

Mission

Work together with children and families to create comfort focused procedure support plans.



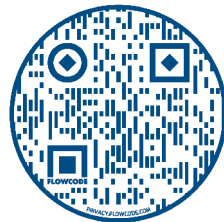
Comfort Commitment Card

If your child has a Comfort Card, please share it with the care team. If not, we can create a card with a comfort plan that works well for you and your child.



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Comfort Commitment

Pediatric Procedural Pain
and Comfort Management

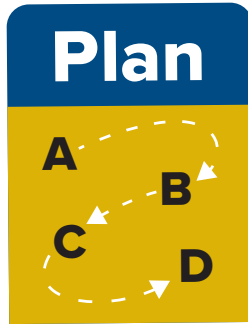
The comfort commitment is a guide to help increase each child's comfort during procedures. Most children cope better when they are given information and included in the process. You may have some ideas that are not included in this guide – please share those with your child's care team.

These four steps will help us create a supportive plan for your child:



1. ASK what your child knows and understands about the procedure.

2. SHARE honest and age-appropriate information with your child so they know what to expect. A child life specialist or nurse will help you with this.



3. PLAN for the procedure with your child and care team. Let's think about:

a. Medicine and numbing – Numbing creams, ice and/or vibration can be used to help your child feel more comfortable. If your child is 12 months or younger, ask about using sugar water.

b. Refocusing – When children are able to focus on other things during a procedure, they tend to feel less pain and cope better. Items that may work well depend on a child's developmental level and interests. Breastfeeding or the use of a pacifier may work well for infants.

c. Positioning – Sitting up is best unless your child chooses to lie flat or the procedure requires it. Sitting allows children to feel more in control. Ask your care team about comfort position options that may work well for your child.

d. Environment – Lights, noise and talking all make up the environment. Work with your child's care team to create a calm space. Children benefit from having one person gently coaching them during the procedure to help keep their focus.

4. DO follow the agreed upon plan and know that the care team will ensure a child feels heard throughout. After the procedure, talk together to see what went well or could be changed for the next time.



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COMFORT COMMITMENT

Comfort positions

◀ Chest-to-chest

- Best for small children who need distraction and prefer not to watch procedure.
- Allow the child to straddle parent or staff and have a secure "hug."

▶ Swaddle

- Best for young infants.
- When possible, have the caregiver hold the infant.

▶ Side sitting

- Best for older children who may want to watch while feeling secure.
- Use when child can't straddle parent or staff.

▶ Side hug

- Best for when a child needs to remain lying down.
- Parent may lay in bed next to patient.

▶ Full body hug

- Best for when a child has needs that require extra support.
- Use when a child's lower and upper body need help staying secure.

▶ Back-to-chest

- Best for older children who want independence, but need to be held.
- Secure both arms for procedures like a port access or NG tube placement.

ASK A CHILD LIFE SPECIALIST OR NURSE which position might be right for your child.