

Can a city become ChildKind?

The journey of the Chicago collaborative effort



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BACKGROUND

- ❑ ChildKind International designation recognizes pediatric organizations with structures and processes in place to provide evidence-based pain management.
- ❑ Pain clinicians and researchers identified common interest in supporting Chicago, Illinois (USA) to become a ChildKind city.

PURPOSE

- ❑ We believe that children deserve evidence-based pain management, regardless of where they go for care.
- ❑ Our aim is to share information and resources for pain management and ChildKind certification across pediatric organizations.

METHODS

- ❑ All major children's hospitals in Chicago area invited to join monthly calls.
- ❑ Discuss current pain initiatives, progress towards becoming ChildKind, and identify opportunities for collaboration.
- ❑ ChildKind representative provides updates and advice.

RESULTS

Since 2017 the Collaborative has:

- ❑ Jointly submitted research grants
- ❑ Hosted events
 - Pain resource nurse training
 - Interprofessional pain resource training
 - Complementary medicine training
 - Pharmacogenetics science salon
- ❑ Developed parent pain management educational materials for vaccinations:
 - Being used locally at the organizations.
 - Adopted by and translated to 9 languages by Chicago Department of Public Health for children's COVID-19 vaccination and ongoing resource.
 - Seeking professional organization endorsement
- ❑ Three organizations are ChildKind certified; others are on the trajectory for applying.
- ❑ Three institutions from other US states have joined (Michigan, Iowa, Colorado).

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CONCLUSION

A collaborative for children's pain allows individuals to garner support for ChildKind efforts at their organization and promotes resource sharing across sites and communities.

TIPS & TRICKS TO HELP YOU AND YOUR CHILD GET THROUGH THE NEEDLESTICK

BEFORE

Make a plan.
Talk to your child about getting the vaccine.

- Tell younger children on the same day as the vaccine.
- Give older children more time to ask questions. Talk with them about a plan for the vaccine so they feel in control.

Decide what to bring to distract your child when waiting and during the vaccine:

- Bring a new toy or game, a favorite toy to squeeze or something to listen to music or watch videos on.

Ask your provider about numbing medications that may be available to be used prior to the vaccination

Be honest.

- If your child asks if the vaccine will hurt, tell them the truth. You can say, "Some kids say they feel a small pinch and some pressure. You can tell me what you feel after it's done."
- If they are scared, let them know their feelings are okay. Let them know some people get nervous before seeing the doctor and it is normal to feel that way. Tell them you will be right there with them and you will get through it together.
- Your child may ask you a question you are not sure how to answer. It is OK to say you don't know and can ask when you get there.

DURING

Give them a choice.
Allow your child make as many choices as possible:

- Do they want to watch or look away?
- Do they want to listen to music or watch a video?
- Do they want the provider to count to 3?
- For kids 10+: Do they want you to be in the room with them?
- Do they want to sit on your lap or by their self?

Decrease pain and anxiety.

- Let your child sit up during the vaccine. For children ages 2 to 3, you can hold them on your lap when they are sitting on your lap.
- Doing something else can decrease your child's pain during the needle stick: blowing bubbles, happy books or playing a cellphone game.
- Try not to say things like "you are OK" or give false ideas like "you won't feel a thing". Do not focus on the pain.

More important information on the other side

Chicago Department of Public Health Flyer
<https://www.chicago.gov/city/en/sites/covid19-vaccine/home/downloads.html>