

# P400 LFD PROCEDURE PROTOCOL: PAIN MANAGEMENT

## Goal of Pain Management

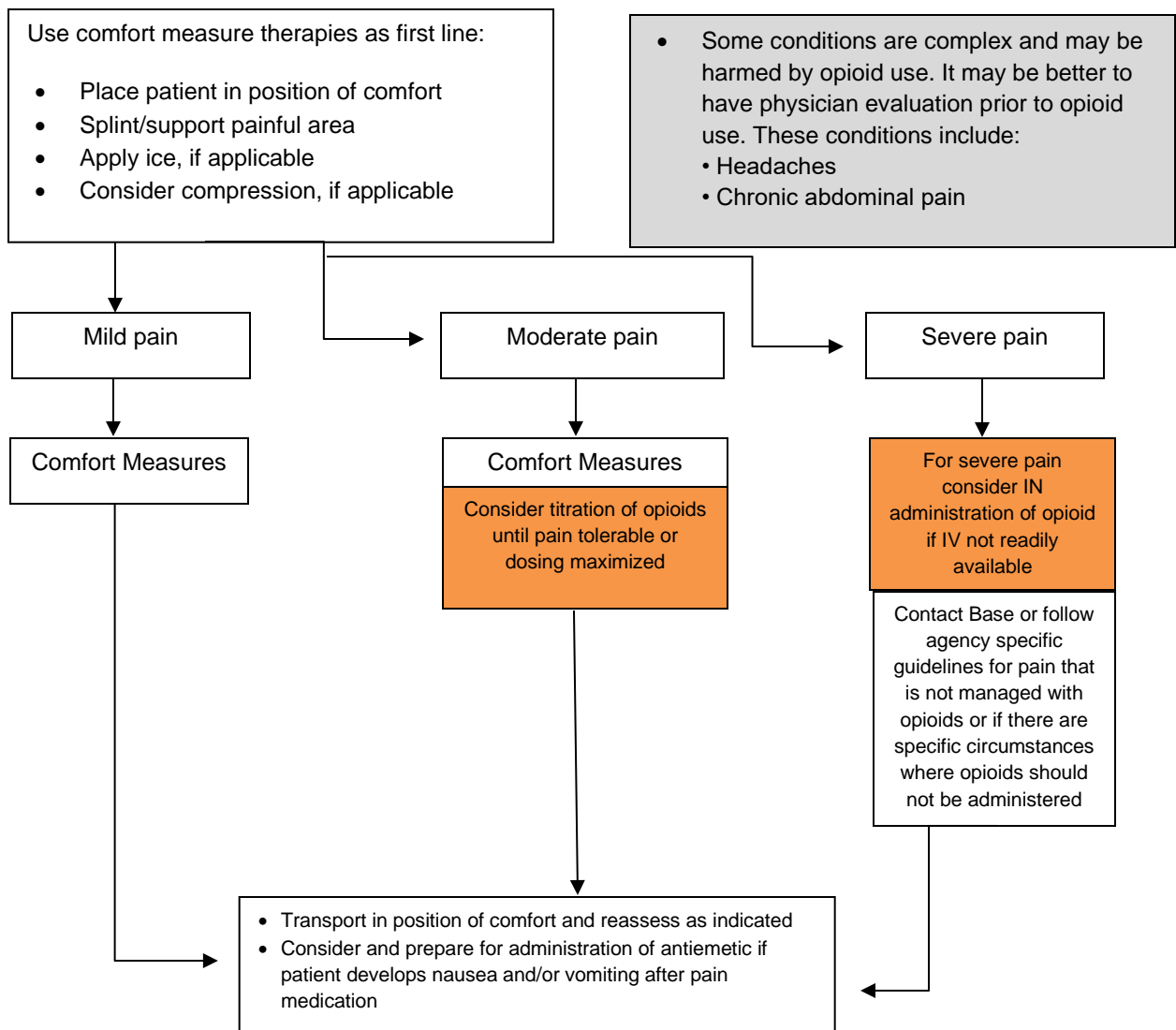
- A. Use comfort measure therapies as first line.
- B. If used, medications should be administered to a point where pain is tolerable. This point is not necessarily pain free.

EMT	AEMT
EMT-I	Paramedic

## Assessment

- A. Determine patient's pain assessment and consider using a pain scale:
  1. Pediatric use observational scale (see Pediatric Pain Scales).
  2. Adult Self-Report Scale (Numeric Rating Scaling-NRS).
- B. Categorize the assessment of pain to mild, moderate or severe.
  1. Overreliance on pain scores may lead to either inadequate pain control in stoic patients, or over sedation in patients reporting high levels of pain. Use subjective and objective findings to evaluate need for and efficacy of pain management.
  2. For pediatric patients, pain scale use is recommended. A pain score of 0-3 is mild, 4-6 moderate, and 7-10 severe.

## General Pain Management Technique



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### General Information

- A. Document assessment or pain scale before and after administration of pain medications. Reassess pain 5 minutes after IV administration.
- B. Strongly consider ½ typical dosing in the elderly or frail patient

### Pediatric Pain Scales

## FLACC scale

Behavioral Observation Pain Rating Scale

Categories	Scoring		
	0	1	2
Face	No particular expression or smile; disinterested	Occasional grimace or frown, withdrawn	Frequent to constant frown, clenched jaw, quivering chin
Legs	No position or relaxed	Uneasy, restless, tense	Kicking, or legs drawn up
Activity	Lying quietly, normal position, moves easily	Squirming, shifting back and forth, tense	Arched, rigid, or jerking
Cry	No crying (awake or asleep)	Moans or whimpers, occasional complaint	Crying steadily, screams or sobs, frequent complaints
Consolability	Content, relaxed	Reassured by occasional touching, hugging, or talking to. Distractable	Difficult to console or comfort

Each of the five categories (F) Face; (L) Legs; (A) Activity; (C) Cry; (C) Consolability is scored from 0-2, which results in a total score between 0 and 10.

Wong-Baker FACES® Pain Rating Scale

