

UC DAVIS HEALTH



Comfort Commitment

Improving Care for
Pediatric Procedures

The Comfort Commitment is a 4-step plan to increase each child's comfort during procedures. Kids do better when they know what is happening and feel included. If you have other ideas to help your child, please tell the medical team.

The four steps:

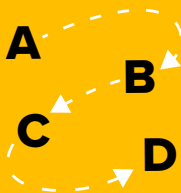


1. ASK Help the team learn about how past procedures have gone for your child. This will help shape the comfort plan.

2. SHARE Give your child honest and clear information about what to expect. A child life specialist or nurse can help.



Plan



3. PLAN Work with the team to decide on:

a. Comfort: Ask about numbing cream, cold spray, or a sensory tool to help with pain. For infants, consider

breastfeeding, non-nutritive sucking, or using oral sucrose

- b. Distraction:** Picking a developmentally appropriate refocusing activity can decrease pain and help kids cope better.
- c. Sitting Up:** Most kids feel more in control when they sit up instead of lying down. Ask about “comfort positions” that may work best for your child and the situation.
- d. A Calm Room:** Keep the room quiet and the lights low. It helps to have just one person calmly coaching the child.

4. **DO** continue to support your child during the procedure. Adapt the coping plan as needed with the care team. After the procedure, share what went well or could be changed for the next time.



Comfort Card

If your child has a Comfort Card, please share it with the care team. If not, we can create a card with a comfort plan that works well for you and your child.



Mission

We will work with you and your child to create a comfort-focused plan to best support them during procedures.



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