






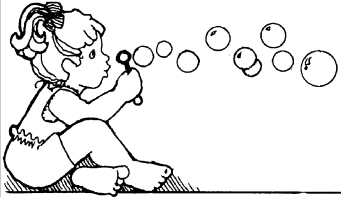




## Parent Resource for Minor Procedural Pain Management

 <h3>Poke &amp; Procedure Plan</h3>	<p><b>What is a Poke Plan?</b></p> <ul style="list-style-type: none"> <li>Your child's Poke Plan tells our staff what works best if your child has pain.</li> <li>This will be helpful if your child has tests, shots or other procedures that may cause pain.</li> <li>Ask one of us to help you make your child's Poke Plan. The following things are discussed when making a Poke Plan:</li> </ul>
	<p><b>Being with your child during tests or procedures.</b></p> <ul style="list-style-type: none"> <li>You know your child the best.</li> <li>You know if it's best for you to be with them during a difficult time.</li> <li>We will support you with your decision.</li> </ul>
	<p><b>Numbing Cream</b></p> <ul style="list-style-type: none"> <li>If your child is 2 months old or older, we can use this.</li> <li>Numbing cream can make a stick and a shot feel more comfortable.</li> <li>We put the cream on the skin 30 minutes before the stick.</li> </ul>
	<p><b>Freezie Spray (Ethyl Chloride)</b></p> <ul style="list-style-type: none"> <li>If your child is 4 years and older we can use this.</li> <li>"Freezie Spray" numbs the skin.</li> <li>It is very cold. Sometimes children say it's painful. Please let us know if your child has problems with cold.</li> </ul>
	<p><b>Buzzy®</b></p> <ul style="list-style-type: none"> <li>Buzzy® can be used on any age child</li> <li>Buzzy® looks a bee. Staff hold it on the "poke" area and it vibrates (moves fast).</li> <li>The wings are an ice pack.</li> <li>Buzzy® dulls the body's nerves. This helps take some of the pain away.</li> <li>Buzzy can be used with or without the ice wings.</li> </ul>
	<p><b>Sucrose</b></p> <ul style="list-style-type: none"> <li>This sweet water is used for 6 months and under.</li> <li>This should only be used with painful procedures.</li> <li>Ask the staff how you can help with this.</li> </ul>
	<p><b>Breast Feeding</b></p> <ul style="list-style-type: none"> <li>Breast feeding or breast milk in a bottle may be given during a stick.</li> </ul>
	<p><b>Ways to relax and cope</b></p> <ul style="list-style-type: none"> <li>Guided Imagery videos (soft music &amp; calm voice), some just for children</li> <li>Child Life Specialists can help with relaxation and coping supports</li> <li>Integrative medicine – specialists that help teach you different ways to help your body relax</li> </ul>