

Background to Paediatric Pain Profile

The Paediatric Pain Profile is a tool that has been developed specially to help in assessing and monitoring pain in children with severe neurological impairments, especially those with impairments which lead them to be unable to communicate pain through speech. Such impairments mean that the children are dependant on their carers for interpretation of their signs of pain. These signs may include changes in the child's movement and posture, in vocalization and in facial expression. The Paediatric Pain Profile is designed to pick up those behaviours which have been shown in a series of studies to be the most important indicators of pain.

The goals of the Paediatric Pain Profile are to:

- make it easier to describe and record pain behaviours
- make it easier to monitor pain and the effectiveness of treatments
- make it easier to communicate any concerns about your child's pain to professionals.

The Paediatric Pain Profile is a 20-item behaviour rating scale. Each item is rated on a four point

scale as occurring "not at all" to "a great deal" in any given time period. After the score on each item is added together the total score will range from 0 to 60. This score is sometimes called the PPP score. In recent studies, on average, PPP scores in the range 10-19 were associated by observers with "mild pain", 20-29 with "moderate pain" and 30 or more with "severe pain". Although this was the pattern across a lot of children, the picture can be different in individual children and with different types of pain. Each child will have his or her own range of behaviours in response to pain.

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The developers give their permission for pages to be photocopied and used in the care of children with severe neurological and learning impairments.



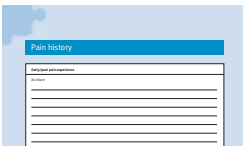
Great Ormond Street Hospital
for Children NHS Trust and
Institute of Child Health

We hope you will find the tool useful. Further copies can be obtained through www.pppprofile.org.uk. If you have any questions or comments about the tool do feel free to contact: **Dr Anne Hunt**, Research Fellow, RCN Institute, Radcliffe Infirmary, Oxford OX2 6HE

Tel: 01865 224392 Email: anne.hunt@rcn.org.uk

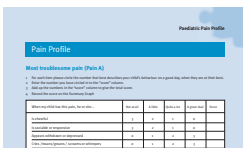


Instructions and guidance for use



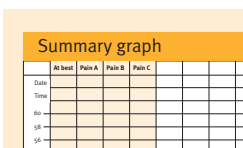
The pain history

This part of the profile asks about your child's history of pain. It provides space to write about your child's experience with pain as an infant, during surgery or from injuries, or pains that have occurred due to your child's illness or disability. Knowing how your child has coped with pain and injury in the past can help to guide how pain is managed in the present.



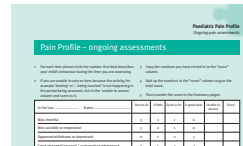
Baseline assessments

In this section we ask you to describe on the pain profile your child's behaviour when they are 1) at their best or 'on a good day' and 2) if your child has any current or recurring pains. Using the pain profiles you just circle the number that best describes how much your child is like the item in the left hand column. There are sheets to describe your child's most troublesome pain (Pain A) and up to two other pains (Pains B and C). Then transfer the numbers you have circled to the right hand column of each profile and add up the totals. The total scores can then be plotted by placing a cross in the shaded area on the Summary Graph.



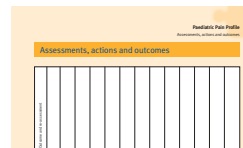
Summary Graph

The baseline assessments provide a comparison for any further assessments you need to make in the future.



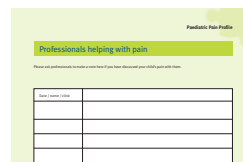
Ongoing pain assessments

You can use the Pain Profile – ongoing pain assessments sheets to make assessments at any time that suits you, for instance if you need to record your child's behaviour or if you are monitoring your child's response to a treatment. The scores can be transferred to the Summary Graph and/or the Assessments, actions and outcomes page.



Assessments, actions and outcomes

Using this sheet you can describe the actions that have been taken to relieve your child's pain and your child's response. It is often a good idea to use the profile again after the intervention to see and record if the action has been effective in relieving the pain.



Talking to professionals about your child's pain

Some pains can be quite troublesome and difficult to relieve. You might like to talk to your doctor or another health professional about your child's pain. It might be helpful to show them your child's Profile. Ask them if they would like to write something on the professional's page about your child's pain problem.