

Evidence-based Care Plan: Pediatric Pain (infants, non-verbal, and cognitively impaired children)

**Client Care Plan**

**Name:**

**ID:**

**Date:**

S	Signs/symptoms Physical	<b>Vital signs assessment:</b> elevated heart-rate and blood pressure and increased respiratory rate may be indicators of pain.
S	Signs/symptoms Physical	<p><b>The FLACC scale</b></p> <p><u>Face</u>                      0-No particular expression or smile                      1-Occasional grimace or frown, withdrawn, disinterested                      2-Frequent to constant quivering chin, clenched jaw</p> <p><u>Legs</u>                      0-Normal position or relaxed                      1-Uneasy, restless, tense                      2-Kicking, or legs drawn up</p> <p><u>Activity</u>                      0-Lying quietly, normal position, moves easily                      1-Squirming, shifting back and forth, tense                      2-Arched, rigid or jerking</p> <p><u>Cry</u>                      0-No cry (awake or asleep)                      1-Moans or whimpers; occasional complaint                      2-Crying steadily, screams or sobs, frequent complaints</p> <p><u>Consolability</u>                      0-Content, relaxed                      1-Reassured by occasional touching, hugging or being talked to, distractible                      2-Difficult to console or comfort</p>
T&P	Sickness/injury care	<p><b>Step 1: Pain score = 0-3</b>                      Examples: swaddling, holding, repositioning, rocking, music, pacifier, feeding, changing diaper</p>
T&P	Medication administration	<p><b>Step 2: Pain score = 4-6</b>  <b>Step 1+ Non-narcotic analgesia</b>                      Examples: Acetaminophen, Ibuprofen</p>
T&P	Medication administration	<p><b>Step 3: Pain scores = 6-10</b>  <b>Additional analgesia as ordered by physician</b>                      If patient does not already have a prescription for additional analgesia and this level or severity of pain is a new symptom, notify physician immediately to follow their next steps.</p>

CM	Medical /Dental care	Notify primary physician Coordinate transportation to clinic/ED
S	Signs/symptoms Physical	<b>Reassess for effectiveness 30 minutes after intervention</b>
TGC	Signs/symptoms Physical	<b>Teach caregivers :</b> <ul style="list-style-type: none"> <li>• Assessment of vital signs</li> <li>• FLACC scale</li> <li>• Physical cues</li> <li>• Non-verbal cues</li> </ul>
TGC	Medication Action	<b>Teach caregivers the following for all medications:</b> <ul style="list-style-type: none"> <li>• Purpose/benefits</li> <li>• Dose</li> <li>• Route</li> <li>• Frequency and schedule</li> <li>• Storage</li> </ul>

Reference: Merkel, S.I., Voepel-Lewis, T., Shayevitz, J.R., & Malviya, S. (1997). The FLACC: A behavioral scale for scoring postoperative pain in young children. *Pediatric Nursing*, 23 (3), 293-297.