TOOLKIT

PAIN MANAGEMENT STRATEGIES FOR HEALTHCARE PRACTICES



Includes 15+ Simple Tips & Tools

Designed to improve patient experience (and workflow efficiency)

Meg Foundation

EMPOWERING FAMILIES TO PREVENT AND RELIEVE PAIN

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We're so glad you are here! You are going to LOVE this toolkit!

Have any comments or suggestions to share. Reach out! We welcome any and all feedback.

info@megfoundationforpaon.org



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Want all these amazing links to actually work?! Check out the digital version here!



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HOW TO USE THIS TOOLKIT

WE ALL HAVE THE SAME GOAL: POSITIVELY IMPACT THE EXPERIENCE OF KIDS, FAMILIES, AND MEDICAL TEAMS

This toolkit is designed to be read in any order most helpful to you and your team. We understand that every practice is different and each patient case unique; we have included several strategy options to best meet these varying needs. You also don't need to do it all at once: even small changes can make a big difference.

Preparation is key to managing pain and medical anxiety (and also implementing pain management strategies). Our tools and resources help you and patients plan ahead. All recommendations included are evidence-based best practices developed by nationally and internationally recognized medical organizations.



We are here to help...seriously. If you have questions, comments, concerns, or thoughts on how we can improve, reach out. We want to hear from you!

SEND US AN EMAIL!

info@megfoundationforpain.org

"We were amazed at the improvement in work flow. Kids were happier, parents were happier, providers were happier. Everybody wins."

- Clinic nurse coordinator

*Creating a plan is one of the best ways to manage anxiety before a needle poke. It allows kids to decide **how** they want to cope with a hard situation and gives everyone involved a clear course of **action**.*

Jody Thomas, PhD

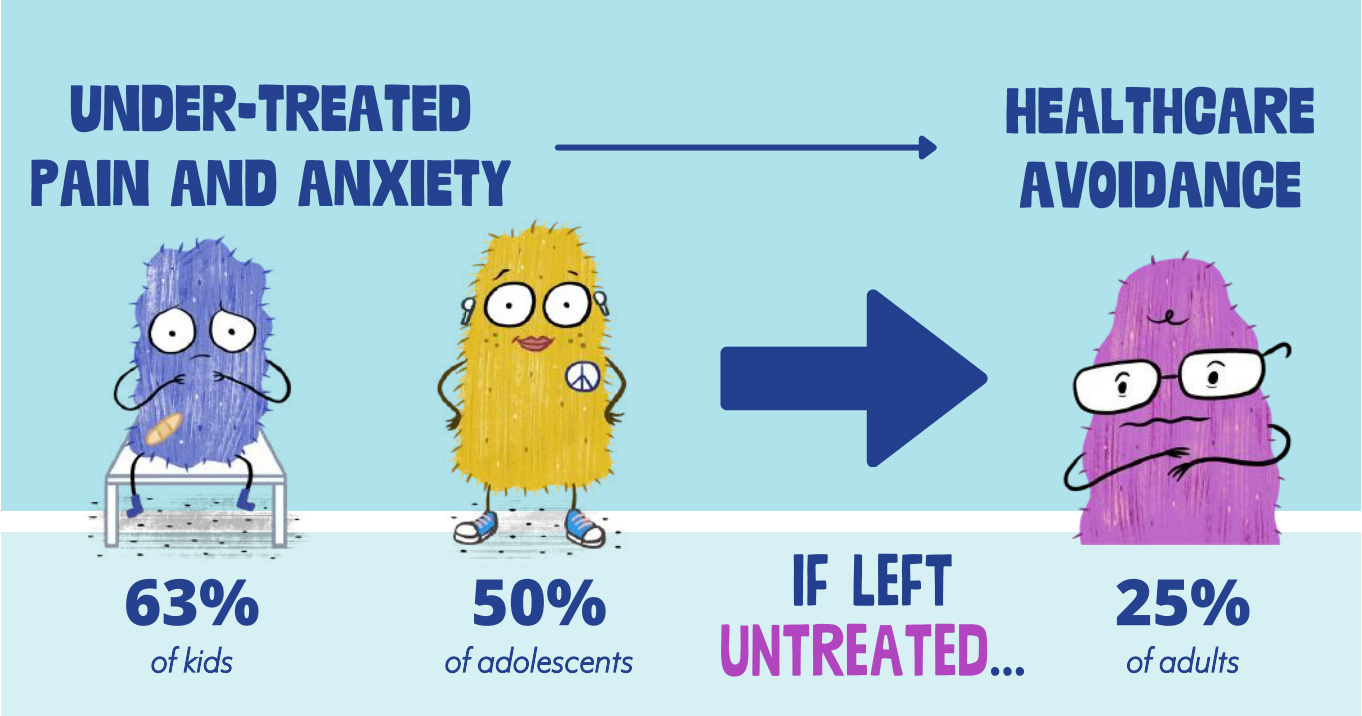
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WHY PAIN MANAGEMENT MATTERS

GOOD PAIN MANAGEMENT IS GOOD FOR YOUR PATIENTS, YOUR PRACTICE, AND FOR YOU

Distress and anxiety associated with vaccinations and other medical procedures is about more than “a few hard minutes” at the doctor's office. It can cause medical trauma, medical phobias, and health care avoidance. This effect has long term impacts on individual health outcomes as well as public health (including vaccine hesitancy). The field of medicine has often treated this as "no big deal" or a "necessary evil" but research is clear: **the short term suffering and long term effects are preventable!**



63% of kids and 50% of adolescents and 25% of adults have significant needle anxiety

Using pain management strategies in practice not only improves quality of care and outcomes, it increases patient, provider, and staff satisfaction, too.

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THE ROADMAP

MAKING A HUGE DIFFERENCE DOESN'T HAVE TO TAKE HUGE EFFORT

Even small changes can transform experience. We've designed our tools to easily incorporate into existing workflows. This saves time and resources so you can work smarter not harder.

Here's the big picture overview:

1

PRE-VISIT PLANNING Contact patients **before** they visit

Negative expectations and anticipatory anxiety are major barriers to positive patient experiences. Encouraging families to prepare prior to their visits - by learning effective coping skills and making plans of how they want to manage the experience - makes all the difference.

- ✓ Send families the SuperMeg digital tools before appointments to ensure they walk in the door prepared. Include them in your existing text/email/phone patient communications.

2

SET THE STAGE Prepare your office space

- ✓ Hang up Create Comfort posters and have Poke Plan worksheets available for kids and teens
- ✓ Prepare staff to ask patients for comfort plans and support their chosen comfort strategies
- ✓ Ensure pain management tools are ready to go (see "Set the Stage" checklist for full details)

3

GAME TIME! Support kids and families throughout their office visit

- ✓ Ask kids for their Poke Plans and then go over it with them and their family
- ✓ Emphasize children's ability to have choice, power, and control
- ✓ Coach grownups as they support kids' chosen pain management strategies
- ✓ Praise children and grownups for their effort and hard work



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THE POWER OF PLANNING

PREPARING KIDS FOR PROCEDURES IS KEY IN EASING NEEDLE ANXIETY

What happens before a family arrives for a procedure appointment often determines how that appointment will go. Planning ahead is essential - and choice is king- when helping children and their grownups effectively manage pain experiences.

Allowing kids and families to **decide how they want** to cope gives them a sense of control and calm which helps to reduce procedure pain and anxiety. Many times, though, the act of planning can feel daunting and families may not know where to start.

Enter SuperMeg! - an interactive digital guide that gives kids and parents the preparation, confidence, and calm they need to ensure a positive pain experience.



SuperMeg is the star of two pieces of interactive technology: the "Comfort Poke Plan Builder" and the "Pain Champion Guide."

The SuperMeg Poke Plan Builder guides kids through creation of their own custom coping plan. This puts the power of choice in their hands which helps them feel more confident and in control. Children answer questions, make choices, and learn coping skills. Their "Poke Plan" is then emailed to a parent (or another trusted grownup) along with the resources needed to make their plan a reality.

The SuperMeg Pain Champion Guide teaches parents pain management skills, provides advice on supporting children through pain experiences, and encourages productive collaboration with medical providers.

This SuperMeg tech duo helps ensure families walk through your office doors more prepared, confident, and calm.

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CONCEPTS TO KEEP IN MIND

POWERFUL IDEAS THAT
REALLY DO MAKE A DIFFERENCE

EMPOWER FAMILIES

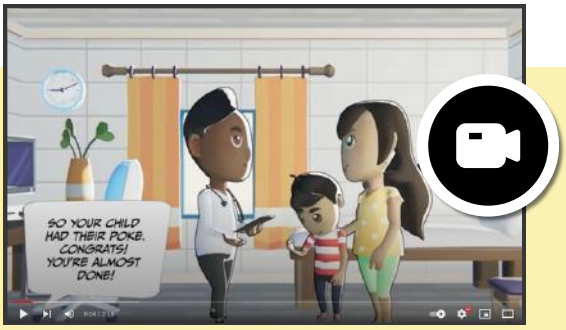
When people feel a sense of power and control, better health outcomes follow. Empowering families to take an active role in their own care not only improves pain management outcomes, but it also creates trust, builds rapport, encourages collaboration. Action is the enemy of anxiety; giving families something to do makes everyone feel better - emotionally and physically.

ENCOURAGE REWARDS

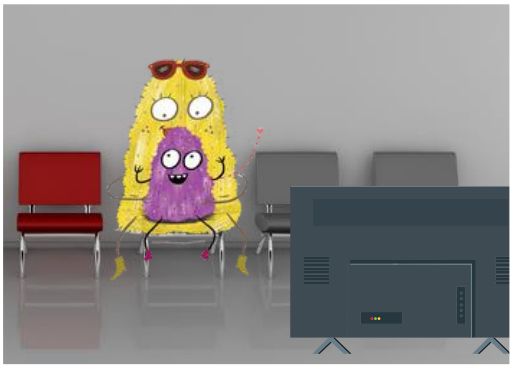
We all need motivation to do hard things. Letting kids choose a reward gives them something to look forward to and encourages them to push through difficult moments. When we ask kids about their chosen reward, ("What are you going to do after this? What kind of ice cream are you going to get?") we help them look past the challenging moments and focus on the easier ones coming their way soon.

WHAT HAPPENS AFTER MATTERS

Research demonstrates that what is said to kids after a medical procedure helps form kids' memory of the experience; that memory influences how they feel about future medical interventions. Our words have the power to frame the experience positively. It's important to praise and highlight anything that goes well ("You did a great job of sitting still!" "Nice work being so brave!"). This video gives parents and providers great information on how to handle what happens after procedures so they pave the way for more positive experiences in the future.



Video: Framing The Story AFTER the Poke -
What to say and do on the way home



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CUSTOMIZED INTERACTIVE TECH TOOLS

DIGITAL TOOLS (AND A PRINTABLE, TOO)
DESIGNED TO MAKE LIFE EASIER

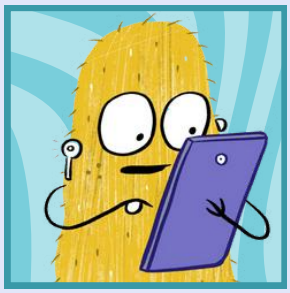
We designed there to put all of the pieces together so kids, teens, and trusted adults can learn skills and create customized plans to make things a lot easier for them, and for you!



SUPERMEG COMFORT POKE PLAN BUILDER

KIDS!

SuperMeg is an interactive digital guide that helps kids create a custom coping plan for medical procedures. She teaches kids about pain management and asks them to make choices about what coping strategies they prefer. This helps kids gain more control over their healthcare experience, including preventing and managing pain. The plan - and actionable next steps - is emailed to the family.



TAKE CONTROL MOBILE APP FOR TEENS

TEENS!

We want teenagers to feel powerful and in control when it comes to their bodies and their health care! This tech tool (which works best on phones) helps them learn the strategies and create a plan to feel more comfortable at their vaccine, blood test, or other medical procedure.



SUPERMEG PAIN CHAMPIONS GUIDE

ADULTS!

The interactive digital guide is for parents and caregivers. It teaches pain management strategies and coaches parents on how to communicate with healthcare providers and their kids. Better communication is better for everyone. When parents feel empowered, they feel more calm (and so do their kids). Use this with the Poke Plan Builder for Kids and Take Control Mobile App for Teens!



PRINTABLE COMFORT POKE PLAN FOR KIDS
PRINTABLE TAKE CONTROL POKE PLAN FOR TEENS

Digital tools are great (especially when planning ahead), but sometimes we need to to fill out a worksheet live and in person. This helps kids, teens, and families figure out how they want to cope and choose the strategies they want to use.

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PAIN MANAGEMENT STRATEGIES

OVERVIEW OF WHAT THE RESEARCH HAS DEMONSTRATED IS SAFE AND EFFECTIVE



COMFORT POSITIONING

Comfort positioning is a simple way of having a trusted adult hold and comfort a child so you can safely do a medical procedure but the child is not held down or restrained. Research demonstrates that children experience less anxiety and distress when they are upright and held by a parent or other trusted adult. The parent's physical presence helps calm the child and the parent's physical touch causes positive physiological changes that lowers pain and distress. Children who are held down, particularly on their backs, often suffer long-term effects of emotional distress. Comfort positioning is important in the prevention of this type of procedure related trauma.

TOPICAL ANESTHETICS

Topical anesthetic, or numbing cream, is a leading best practice recommendation to reduce pain from injections and other needle procedures. It is available by prescription and over the counter. It must be applied to the skin 20-60 minutes ahead of time (timing varies depending on brand). Topical anesthetics are effective in managing the discomfort from needle pokes while also providing psychological comfort to the child; when the cream is applied, children know that something is "being done" to help them.

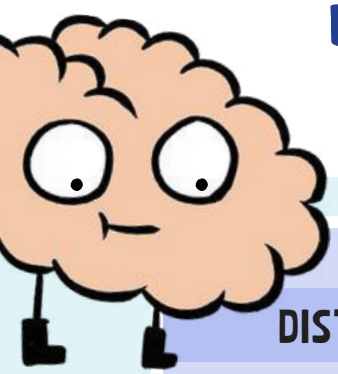


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PAIN MANAGEMENT STRATEGIES

OVERVIEW OF WHAT THE RESEARCH HAS DEMONSTRATED IS SAFE AND EFFECTIVE



DISTRACTION

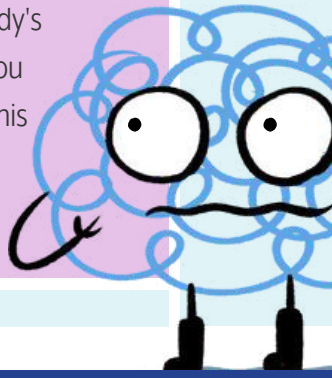
Distraction is readily available and powerful. Changing the focus of attention changes the way the body processes pain signals. It can also lessen fear and anxiety when used before the poke. Keeping kids calm while waiting is better for everyone. Distraction takes advantage of kids' natural ability to get lost in toys, videos, books, and other activities.

VIBRATION

Nerve signals must reach the brain for a person to experience pain. Vibration reduces pain - and increases comfort - by interrupting those signals. Vibration causes a neurological traffic jam by pitting the nerve stimulation from vibration against the nerve stimulation from pain. Handheld vibration devices have been shown to be as effective as numbing cream and they can also prevent fainting.

BREATHING TECHNIQUES

Breathing out, then taking easy slower breaths in and out calms kids and reduces their body's reaction to pain. Breathing techniques can help calm parents and other caregivers, too. You can teach caregivers to use their own deep, slow breaths to pace their child's breathing. This helps keep the child on track and makes both child and their trusted adults(s) feel more in control.



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A FEW OF OUR FAVORITE

TOOLS & TECHNIQUES

...AND HOW TO USE THEM



TWO BIG IDEAS TO KEEP IN MIND:

1. **Pain is a biological, psychological, and social experience.** Done well, these research-proven strategies address all aspects of the experience and produce much better outcomes. All of the strategies highlighted in this toolkit align with the best practice guidelines of the World Health Organization and nearly every major pediatric and pain management organization in the world.

2. **Not only does the science matter, words matter, too!** The language we use when talking about pain shapes the child's - and the family's - experience. The right language can make interventions more effective. But, using the wrong words, can negatively impact the pain experience for everyone. We've included some language suggestions on each strategy page to help!.

IMPORTANT NOTE: STRESS IS CONTAGIOUS!

Long wait times can produce anxiety and stress for some patients. Watching other people get poked can trigger stress responses, too. And these "freakouts" tend to be contagious. It is important to minimize both wait times and children's potential exposure to other kids' distress. "Patient filtering" can help!

Below are a few patient filtering suggestions that easily integrate into daily operations and current workflows.

- Consider having highly anxious kids wait in the car with their families; send a text once you are ready.
- Have vaccine appointment materials ready-to-go prior to kids entering the room/treatment area; this minimizes anxiety escalation time.
- Use privacy curtains or separate rooms when possible.
- Have engaging items at-the-ready (like videos and fun posters) for kids to enjoy while waiting.
- Designate a "quiet room" for kids who are "having a hard time;" separating highly anxious kids from highly stimulating environments may help them de-escalate when stressed (or prevent escalation altogether).

FYI - The logistics necessary to integrate patient filtering techniques at a vaccine clinic or large-scale event requires additional support. Please contact us for more information!

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CONTINUED...

A FEW OF OUR FAVORITE

TOOLS & TECHNIQUES

COMFORT POSITIONING

Simple ways trusted adults can safely hold and comfort a child during medical procedures.



HOW

The research is clear: Children should NEVER be held down for needle pokes or other medical procedures.

- Keeping children supported and seated in an upright position is best for managing the pain experience and preventing trauma.
- Different positions may be better for different kinds of procedures. Use the guide to choose the ones that allow you to do what you need to do, but allow the child to feel safe and comforted.
- Parents might not be familiar with comfort positioning so encourage them to hold their child and coach them through the process.



Use this guide to provide families with suggestions and choices.

WORDS MATTER

"Would you like to sit on Dad's lap? Does another position sound better? Here, choose one from this guide."

"Mom, this is a good way to help (child's name) have their body stay still but know you are here to help them feel safe and calm. That's great!"

"You can feel Mom's calm, can't you? Let her know if you'd like her to sing to you or rub your back."

"Dad can use his arm to hug your arm. This will help you feel calm and keep your arm still while you watch your video."

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A FEW OF OUR FAVORITE

TOOLS & TECHNIQUES

TOPICAL ANESTHETICS

Numbs the surface of the skin. Five percent lidocaine is typically recommended but other options are available.



HOW

Numbing cream varies by concentration and time of onset. Most products start working 30-60 minutes after application. The analgesic effect can last quite a while so perfect timing is not needed.

- Options are available by prescription and over the counter. Five percent (5%) lidocaine is recommended.
- Fitting it into a workflow can be challenging because of varying wait times. Encouraging families to apply it at home, before the appointment, addresses this issue. Send families our digital tools in patient communication (emails, texts, etc) to give them the information they need.

Tools to use...

- SuperMeg® Digital Tools: Comfort Poke Plan Builder & Pain Champion Guide
- Meg Foundation Video - Numbing Cream: How to make it work for you!
- Meg Foundation Quick Tips Guide to Topical Anesthetics



Use this guide to give families suggestions and choices.



Watch this quick video and learn how you can make it work for you in this quick video.

WORDS MATTER

"Excellent! I love numbing cream. You did a great job of putting it on the correct spot. Now you can be even more comfortable!"

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A FEW OF OUR FAVORITE

TOOLS & TECHNIQUES

DISTRACTION

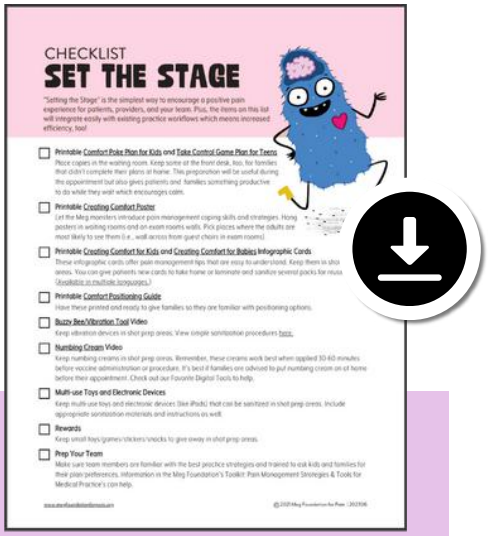
Changing the focus of attention changes the way the body processes pain and anxiety.



HOW

Let them choose! Choice is power, so offer options when possible. Allowing kids to choose what they want to use for distraction gives them a sense of control over the experience.

- Encourage distraction before and during the poke to keep anticipatory anxiety at bay during any wait.
- Comment on distraction choices ("I love superheroes, too!"). It builds rapport and trust.
- Types of distraction vary by age and child preference. Jokes, singing, music, books, videos, and so on are all good options for distraction.
- Involve parents when possible. For example, have mom hold the iPad while it plays a movie. Giving parents a productive to-do can lower parental anxiety (which impacts the child's anxiety).
- Some kids feel the need to be polite and focus on you (or another grownup) as "the adult." This diminishes the impact of distraction. Give kids permission to focus on what they want and ignore you, or anything else, if that is their wish. And, if a child wants to watch the procedure, let them. Watching can help kids feel in control. Praise their choices either way.



Check out this handy downloadable checklist

WORDS MATTER

"I can tell you really love watching that video/checking out that book/playing with that toy. That's fantastic. That is so much more fun to focus on than anything I'm doing right now. Pay attention to what you want to pay attention to right now, and don't worry about me. You are doing a great job taking care of yourself!"

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CONTINUED...

A FEW OF OUR FAVORITE

TOOLS & TECHNIQUES

VIBRATION

The experience of pain happens in the brain. Vibration blocks pain signals from reaching the brain by creating a traffic jam of signals in the nervous system.



HOW

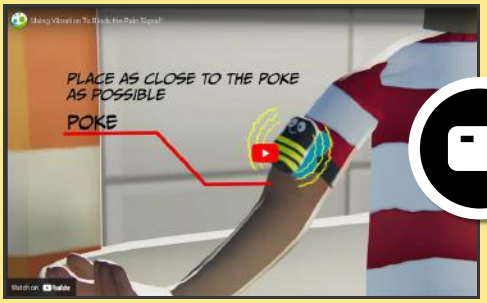
Encourage kids to play with the vibration device before a poke or procedure so it's familiar and does not startle them. This provides a distraction benefit too!

- Buzzy Bee® is commonly used hand held product. It comes with ice wings that can provide an added anesthetic impact but Buzzy can be used without them. Place Buzzy on the site of the needle entry for 20-30 seconds, then move it up, between the injection site and the brain. Read the full instructions included with Buzzy prior to use. Watch the video below to learn more.
- Showing kids how vibration works by touching their skin before-hand allows them to experience the change in sensation which helps them feel confident and calm.

Important Note:

The removable ice wings should not be used on patients under three years of age or on patients with sensitivity to cold. Also, kids with sensory issues may not like the device so try it out first.

Watch this quick video to learn how vibration helps block pain.



WORDS MATTER

"This is Buzzy, a really cool tool so you don't have to feel the poke. When you feel an ouch, a signal has to go up to your brain. But when I put Buzzy right above where you'll get the poke, it creates a kind of traffic jam in your nerves. This keeps that signal from getting through so you don't feel much of anything except the vibration. Would you like Mom to hold it for you? I bet she's good at that."

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CONTINUED...

A FEW OF OUR FAVORITE

TOOLS & TECHNIQUES

BREATHING

Slow, deep breaths create a relaxation response that reduces anxiety and pain.



HOW

Be aware of your own breath. Intentionally slowing your breathing invites others to do the same. People unconsciously follow other's breathing.

- Encourage parents to use their own deep, slow breaths to pace their child's breathing. This keeps kids on track which helps them feel more in control. Pacing breaths tends to help parents remain calm, too.
- Using bubbles and/or pinwheels is a great way to encourage deep, slow breathing in young children.

Important Note: Timing the exhale ("out-breath") with the needle insertion is most effective.

SuperMeg is a great coach! This video can be used as a teaching tool with families (as well as staff) to practice breathing techniques. It can also be used during the procedure to encourage good breath practice.



WORDS MATTER

"Have you ever noticed how your body automatically starts to relax when you take a good, deep breath? Just like that: your muscles begin to relax and loosen!"

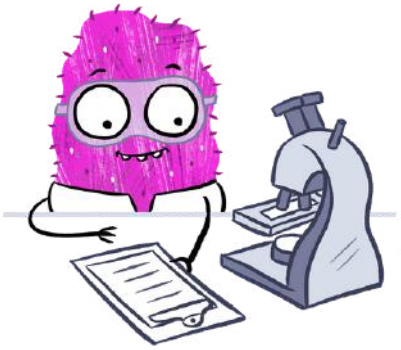
"Pretend like you are blowing out a candle. Nice work! Now pretend like you are smelling a flower!

"It is such a good way to let your body feel more relaxed and comfortable. Great job taking control of your body!

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THE REFERENCES & RESEARCH

CUTTING EDGE SCIENCE IS THE BACKBONE OF WHAT WE DO. THE RESEARCH IS EXTENSIVE, BUT HERE IS A SAMPLING OF RELEVANT JOURNAL ARTICLES.



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THE APPENDIX

RESOURCES FOR YOU TO USE

CREATE COMFORT POKE PLAN
FOR KIDS

8.5" X 11" PRINTABLE FULL RESOLUTION PDF
IS AVAILABLE FOR DOWNLOAD HERE.



ENGLISH

SPANISH

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TAKE CONTROL GAME PLAN
FOR TEENS

8.5" X 11" PRINTABLE FULL RESOLUTION PDF
IS AVAILABLE FOR DOWNLOAD HERE.



ENGLISH

SPANISH

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COMFORT POSITIONING GUIDE

8.5" X 11" PRINTABLE FULL RESOLUTION PDF IS AVAILABLE FOR DOWNLOAD HERE.



ENGLISH

SPANISH

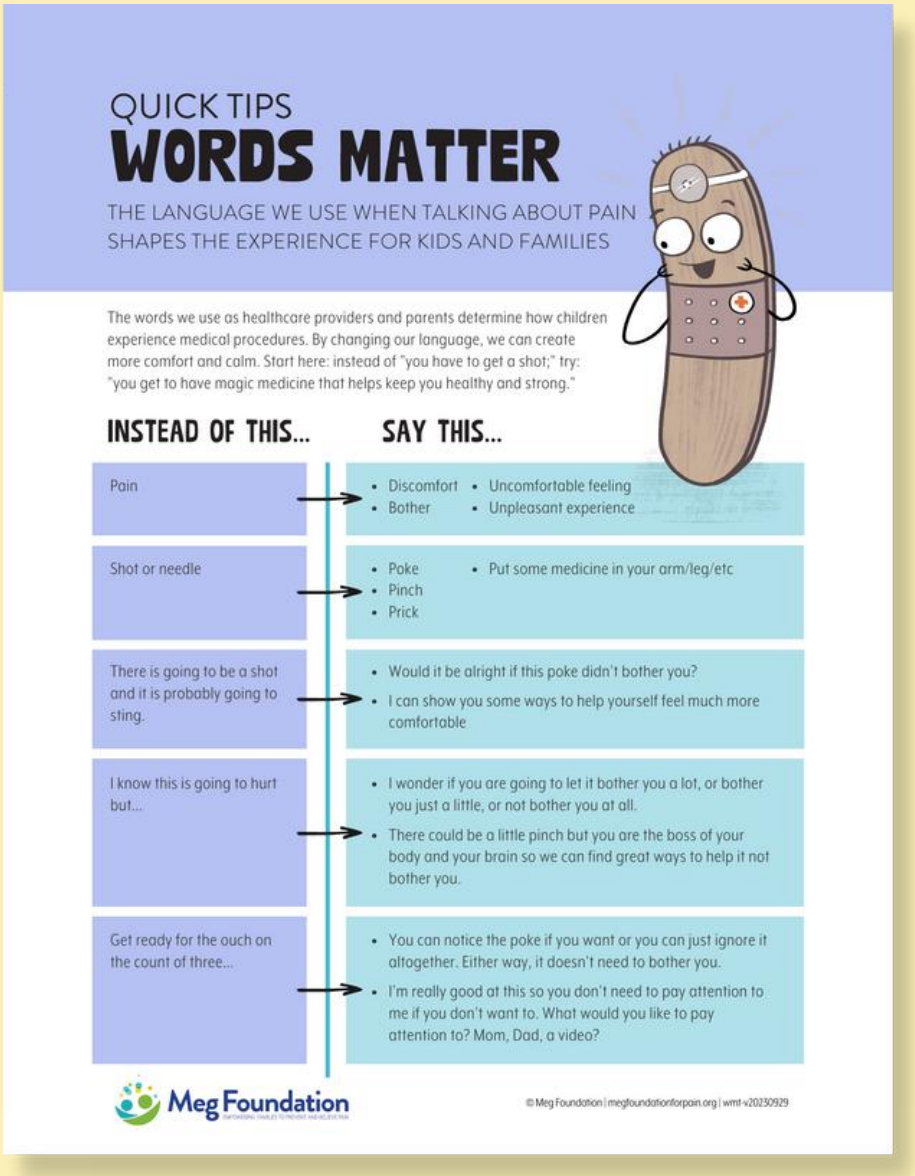
MANDARIN

VIETNAMESE

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WORDS MATTER
QUICK TIPS

8.5" X 11" PRINTABLE FULL RESOLUTION
PDF IS AVAILABLE FOR DOWNLOAD HERE.



QUICK TIPS

WORDS MATTER

THE LANGUAGE WE USE WHEN TALKING ABOUT PAIN SHAPES THE EXPERIENCE FOR KIDS AND FAMILIES

The words we use as healthcare providers and parents determine how children experience medical procedures. By changing our language, we can create more comfort and calm. Start here: instead of "you have to get a shot;" try: "you get to have magic medicine that helps keep you healthy and strong."

INSTEAD OF THIS...	SAY THIS...
Pain	• Discomfort • Uncomfortable feeling • Bother • Unpleasant experience
Shot or needle	• Poke • Put some medicine in your arm/leg/etc • Pinch • Prick
There is going to be a shot and it is probably going to sting.	• Would it be alright if this poke didn't bother you? • I can show you some ways to help yourself feel much more comfortable
I know this is going to hurt but...	• I wonder if you are going to let it bother you a lot, or bother you just a little, or not bother you at all. • There could be a little pinch but you are the boss of your body and your brain so we can find great ways to help it not bother you.
Get ready for the ouch on the count of three...	• You can notice the poke if you want or you can just ignore it altogether. Either way, it doesn't need to bother you. • I'm really good at this so you don't need to pay attention to me if you don't want to. What would you like to pay attention to? Mom, Dad, a video?

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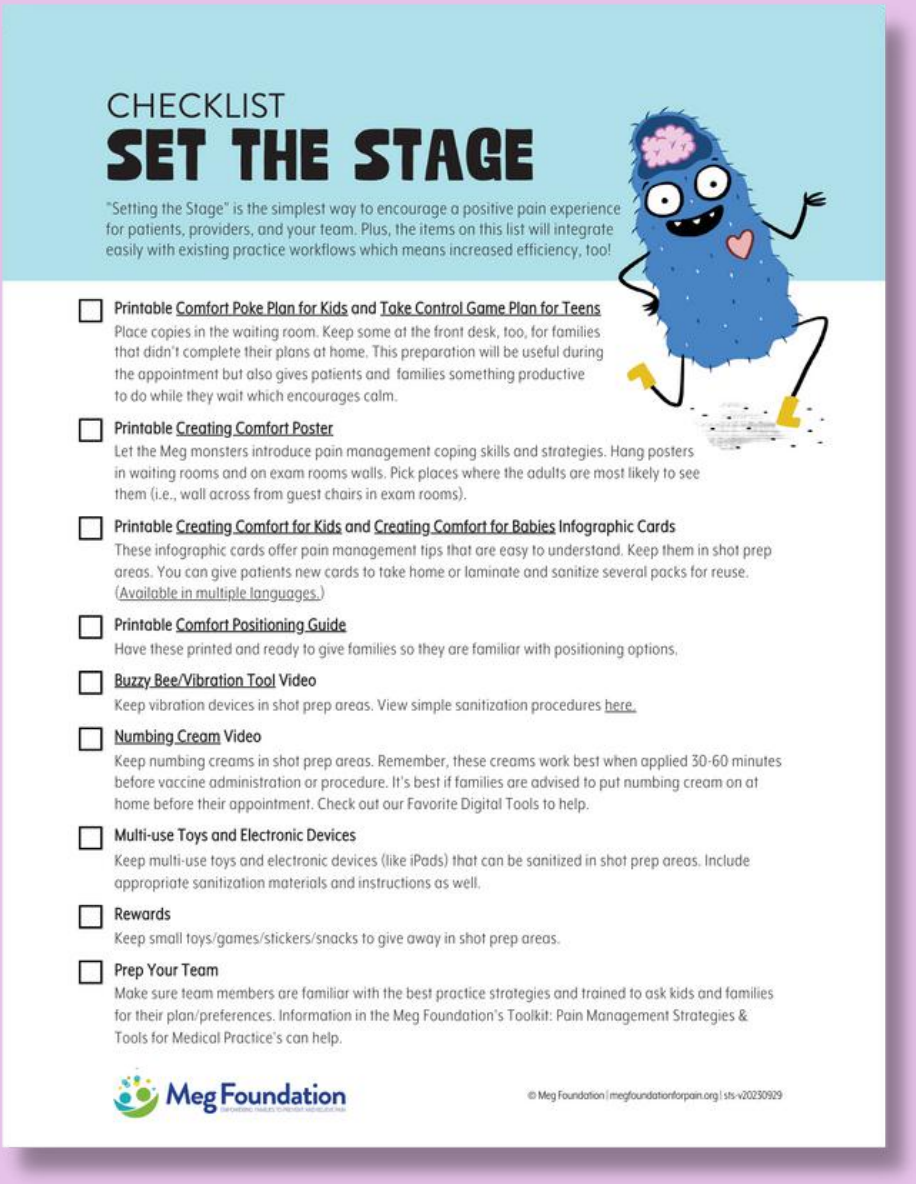
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ENGLISH

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SET THE STAGE
CHECKLIST

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CHECKLIST

SET THE STAGE

"Setting the Stage" is the simplest way to encourage a positive pain experience for patients, providers, and your team. Plus, the items on this list will integrate easily with existing practice workflows which means increased efficiency, too!

- ☐ **Printable Comfort Poke Plan for Kids and Take Control Game Plan for Teens**
  Place copies in the waiting room. Keep some at the front desk, too, for families that didn't complete their plans at home. This preparation will be useful during the appointment but also gives patients and families something productive to do while they wait which encourages calm.
- ☐ **Printable Creating Comfort Poster**
  Let the Meg monsters introduce pain management coping skills and strategies. Hang posters in waiting rooms and on exam rooms walls. Pick places where the adults are most likely to see them (i.e., wall across from guest chairs in exam rooms).
- ☐ **Printable Creating Comfort for Kids and Creating Comfort for Babies Infographic Cards**
  These infographic cards offer pain management tips that are easy to understand. Keep them in shot prep areas. You can give patients new cards to take home or laminate and sanitize several packs for reuse. (Available in multiple languages.)
- ☐ **Printable Comfort Positioning Guide**
  Have these printed and ready to give families so they are familiar with positioning options.
- ☐ **Buzzy Bee/Vibration Tool Video**
  Keep vibration devices in shot prep areas. View simple sanitization procedures here.
- ☐ **Numbing Cream Video**
  Keep numbing creams in shot prep areas. Remember, these creams work best when applied 30-60 minutes before vaccine administration or procedure. It's best if families are advised to put numbing cream on at home before their appointment. Check out our Favorite Digital Tools to help.
- ☐ **Multi-use Toys and Electronic Devices**
  Keep multi-use toys and electronic devices (like iPads) that can be sanitized in shot prep areas. Include appropriate sanitization materials and instructions as well.
- ☐ **Rewards**
  Keep small toys/games/stickers/snacks to give away in shot prep areas.
- ☐ **Prep Your Team**
  Make sure team members are familiar with the best practice strategies and trained to ask kids and families for their plan/preferences. Information in the Meg Foundation's Toolkit: Pain Management Strategies & Tools for Medical Practice's can help.

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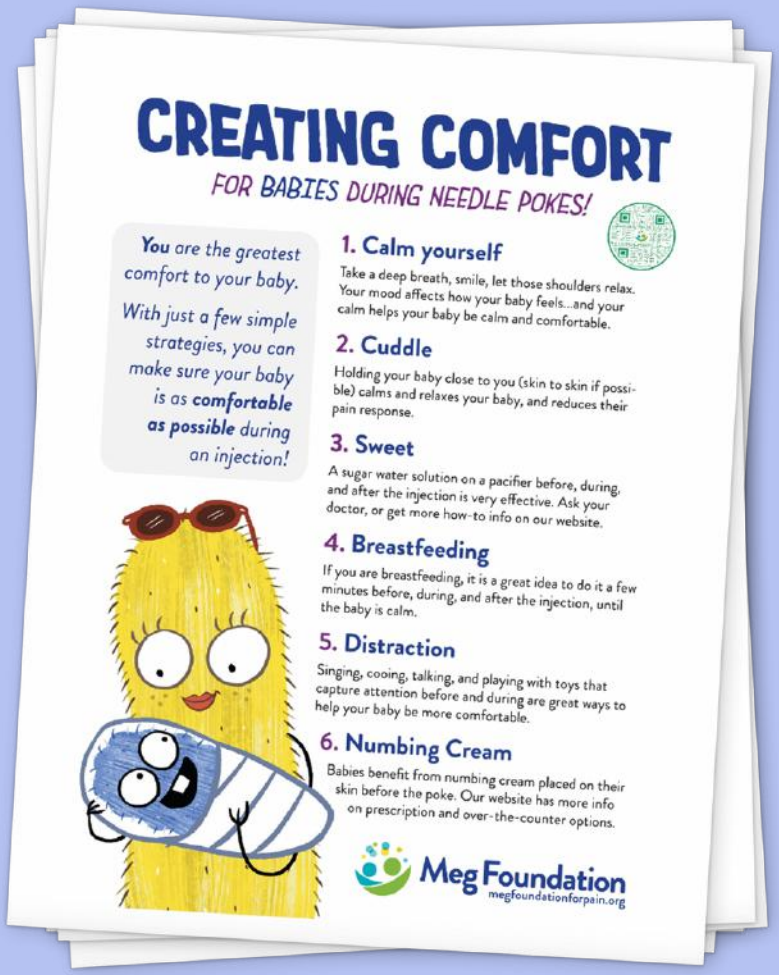
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CREATING COMFORT
FOR BABIES

8.5" X 11" AND 5" X 7" PRINTABLE FULL RESOLUTION PDF VERSIONS ARE AVAILABLE FOR DOWNLOAD HERE.



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CREATING COMFORT FOR KIDS

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CREATING COMFORT

FOR KIDS DURING NEEDLE POKES!

1. Calm yourself

Take a deep breath, smile, let those shoulders relax. Your calm helps your child be calm. Your positive feelings, words, and actions can help your child feel more comfortable.

2. Make a plan

Preparing kids beforehand and giving them choices helps kids feel more in control! Create a plan for what strategies they want to use to make themselves comfortable. Find an example game plan on our website!

3. Numbing medicine / Vibration / Cold

Research says that putting numbing cream on the skin before the poke really works to help minimize needle pain in kids. It can take time for it to work, so plan ahead! Cold, vibration, and rubbing the skin can also work. Our website has more info on prescription and over-the-counter options.

4. Comfort positions

Holding upset children down for medical procedures is not a good idea. There are ways you can hold your child to both calm them and keep them safe. You are the best comfort for your child, and you can learn ways to hold them to help them feel more in control.

5. Distraction

Taking advantage of a kid's natural ability to get deeply absorbed in videos, toys, and activities changes the way they feel pain. They can ignore the pain signals the same way they can't hear you calling their name! Have them choose something to watch or do before and during a poke.

6. Belly breathing

Breathing out, then taking easy slower breaths in and out calms kids and reduces their body's reaction to pain. Bubbles or pinwheels are a fun way to both distract them and encourage them to keep a slow, even pace. Using your own deep, slow breaths to pace them helps keep them on the right track and more in control.

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CREATING COMFORT
FOR TEENS

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COMFORT POSITIONS

A GUIDE FOR PARENTS & HEALTHCARE PROFESSIONALS



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YOU DON'T HAVE TO FEAR
THE FREAKOUT

INFO CARDS

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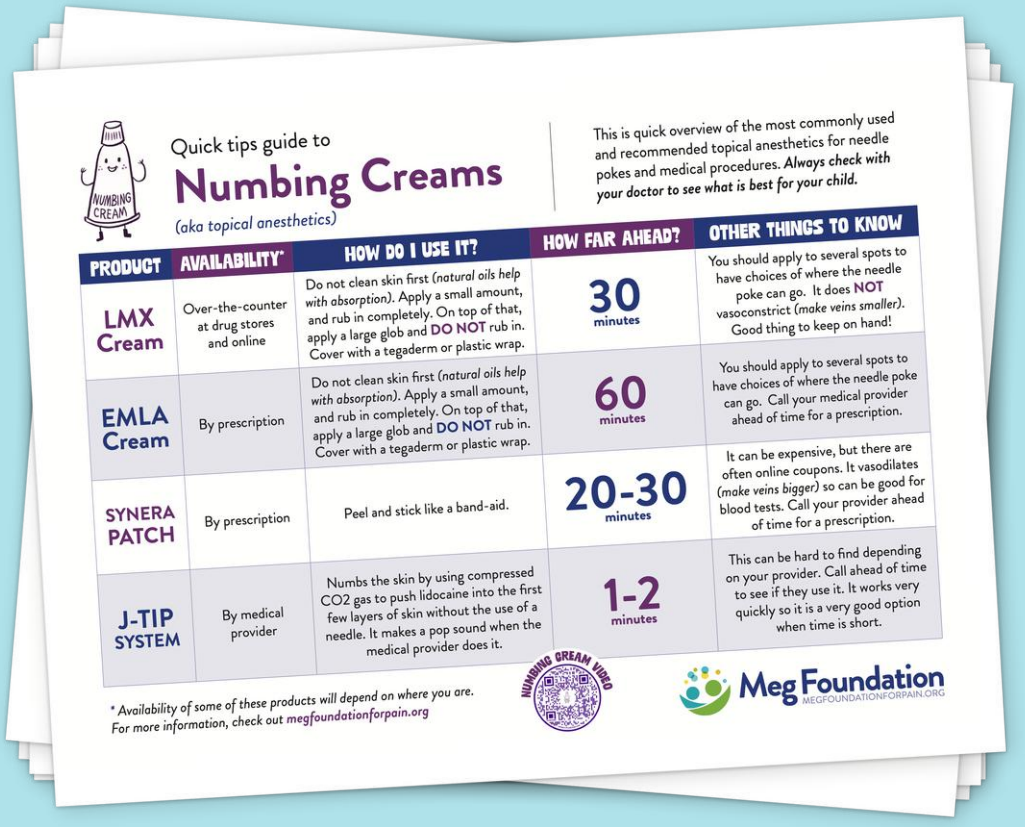
You can use these info cards to introduce your patients to the Meg Foundation and what the organization has to offer (including all our resources and content)!

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QUICK TIPS GUIDE TO
NUMBING CREAMS

11" X 8.5" AND 7" X 5" PRINTABLE FULL RESOLUTION PDF VERSIONS ARE AVAILABLE FOR DOWNLOAD HERE.



Quick tips guide to

Numbing Creams

(aka topical anesthetics)

This is quick overview of the most commonly used and recommended topical anesthetics for needle pokes and medical procedures. ***Always check with your doctor to see what is best for your child.***

PRODUCT	AVAILABILITY*	HOW DO I USE IT?	HOW FAR AHEAD?	OTHER THINGS TO KNOW
LMX Cream	Over-the-counter at drug stores and online	Do not clean skin first *(natural oils help with absorption)*. Apply a small amount, and rub in completely. On top of that, apply a large glob and **DO NOT** rub in. Cover with a tegaderm or plastic wrap.	30 minutes	You should apply to several spots to have choices of where the needle poke can go. It does **NOT** vasoconstrict *(make veins smaller)*. Good thing to keep on hand!
EMLA Cream	By prescription	Do not clean skin first *(natural oils help with absorption)*. Apply a small amount, and rub in completely. On top of that, apply a large glob and **DO NOT** rub in. Cover with a tegaderm or plastic wrap.	60 minutes	You should apply to several spots to have choices of where the needle poke can go. Call your medical provider ahead of time for a prescription.
SYNERA PATCH	By prescription	Peel and stick like a band-aid.	20-30 minutes	It can be expensive, but there are often online coupons. It vasodilates *(make veins bigger)* so can be good for blood tests. Call your provider ahead of time for a prescription.
J-TIP SYSTEM	By medical provider	Numbs the skin by using compressed CO2 gas to push lidocaine into the first few layers of skin without the use of a needle. It makes a pop sound when the medical provider does it.	1-2 minutes	This can be hard to find depending on your provider. Call ahead of time to see if they use it. It works very quickly so it is a very good option when time is short.

* *Availability of some of these products will depend on where you are. For more information, check out megfoundationforpain.org*

NUMBING CREAM VIDEO

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MEGFOUNDATIONFORPAIN.ORG

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CREATE COMFORT

POSTER

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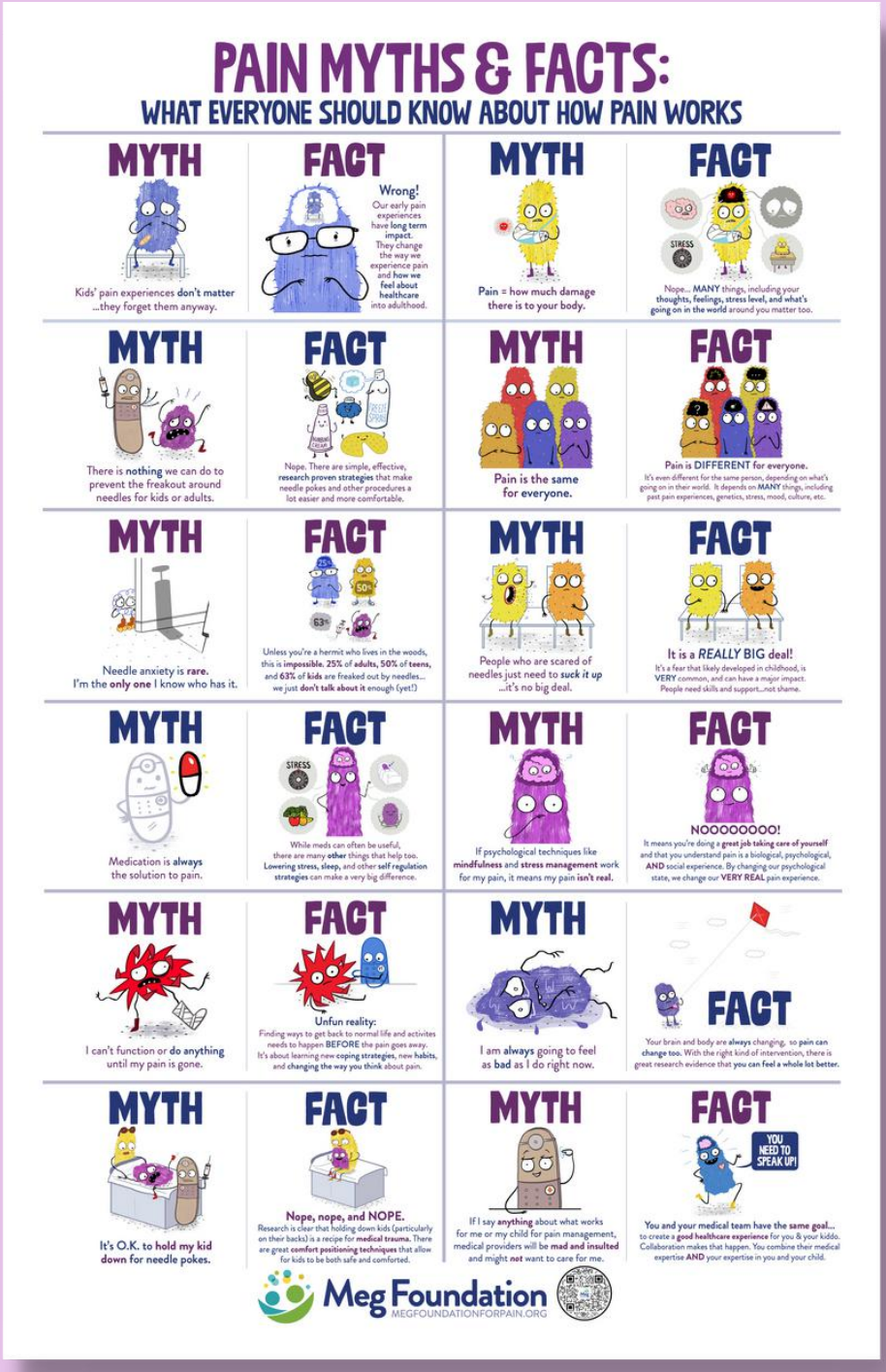
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PAIN MYTHS & FACTS

POSTER

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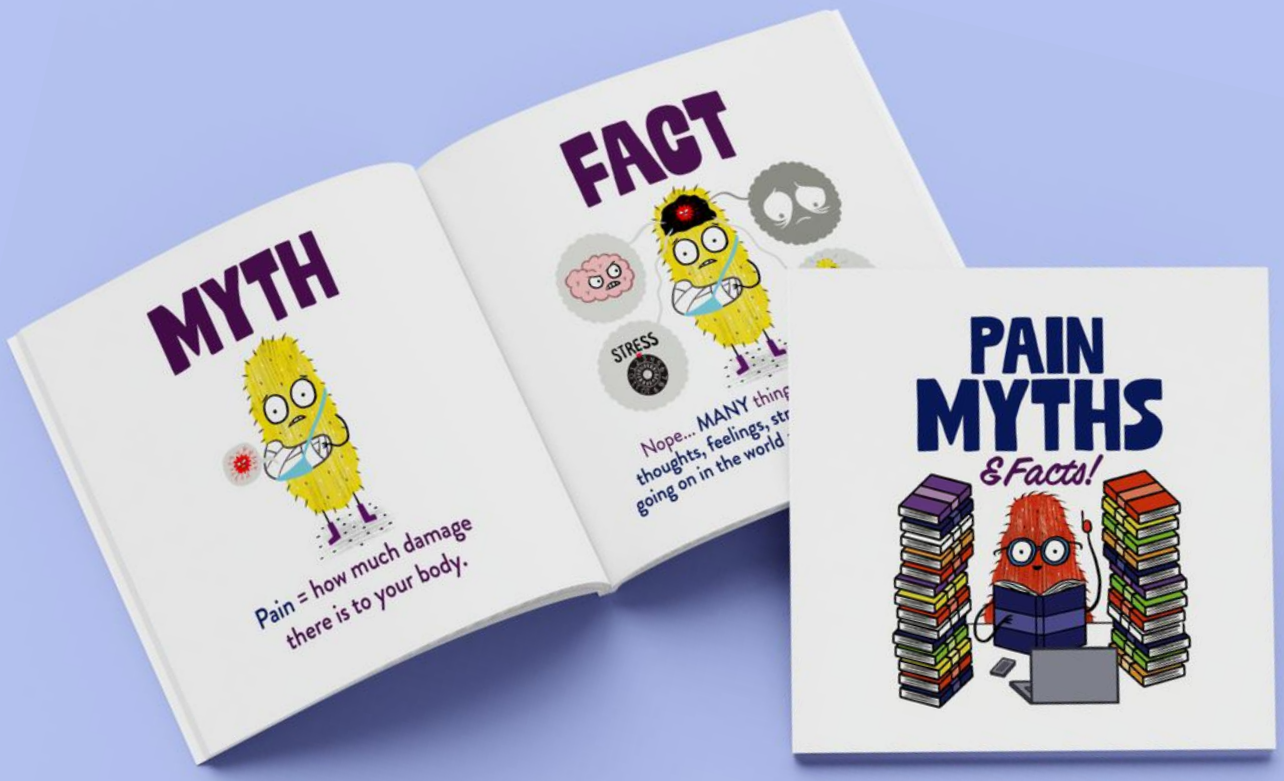
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PAIN MYTHS & FACTS

EBOOK

A FULL RESOLUTION EBOOK IS AVAILABLE FOR VIEW AND/OR DOWNLOAD HERE.



Common pain myths can stand in the way of good care and positive coping. Fortunately, thanks to research, we now know better!

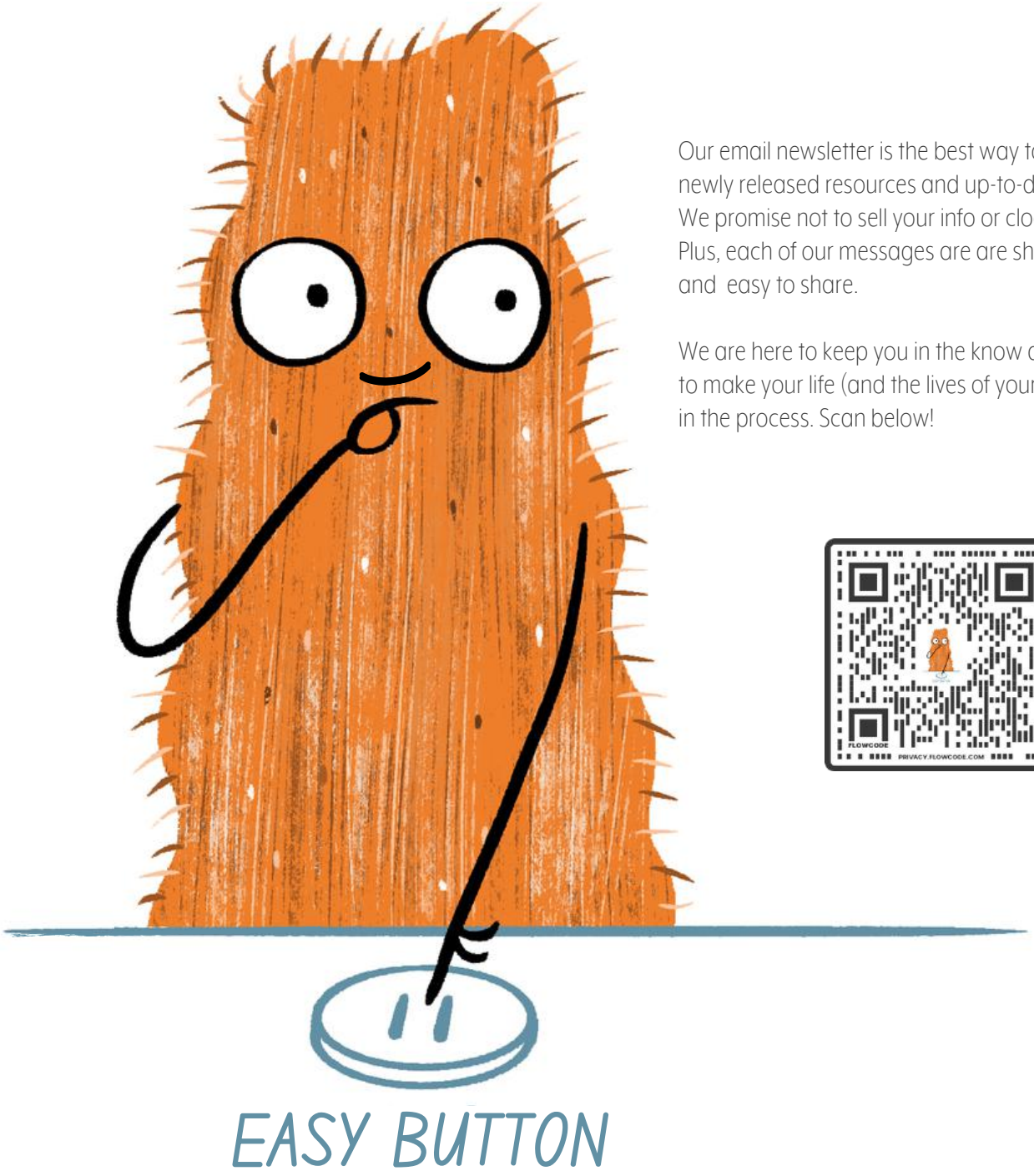
Read or download our Pain Myths & Facts ebook to dispel these misconceptions using evidence-based information that is credible, reliable and useful!

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LET'S STAY IN TOUCH!

KEEP UP-TO-DATE WITH THE LATEST BEST PRACTICES, RESOURCES, AND NEWS FROM TEAM MEG



Our email newsletter is the best way to stay on top of newly released resources and up-to-date information. We promise not to sell your info or clog up your inbox. Plus, each of our messages are are short, actionable, and easy to share.

We are here to keep you in the know and determined to make your life (and the lives of your patients) easier in the process. Scan below!

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A MOST SINCERE
THANK YOU

WE ARE GRATEFUL FOR ALL YOU DO.
IF WE CAN DO ANYTHING TO HELP, PLEASE REACH OUT!



Meg Foundation is a nonprofit dedicated to empowering kids, families, (and adults!) to prevent and reduce pain and medical anxiety. Our goal is to bring together the power of cutting-edge medical science, technology, and design to prevent unnecessary suffering and improve health outcomes both now and across the lifespan. We've gathered a world-renowned team of experts to help us with this mission.

Learn more at megfoundationforpain.org

Want to learn more about our team, full of experts and scientists? Click here.

About the authors of this kit:

Dr. Jody Thomas is the founder and CEO of the Meg Foundation. She is also a licensed clinical psychologist and specialist in medical illness and trauma. An internationally known expert in pain, she is a sought after speaker, author, and consultant. As Assistant Professor at the Stanford University School of Medicine, she was the founding Clinical Director of the Packard Pediatric Pain Rehabilitation Center at Stanford (she remains on faculty as an adjunct lecturer). She is passionate about bringing together the power of medical science, technology and design to transform the way we think about kids and pain.

Leslie Lipscomb is a Healthcare Strategist and Practice Optimization Expert. She is also the founder and CEO of Inspired Engagement LLC a strategic healthcare solutions company. She brings her extensive expertise in practice operations and management, communications, technology, and design to create better, more effective health care experiences for everyone. In short, we don't know where we would be without her awesomeness. We are lucky to have her as a treasured board member of the Meg Foundation.

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