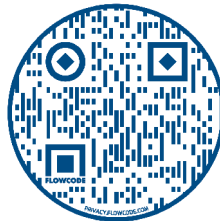


Mission

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



**UCDAVIS
HEALTH**



UC Davis Health

2315 Stockton Blvd.
Sacramento, CA 95817

Website:

<https://ucdavis.health/comfort>

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**Children's
Miracle Network
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**UCDAVIS
HEALTH**



**Comfort
Commitment**

Improving Care for
Pediatric Procedures

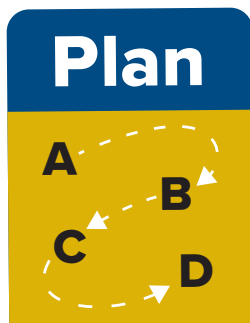
The comfort commitment is a 4-step process to increase each child's comfort during procedures. Children cope best when given information and included in the process. You may have ideas that are not mentioned in this guide – please share those with your child's care team.

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 can help with this.



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

a. Medicine and numbing – Numbing cream, cold spray, ice and/or vibration may be

options to consider. 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. Choose items based on the child's developmental level and interests.

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 positions 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 continue to support your child during the procedure. Adapt the coping plan as needed with the care team. After the procedure, share what went well or could be changed for the next time.



Comfort 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.