Pain Education Tips for Porters

- It's ok to ask the nurses what he has had for pain
- Ask patient or parents how to best transfer him, what helps and doesn't help.
- Get down to the child's physical level. This makes them feel more comfortable.
- Focus on the positives. **"It's great that mom and dad are here with you, supporting you and comforting you**".
- Always give the child hope. Children need to know that pain/worry will get better because of the steps that are being taken. Reassure them that they are doing a great job taking care of themselves – it is important to build confidence and resilience.
- When dropping them off at OR… this is the place where you will say "see you soon" to your parents VS That will be the time where you say "goodbye "(softer language)
- "Let me help to move you because it is best not to move too much, be still and use your breaths to help your whole body relax. Squeeze mommy's hand whenever you need to"

Remember the developmental levels of the kids in the hospital – what a toddler understands vs school age child vs teenager.

Some of the language and words that we have come to understand in the hospital as adults – kids can misinterpret. Using "soft" rather than "hard "language

Pain Education – Tips for Porters

Misunderstanding	How to say it Clearer
CAT scan- will there be cats or something that scratches- I am allergic to cats	CAT are the letters used – it is a machine that takes pictures of the inside of the body so we can understand better how to make you feel better.
Stretcher- are you going to stretch me? Why?	Stretcher is a bed on wheels
"Put you to sleep "– like my cat or dog was put to sleep? It never came back	Special sleep so that you will not feel, hear or see anything during your operation. The doctor will wake you up when it is all over with
"This part will hurt"- hard language	I don't know how I will feel for you but I do know that if we put on the magic cream(numbing cream) and mom and dad give you a hug and you keep your brain really busy by laying on your IPAD , it won't bother you
"Cut, open you up, slice , make a hole"- hard language	The hospital staff need to fix what is hurting you in a special room where you will be in your special sleep. Mom and Dad can be with you until you fall asleep.
"IV"- isn't that what grows in my mom's garden?	A little straw in your hand that gives your body drinks and medicine
PICU – pick you?	A place in the hospital where you will have a special nurse take really good care of you