



POKES & PAIN: AT A GLANCE

(Compiled from Child Life Council's Comfort Tips & Tricks Handout)

	Signs of Pain	Distraction Techniques	Comfort Positions for Pokes
Infants <i>(Use a combination of behaviors to signal pain. These signs may occur when the infant is not in pain, but combinations are usually present in an infant with pain.)</i>	<ul style="list-style-type: none"> • Irritable, restless • Whimpering • Crying continuously or intensely • Facial grimacing • Clenched fists • Keeping their body rigid • Refusing to eat • Unable to sleep 	<ul style="list-style-type: none"> • Sugar solution for pacifier • Swaddling • Rocking in chair or other movement • Nursing or bottle-feeding • Interactive toys • Blowing bubbles • Light Wands • Singing • Ice pack or Buzzy tool 	<ul style="list-style-type: none"> • Family/Caregiver Lap • Nursing or bottle-feeding • Swaddled
Toddlers	<ul style="list-style-type: none"> • Describe the pain • Cry • Show facial grimacing • Keep their body rigid, refuse to crawl or walk • Be more easily frustrated • Be aggressive • Be restless or unable to sleep 	<ul style="list-style-type: none"> • Interactive toys • Blowing bubbles • Light Wands • Singing • Ice pack or Buzzy tool 	<ul style="list-style-type: none"> • Family/Caregiver Lap • Hugging and hand-holding • Restraint may increase level of pain/anxiety • Avoid child laying on back – may increase anxiety
Preschool Children	<ul style="list-style-type: none"> • Describe the pain • Show facial grimacing • Keep body rigid or refuse to move • Not want the area touched • Cry • Be restless or irritable • Have nightmares • Hesitate to admit pain if they view it as a punishment, or fear the treatment for it 	<ul style="list-style-type: none"> • Deep Breathing • Blowing Bubbles • TV/Video Games/Handheld Electronic Devices • Books • Counting • Singing • Ice pack or Buzzy tool 	<ul style="list-style-type: none"> • Family/Caregiver Lap • Hugging and hand-holding • Restraint may increase level of pain/anxiety • Avoid child laying on back – may increase anxiety
School Age Children <i>(Can talk more directly about the cause, type, and amount of pain.)</i>	<ul style="list-style-type: none"> • Holding still or guarding the area that hurts • Flat-faced expression • Facial grimacing • Emotional withdrawal • Irritability • Restlessness, thrashing • Disrupted sleep • Nightmares 	<ul style="list-style-type: none"> • Deep Breathing • TV/Video Games/Handheld Electronic Devices • Joke Telling/Conversation/Counting • Rub/Stroke near infusion site • Ice pack or Buzzy tool 	<ul style="list-style-type: none"> • Sitting on a chair or parent lap • Hand-holding with a parent/caregiver • Give the child some control – ask him/her what position they'd like best
Teens <i>(May show a combination of adult and childlike behavior.)</i>	<ul style="list-style-type: none"> • Change in activity level • Decreased cooperation • Change in eating or sleeping patterns • Irritability, restlessness • Anger or withdrawal 	<ul style="list-style-type: none"> • Deep Breathing • TV/Video Games/Handheld Electronic Devices • Music • Book • Ice pack or Buzzy tool 	<ul style="list-style-type: none"> • Offer choice of positions • Hand-holding with a parent if requested