



# Assessing and Managing Pediatric Pain

Name \_\_\_\_\_

- True** or **False** 1. Managing pain can decrease healing time, length of stay, and health care costs.
- True** or **False** 2. Pain can build character.
- True** or **False** 3. Children can report pain accurately, especially if we use the right pain scale.
- True** or **False** 4. The goal of the comfort zone is to have access to safe, effective pain relief.
- True** or **False** 5. Our responsibilities are to completely avoid pain.
- True** or **False** 6. It's important to read the policy and procedure before administering pain meds.
- True** or **False** 7. Non-pharmacologic interventions are key to successful pain management.
- True** or **False** 8. Ensure appropriate monitoring is in place before administering any pain meds.
- True** or **False** 9. We cannot stop a procedure and re-evaluate a child's pain once it has started.
- True** or **False** 10. Parents are not involved in decisions about managing their child's pain.
- True** or **False** 11. It is not suggested to let the child choose the security object or distraction.
- True** or **False** 12. Child Life Specialists are trained to use age-appropriate pain relief techniques.
- True** or **False** 13. It is the goal of the nurse to assess pain often.
- True** or **False** 14. A nurse can suggest an Acute Pain Service consult if pain is not well controlled.
- True** or **False** 15. The letter U in QUESTT stands for Understand their pain.
- True** or **False** 16. You should use the revised FLACC scale for infants and toddlers.
- True** or **False** 17. The Bieri faces pain scale is for children of 2 years of age.
- True** or **False** 18. The numeric rating (0-10) is usually used with children over 8 years old.
- True** or **False** 19. A comfort goal establishes how much pain is too much for a patient.
- True** or **False** 20. You should assess every hour for patients with high potential for pain.
- True** or **False** 21. When you intervene with pain meds, you need to assess before and after.
- True** or **False** 22. You should not intervene when the pain score is higher than the comfort goal.
- True** or **False** 23. Oral/enteral route is not preferable to the IV route if it is available.
- True** or **False** 24. IM injections for pain medications are prohibited unless no other route is available.
- True** or **False** 25. Opioids should be used along with (not instead of) non-opioids and non-pharmacological techniques.

## **Bonus:**

**True** or **False** Call the Acute Pain Service for inadequate pain control, unmanageable side effects, catheter or epidural site concerns, temperatures higher than 38 °C, any complaints of back pain or severe headaches.