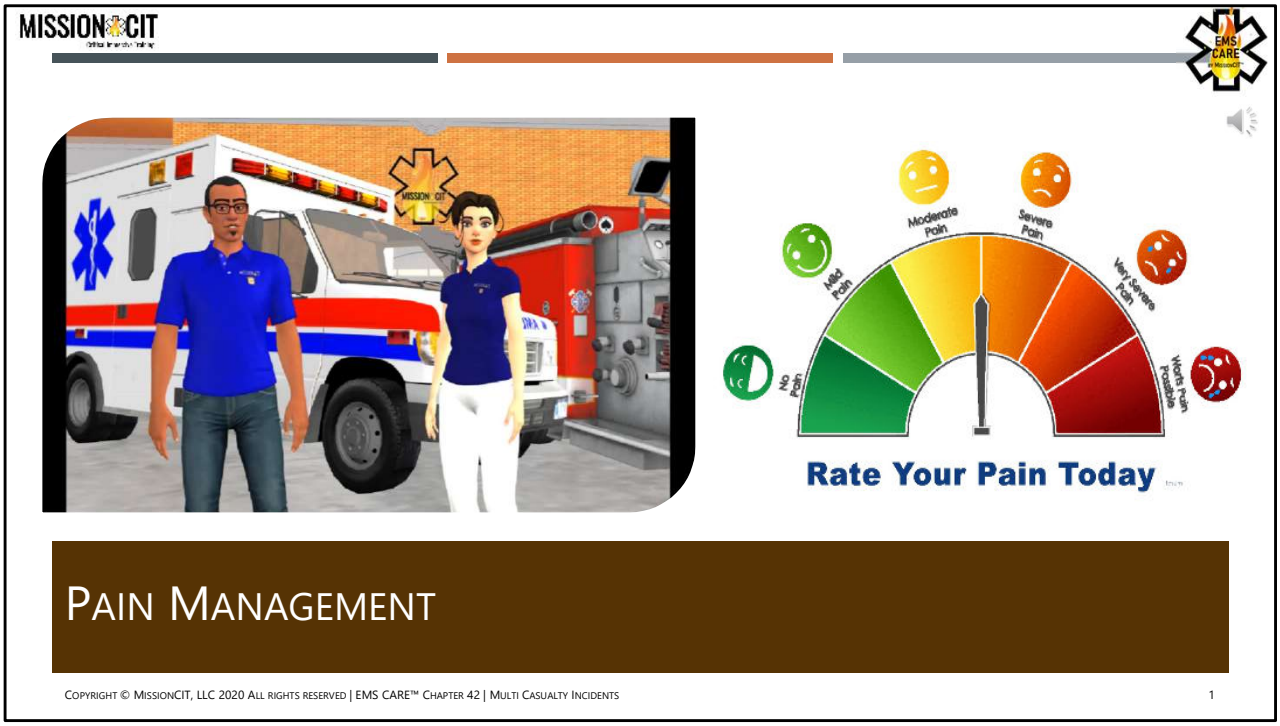
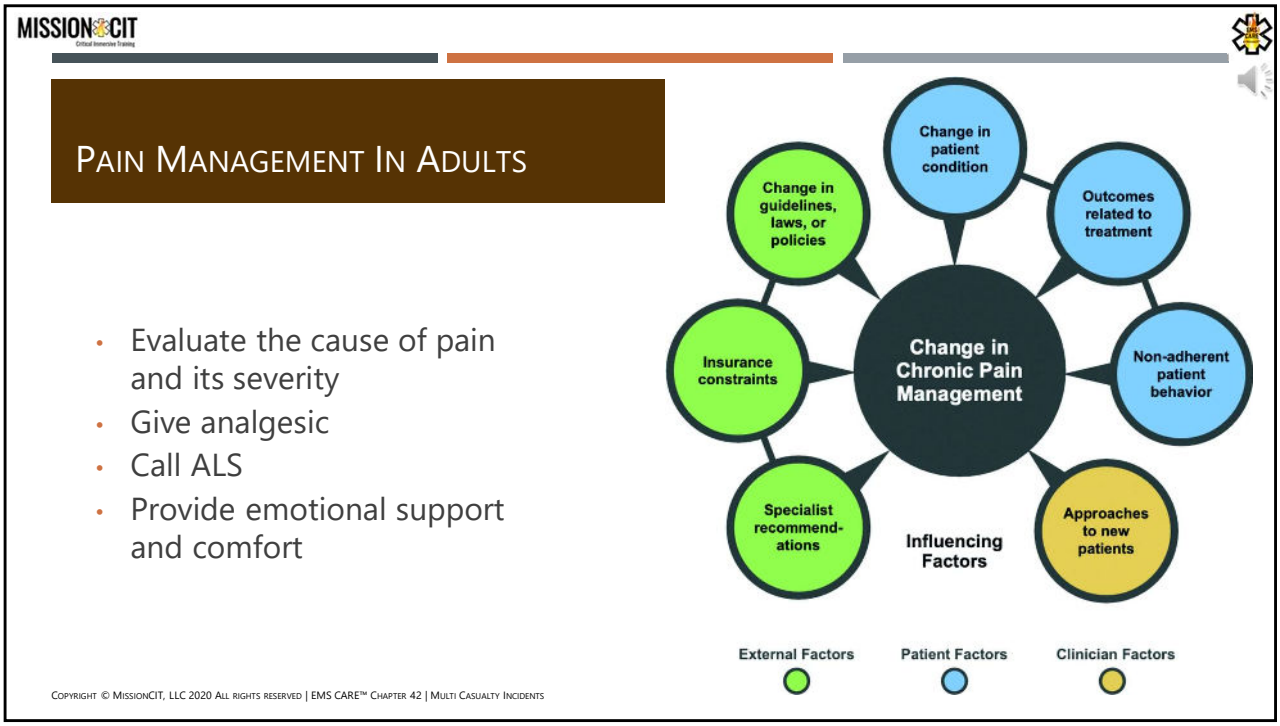


Thank you Missah!

In this lesson, let's talk about what kind of support you can give to those suffering from intense pain.



First off, what you can do is limited with respect to pain management.

When you see an adult in pain, quickly evaluate the cause of the pain as this can give you a good idea of the intensity. Use your judgment here because people tend to be more scared than in pain.

If you think that the patient is in considerable pain and will need help, give an analgesic, and call for A L S. On the other hand, if there is more fear than pain, consider giving an analgesic, and provide emotional support and

comfort.

Pain Management In Children

- Same procedure as adults
- Distract the child
- Provide emotional support to parents and caregivers

Fig 1. **The stages of pain management in children**



Source: Twycross and Williams (2014)

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When it comes to children, evaluate the source and severity of the pain. Again, if it's serious, reach out to A L S right away. Else, comfort the child and try to provide distractions, so the child can forget the pain.

More importantly, provide emotional support to the parents and caregivers, and assure them that the child will be fine, provided the pain is minor.

With this, we come to the end of this lesson and Missah will take you through the chapter review next.