An Interprofessional Approach to Manage Pain and Anxiety in Pediatric Burn Patients

Conflict of Interest

Conflict of Interest Disclosure

- Conflicts of interest for ALL listed contributors.
  - P. Plowman, RN-BC – No conflict of Interest
  - C. Dougherty, CCLS – No conflict of interest

A conflict of interest is a particular financial or non-financial circumstance that might compromise, or appear to compromise, professional judgment. Anything that fits this should be included. Examples are owning stock in a company whose product is being evaluated, being a consultant or employee of a company whose product is being evaluated, etc.

### Riley Burn Center

- Riley Burn Center
- Riley Hospital for Children at IU Health
  - 705 Riley Hospital Drive
  - Indianapolis, IN

### Objectives

- Discuss strategies used to treat pain at the
  Burn Center at Riley Hospital for Children at IU Health

### Patient Population

- Age
- Burn severity
- Average length of stay
Challenges in Pediatric Burn Care

- Burns compared to other forms of trauma
- Depth or degree of burns
  - Superficial burns
  - Partial thickness burns
  - Full thickness burns
- Total burn surface area

Team Members and Roles

- MDs
- Nurses
- Child Life specialists
- Pharmacists
- Physical and occupational therapists
- Parents
- Sedation team
- Nutritionist
- Social workers

Child Life: An Overview

- Child Life specialists work as part of the medical team to create a care plan
- Child Life provides:
  - Care for each patient’s developmental level
  - Coping skills
  - Non-pharmacologic pain management
  - Therapeutic play
  - Procedural preparation and support
### Medications

- Types and routes of medications used:
  - Opioids
  - Benzodiazepine
  - Oral
  - Intravenous
  - Intranasal

### Considerations for Sedation

- Minimal sedation
- Moderate sedation

### Routine Dressing Change

- **Patient:** Molly
  - 4 years old
  - No allergies
  - 20 kgs
  - 5% TBSA partial thickness burns to bilateral hands and right arm
### Routine Dressing Change

- Select dressing change time
  - MD
  - Child Life
  - PT/OT
  - Parents
  - Other nurses
- Pre-medicate
  - With oral pain medications – patient specific

### Routine Dressing Change

- Set up tub room for dressing change
- Bring patient to the tub room
- Appropriate mediations will be given
- Child Life provides developmentally appropriate distraction and strategies

### Child Life: Procedural Support

- Research has found that using Child Life:
  - Helps increase coping
  - Decreases the amount of initial pain medicine used
  - Decreases length of hospital stay
  - Increases overall patient and family satisfaction
Child Life: Procedural Support

- In pediatric burn patients, preparation and distraction:
  - Reduces the amount of pain felt during procedures
  - Reduces the amount of time for healing
  - Reduces the amount of emotional upset experienced by the patient

Child Life: My Burn Journey App

- The Riley Burn Center developed an app to help educate and provide distraction to specifically help pediatric burn patients

Child Life: My Burn Journey App

- Search “My Burn Journey” in the App Store to get this app on your iPad
- This free app was developed by Riley

This app was produced with Scofield and Freedom Solutions
A Look Into the Future

• We are starting research to investigate the effects of using Child Life during dressing changes and the potential is has to reduce benzodiazepine use.

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References