



Speak Up about Pain in the Emergency Room (ER)

care by asking questions and being actively involved.

While in the ER, your child's care providers will use a pain scale based on your child's age to check their level of pain. Your child's care providers will recommend options like medicines or other therapies to lessen pain and make them more comfortable.

Pain can be expressed in many ways. Notify your child's care providers if:

- Your child's pain level is increasing or spreading to other parts of their body.
- Your child's pain level hasn't been checked within the hour.
- Your child is lethargic or less responsive.
- You feel like your child needs more help with pain management.

If your child is in pain, your child's care team may suggest medicines to help. Other things you can do to help lessen your child's pain include:

- Ask your child's care providers for ice packs and/or warm packs and place on the affected area.
- Ask for Child Life Specialists. Child Life Specialist can

