






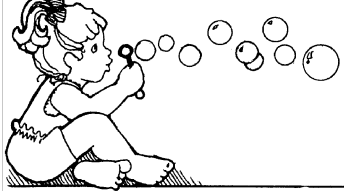




Parent Resource for Minor Procedural Pain Management

 <p>UNIVERSITY of MARYLAND CHILDREN'S HOSPITAL</p> <h3>Poke & Procedure Plan</h3>	<p>What is a Poke Plan?</p> <ul style="list-style-type: none"> Your Poke Plan tells our staff what works best if you have pain. This will be helpful if you have tests, shots or other procedures that may cause pain. Ask one of us to help you make your Poke Plan.
	<p>Being with your child during tests or procedures.</p> <ul style="list-style-type: none"> You know your child the best. You know if it's best for you to be with them during a difficult time. We will support you with your decision.
	<p>Numbing Cream</p> <ul style="list-style-type: none"> If your child is 2 months old or older, we can use this. Numbing cream can make a stick and a shot feel more comfortable. We put the cream on the skin 30 minutes before the stick.
	<p>Freezie Spray (Ethyl Chloride)</p> <ul style="list-style-type: none"> If your child is 4 years and older we can use this. "Freezie Spray" numbs the skin. It is very cold. Sometimes children say it's painful. Please let us know if your child has problems with cold.
	<p>Buzzy®</p> <ul style="list-style-type: none"> Buzzy® can be used on any age child Buzzy® looks a bee. Staff hold Buzzy on the "poke" area and it vibrates (moves fast). Buzzy® dulls the body's nerves. This helps take some of the pain away. The wings are an ice pack and should only be used with Buzzy if your child is at least 2 years old Buzzy can be used with or without the ice wings.
	<p>Sucrose</p> <ul style="list-style-type: none"> The sweet water is used for 6 months and under. This should only be used with painful procedures. Ask the staff how you can help with this.
	<p>Breast Feeding</p> <ul style="list-style-type: none"> Breast feeding or breast milk in a bottle may be given during a stick.
	<p>Ways to relax and cope</p> <ul style="list-style-type: none"> Guided Imagery videos (soft music & calm voice), some just for children Child Life Specialist Integrative medicine – specialists that help teach you different ways to help your body relax