

Date _____

Name of patient _____

Paracetamol:

Also known as Calpol®, Calpol Six +®, Panadol® and Paralink®

Paracetamol is a pain medicine that can be given every **4-6 hours** not exceeding **4 doses** in 24 hours.

Paracetamol was last given at _____ am/pm. That was the 1st /2nd / 3rd / 4th dose in 24 hours.

The next dose is due at _____

Ibuprofen :

Also known as Nurofen®, Brufen® or Provin®

Ibuprofen is a non-steroidal anti-inflammatory pain medicine that can be given every **6-8 hours** not exceeding **3 doses** in 24 hours

Ibuprofen was last given at ___ am/pm. That was the 1st /2nd /3rd dose in 24 hours.

The next dose is due at _____ am/pm.

Pain Medicine— Special Advice if required

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

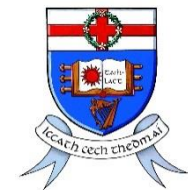
.....

.....

.....

MPCH058-01

Revised Feb 2016
Children's Pain Service



Patient Information

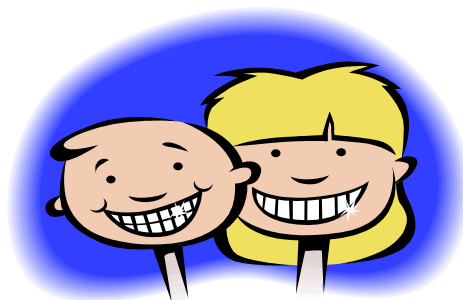


Managing Your Child's Pain At Home



Advice on managing your child's pain at home

1. Your child will feel much better and happier when he/she is not in pain, so it is advisable to give pain medicine.
2. It is very important to read the information leaflet that comes in the pain medicine box to ensure you give the **right dose at the right time**. Side effects from pain medicines commonly used at home are rare.
3. When the pain is severe pain medicines should be given **regularly**, "by the clock". **Do not wait for the pain to get very bad** before you give your child pain medicine.
4. Combination of pain medicines is recommended when the pain is severe for better effect e.g Paracetamol and Ibuprofen (nurofen)



5. Using distraction techniques along with pain medicine can also help manage your child's pain as it can decrease the child's focus from the pain onto something else. For example reading a story, watching TV, massage or playing gentle games.
6. Giving **pain medicine at bedtime** will help your child to sleep through the night.
7. If your child is fasting for an operation we recommend you continue to give him/her pain medicine if he/she is in pain.

Assessing your child's pain

To help you assess the level of pain your child is feeling it is helpful to use the Faces Pain Scale below. Your child can point to the numbered face on the pain scale that they feel most describes their pain.



Pain medicine normally takes 30-45 minutes to work. We recommend you use the Faces Pain Scale 45 minutes after giving pain medicine to assess how well the pain medicine has worked. It is more difficult to judge in younger children, but his/her behaviour can help you, for example crying, irritable, decreased appetite or being quiet and not interested in playing.

If your child's pain is not improving and remains above 5-6 following **regular** pain medicine we recommend contacting your GP for advice or the Nurses Station

Day Ward 01 414 2160
Oak Ward 01 4142152
Maple Ward 01 414 2162