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NCaD is a pediatric pain workgroup (since 2014)

MAIN GOAL “To promote and implement updated practices in the prevention, evaluation and treatment of acute and chronic pediatric pain”



What we know

Pain control involves a multidisciplinary approach that combines pharmacological, physical and psychological strategies. Hospitalized children feel pain not only due to disease but also to procedures and treatments. Healthcare training improves attitude, knowledge and self-efficacy in relation to pain management.

Our reality

Level II hospital.
Pediatric department:
ER, PICU, NICU, Pediatric Ward

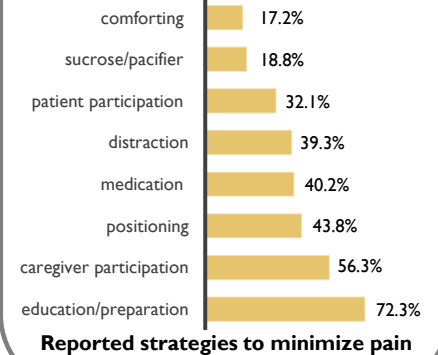
NCaD - Multidisciplinary team, experts in pediatric pain. Energy, inspiration and motivation emerged from the need to improve the experience of hospitalized children who undergo pain, distress and discomfort.

What we want to change

Knowledge about pediatric pain has evolved substantially in the last decades, but not always do healthcare professionals implement the best practices.

Where we are

Cross-sectional survey (2021)¹



Our activities



Training professionals

Specific one-day pediatric pain education workshop (3 x year)

Updated protocols

Updating and implementing best practices
Written policy on pain assessment, prevention and management

Educational material

Flyers, brochures, posters, reminders
(Comfort positioning, “be sweet to babies”, how parents can help)
Pain assessment scales available

Awareness activities

Sharing and discussing of case studies
Calendars, note-books, videos
Awareness campaigns

Specific material

“No pain Kit” with material for distraction and other integrative strategies to use during procedures

CONCLUSIONS

NCaD has a key role in the continuous improvement of pain management of hospitalized children. It's a challenge to sustain a high-quality practice, as professionals rotate often or new situations arise (pandemic scenario). We keep inventing new ways to reach our goal.