



## Speak Up about Pain in the Emergency Room (ER)

*Your child's health and safety are important to us. You can make a difference in your child's care by asking questions and being actively involved.*

### **What are we doing to help lessen your child's pain in the ER?**

While in the ER, your child's care providers will use a pain scale based on your child's age to check their level of pain. Your child's care providers will recommend options like medicines or other therapies to lessen pain and make them more comfortable.

### **What can you do if you have concerns about your child's pain in the ER?**

Pain can be expressed in many ways. Notify your child's care providers if:

- Your child's pain level is increasing or spreading to other parts of their body.
- Your child's pain level hasn't been checked within the hour.
- Your child is lethargic or less responsive.
- You feel like your child needs more help with pain management.

### **What can you do to help lessen your child's pain in the ER?**

If your child is in pain, your child's care team may suggest medicines to help. Other things you can do to help lessen your child's pain include:

- Ask your child's care providers for ice packs and/or warm packs and place on the affected area.
- Ask for Child Life Specialists. Child Life Specialist can use play and other activities to help your child cope with pain.
- Ask for Art and Music Therapists. Art and Music Therapists can help your child explore and express feelings through music, art, poetry and other creative ways to help lessen pain.
- Ask for Spiritual Care. Spiritual Care can give religious and spiritual support or counseling.

### **What happens when your child is discharged from the ER?**

- Your child's care providers will give you recommendations and instructions for managing pain at home.
- Before going home, you will be given discharge papers that include information about your child's diagnosis and treatment in the ER.
- Bring a copy of the discharge papers to all your child's follow-up visits after the ER.
- If you have any questions or concerns about the care instructions or managing pain at home, be sure to ask your child's care providers.

**Tell your child's care providers if you have any concerns about your child's pain.**