

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

Client Care Plan

Name:

ID:

Date:

S	Signs/symptoms Physical	Vital signs assessment: elevated heart-rate and blood pressure and increased respiratory rate may be indicators of pain.
S	Signs/symptoms Physical	<p>The FLACC scale</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 0-No particular expression or smile 1-Occasional grimace or frown, withdrawn, disinterested 2-Frequent to constant quivering chin, clenched jaw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>Step 1: Pain score = 0-3 Examples: swaddling, holding, repositioning, rocking, music, pacifier, feeding, changing diaper</p>
T&P	Medication administration	<p>Step 2: Pain score = 4-6 Step 1+ Non-narcotic analgesia Examples: Acetaminophen, Ibuprofen</p>
T&P	Medication administration	<p>Step 3: Pain scores = 6-10 Additional analgesia as ordered by physician 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	Reassess for effectiveness 30 minutes after intervention
TGC	Signs/symptoms Physical	Teach caregivers : <ul style="list-style-type: none"> • Assessment of vital signs • FLACC scale • Physical cues • Non-verbal cues
TGC	Medication Action	Teach caregivers the following for all medications: <ul style="list-style-type: none"> • Purpose/benefits • Dose • Route • Frequency and schedule • Storage

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.