

Helpful Pain Chart: to help you organise taking regular pain relief.

To be filled in by practitioner where appropriate.

DRUG	WHEN TO GIVE	DOSAGE
Paracetamol	<p>Every 4 to 6 hours. Maximum of 4 doses in 24 hours.</p> <p>For example: 10am, 2pm, 6pm then</p> <p>4th dose overnight if needed.</p>	
Ibuprofen	<p>Every 6 to 8 hours.</p> <p>Maximum of 3 doses in 24 hours.</p> <p>For example 8am, 2pm, 8pm</p>	
Oramorph	4 to 6 hourly depending on age.	

Safety: If you are unsure of what medicine to give always read the product label, or alternatively speak with a pharmacist or contact your prescribing Doctor, nurse or contact your GP.

If you are concerned your child or young person has had a reaction to their medication **ALWAYS** seek urgent medical attention.

Helpful Contact Numbers:

Rudham Ward 24 hour 01553 613844

Paediatric Assessment Unit 01553 613416
(Monday – Friday 9 – 5:30pm)

Arthur Levin Day Surgery Unit
Weekdays 8am – 6pm: 01553 613555

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care of treatment, please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Telephone: 01553 613351 or 01553 613343

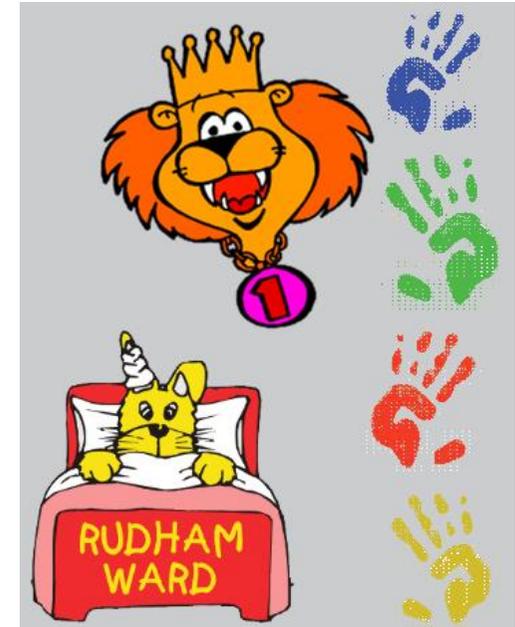
Email: pals@qehkl.nhs.uk

Letter: PALS, The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust, Gayton Road, King's Lynn PE30 4ET

The Trust endeavours to ensure that the information given here is accurate and impartial.

Pain Relief at home

Paediatrics



This document can be provided in different languages and formats. For more information please contact the department where you are/were seen.

The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust
Gayton Road, King's Lynn PE30 4ET
Tel: 01553 613613

Pain: Children and young people can experience pain for lots of reasons. Sometimes a medical condition is identified as the cause of the pain, however sometimes despite many investigations and tests we do not find a cause. We recognise how frustrating no diagnosis is, and we know that the pain isn't any less real.

Pain becoming a 'pain' is when it stops us from doing what is important, like going out with friends, going to school or participating in sports or other interests. This can make children and young people feel angry, worried, and sad. This pain can take over your life.

This leaflet is designed to help take back control from pain. First we need to understand what pain is..

What is pain? Pain can feel sharp, achey or throbbing. Pain is like an alarm telling us when something is wrong. For example if we touch something too hot, our pain nerves send a message to our brain through our spinal cord. The brain is responsible for feeling pain and as a result tells us to withdraw from the heat, to stop us from hurting ourselves.

Children & young people can struggle with pain even after a problem has gone. This can happen because the body is stuck in the habit of sending pain signals.

Research has shown us that before pain signals reach the pain they have to cross a gate. If we can close this gate, then we can start to take control of pain.

Tips for controlling your pain:

Knowledge: Make sense of the condition, and seek advice.

Distraction: Use distraction to help take your mind off your pain. Pain can be difficult to ignore, but focussing your attention on a task, or interest can help. Distraction activities can include going for walk, watching a movie, playing a game, or reading.

Do things you enjoy: Getting a sense of pleasure or achievement can not only distract but also lessen the feelings of pain.

Positivity: Boost self-confidence and motivation by managing difficult situations, such as taking the 'one step at a time, I can handle this' approach.

Exercise: can help to boost your strength, and boost your self-confidence. If you have not done much exercise it can be normal to feel some pain, so take your time and recognise your limits, getting active can really help you manage pain. Always seek expert advice when exercising.

Relaxation: Take time to relax, and recharge. Activities such as yoga or meditation, or just being quiet and listening to peaceful music can help.

Find your support network: It's ok to have good days and bad days, so make sure you have good support. This could be your best friend, your family, a teacher or even your favourite pet. Talking about your problems allows you to make sense of them, and allows others to help you.

Medicines for pain: Paracetamol (also called Calpol, Disprol, Medinol, Tixymol etc.) is a widely used painkiller for many common aches and pains. The effects of paracetamol last for 4 to 6 hours, and it should be given regularly whilst your child is uncomfortable. It can be given as a syrup or tablets, or as a suppository. Side effects of paracetamol are uncommon, but rarely a child may develop a rash or other reaction. **DO NOT** take other medications that contain paracetamol at the same time.

Ibuprofen (also called Nurofen, Calprofen, Junifen etc.) is an NSAID - non-steroidal anti-inflammatory drug that is used to reduce pain and inflammation (swelling). The effects of ibuprofen last for 6 to 8 hours. It is safe to take with paracetamol and the combination of the two can provide very effective pain relief. Ibuprofen can sometimes cause irritation to the stomach, which might cause indigestion or feeling sick (nausea). It is usually recommended that it is taken with food. Sometimes ibuprofen does not suit children with asthma, and it is important to stop the medicine, seek advice if asthma symptoms are worse than normal.

Oral morphine (also called Oramorph) is a prescription only strong painkiller used to treat severe pain. It should only be given if the paracetamol and ibuprofen are not effective. Only use oramorph that has been prescribed for you. It usually takes about 30 minutes to start to work, and lasts for around 4 to 6 hours. Morphine can cause sleepiness, constipation or nausea in some children.