children's Emergency Department, treatment can be delayed and your child will feel less comfortable and more stressed.

Pain may also be reduced by play, any enjoyable activity, distraction and touching the painful area in a soothing way. If these methods do not work, then medication may be needed. If you have any concerns, discuss them with your doctor or nurse.

**Paracetamol** and **Ibuprofen** are the two most common medicines used to reduce pain.

Paracetamol and Ibuprofen work as painkillers by reducing the pain signals getting from the site of the injury to the brain.

You can give Paracetamol and Ibuprofen safely together. Used together they can be more effective in controlling pain. Please ask your nurse for a 24 hour plan for using both medications for pain control.

It is not true that giving your child pain relief will prevent doctors and nurses from knowing how much pain your child is in. We always, where possible, recommend pain relief **before** arrival.

Parents and carers should countercheck the content and strength of medication. It should be given according to the age of the child.

**Calpol** is a brand name – This medicine contains **Paracetamol only**.

- \* Calpol Infant is for children over 2 months and weighing more than 4kg to 6 years.
- \* Calpol 6+ is for children 6 years and over.
- \* Own brand Paracetamol come in the same versions, Infant (baby) and 6+
- \* Do **not** give more than 4 doses in a 24 hour period. Doses are given at 4-6 hourly intervals.

**Calprofen, Nurofen and Fenpaed** are all brand names and contain **Ibuprofen only**.

- \* Ibuprofen is suitable for children from 3 months and weighing more than 5kg.
- \* Do **not** give more than 3 doses in a 24 hour period. Doses are given 6-8 hourly (unless advised otherwise).

Paracetamol and Ibuprofen can be given in liquid and/or tablet form. Please see packaging for details.

Paracetamol and Ibuprofen can be taken to ease pain caused by toothache, earache, headache, Injuries such as fractures and sprains. They can also be used to treat a high temperature.

### Remember...

Please keep all medicines locked away and out of sight. Ensure the safety lid is fitted on correctly and tightly. We see many children who have taken accidental overdoses of medicine.

If you have any concerns or questions about medicines, please ask a pharmacist, your GP or a member of the team within the Emergency Department or Minor Injury Unit.

**These medications can mask raised temperature and should be used cautiously during illness.**

Your Child's Weight:

\_\_\_\_\_

**Paracetamol next due**

At \_\_\_\_\_

**Ibuprofen next due**

At \_\_\_\_\_

Please follow the packaging guidelines for doses.

**Please remember if your child is complaining of pain /or not using an injured limb, please help them to help us assess their pain and give pain relief.**

