

Caring for your Baby in the NICU

Pain Control and Comfort Measures



How Do We Recognize and Manage Your Baby's Pain in the Hospital?

We believe babies should be as comfortable as possible and receive the best level of pain management that we can safely provide. At AdventHealth for Children, we take a whole-person approach to pain management, using medications and other comfort measures. Our goal is to work together with you to recognize pain promptly and treat it effectively. Your baby may experience pain now or in the future due to sickness, surgery or medical procedures. Sometimes your baby may not be totally pain-free, but our goal is to work together to make every baby as comfortable as possible. Pain control is an important part of your baby's treatment plan. We empower you to speak up if you think your baby is in pain or uncomfortable. This allows us to work together to develop a pain management plan that is safe and effective..

How Do I Know if My Baby is in Pain or Uncomfortable?

Your baby may show signs that they are in pain or uncomfortable. These signs may include:

- Chin quivering
- Difficulty calming
- Difficulty feeding
- Facial grimace
- Fast breathing
- High-pitched cry
- Restless sleep
- Tense muscles, clenched fist and rigid body
- Unusually still or quiet

How Can I Help Manage My Baby's Pain?

Parents are important team members in caring for your baby. You know your baby the best! We strive to partner with our parents to make decisions together about managing your baby's pain. Our team will frequently assess and discuss your baby's pain management plan and goals.

Ways to create a comfortable and safe environment for your baby include:

- Changing soiled diapers
- Changing your baby's position
- Cuddling with your baby or gently touching your baby's head or arm
- Decreasing stimulation (i.e., quiet time, dim lights, decrease noise, undisturbed sleep)
- Holding your baby's hand
- Noticing what makes your baby happy
- Providing "skin to skin" time (Kangaroo care) to your baby
- Providing touch to comfort your baby
- Rocking your baby in a seated location
- Some babies may prefer less eye contact, talking, touching and noise
- Distraction can be an effective comfort measure for your baby.
- Play soft music
- Read a book to your baby
- Talk or sing in a quiet, soothing voice

Thank you for partnering with us in your baby's care. If you have any questions or concerns, please reach out to our team.