



# Comfort Commitment

The Comfort Commitment is a system wide approach to unify procedure related pain management. This method aims to empower children and maximize coping. The Comfort Commitment enhances the quality of care we provide and includes 4 vital steps:



**Ask:** the child and caregiver what they know and understand about the procedure. Seek to learn about past experiences as well.



**Share:** more about the procedure in honest and simple language. Preparation helps children adjust and cope with procedures.



**Plan:** for the procedure considering: medicine and numbing options, refocusing techniques, comfort positions and a calming environment.



**Do:** follow agreed upon plan and ensure the patient feels heard as comfort measures can be modified as needed.



***"The relief of pain is a human right."***

– World Health Organization

## Why the “Comfort Commitment” is important:

- There can be long-term consequences from untreated pain: needle phobia, hyperalgesia, pre-procedural anxiety, and avoidance of healthcare all together.
- Consistent comfort measures are essential to optimize health equity.

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