

My Comfort Menu

Mark the things you know help or would like to try to be more comfortable during procedures.

My Child Life Specialist is: _____	I want to use this
For Procedures....	
Help me learn slow belly breathing to help me relax.	
Help me go to my favorite place in my mind.	
When I hurt, I _____	
My word for pain is _____	
When I hurt, _____ helps me.	
Have my loved ones be with me.	
Tell my loved ones what to say to help me stay calm.	
Tell me a story or sing a song with me.	
Use comfort positioning: Let me sit up while someone gives me a secure hugging hold.	
Choose one person to talk to me during the procedure.	
Give me bubbles or a pinwheel to blow.	
Give me an "I SPY" book to find things.	
Use my favorite distraction: _____	
For Needlesticks....	
Put numbing cream (LMX4 [®]) on my skin.	
Use cold "freezy" spray on my skin.	
Use Buzzy or Lady Buzz to dull the poke.	
If I'm less than 6 months old: Dip my pacifier in sugar water (Sweet Ease).	
Other: _____	
I use this Pain Scale: FLACC FACES NUMBERS	
My Comfort Goal is: _____	



My Comfort Menu

Keeping your child as comfortable as possible while in the hospital is important to us. The Comfort Menu is a list of things that can help your child be more comfortable during procedures. Each child feels pain differently. Some things on the Comfort Menu can help your child feel more relaxed or distract him during a procedure. Other things are used to decrease the pain your child feels during a needlestick. The Comfort Menu helps tell us how best to help your child before a procedure happens.

How to Use the Comfort Menu

1. Fill out the menu.
2. Check the things you know help your child. Also check the things you think might help during a procedure.
3. Ask your nurse if you have questions about anything on the menu.
4. Talk with the nurse about the pain scale that is best for your child. Set a pain goal together.

Tell me more about...



Comfort Positioning: A “hugging” hold can help your child feel more secure during a procedure. The nurse will show you the best way to hold and support your child during the procedure. These positions can help your child feel more in control.

Imagery: Helping a child think about imaginary sights, sounds, tastes, smells and feelings can often keep his mind off of the pain.

Numbing Creams & Sprays: Numbing cream (LMX4[®]) and cold “freezy” spray can be used to help decrease pain. Numbing cream is put on 30 minutes before a procedure. Cold “freezy” spray is used right before a needlestick.

Buzzy & Lady Buzz: Buzzy and Lady Buzz are devices that use vibrations and cold to block sharp pain. They help with pain from needlesticks like putting in an IV (intravenous - in the vein) and taking blood for testing.



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