



Nonpharmacologic, Child Life & Distraction Toolkit Techniques for Pain Management in Emergency Settings

The PAMI project has a new course and toolkit that focuses on nonpharmacologic pain management for ED and EMS providers. Topics include a stepwise approach to pain management that incorporates pharmacologic and nonpharmacologic measures, therapeutic language, comfort positioning, coaching, distraction, guided imagery, and other physical/psychosocial modalities. For free access course and toolkit materials visit:

<http://pami.emergency.med.jax.ufl.edu/resources/new-approaches-to-pain-course>.

Distraction Toolkit

A *distraction toolkit* can be a bag, backpack, toolbox, cart or room containing “tools” to distract or comfort patients during painful or stress provoking situations such as procedures, imaging, burns, or trauma.

Tools and techniques are based on the setting, situation and developmental stage of the patient.
Be aware of small parts and infection control during transport.

Example of PAMI Distraction Toolbox



Toolkit Components

Choose a toolbox item appropriate for the situation and developmental age

- ◇ Hot or cold packs
- ◇ LED animal keychain
- ◇ Wikki Stix
- ◇ Bubbles
- ◇ Mad Libs
- ◇ Games/Videos
- ◇ I Spy wands
- ◇ Music/Apps
- ◇ Stress balls
- ◇ Pin Wheels
- ◇ Pacifier: with or without sucrose solution

Benefits of Nonpharmacologic Methods:

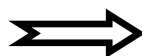
- * Used alone or in combination with medications to facilitate triage and management – may not be appropriate in cases of severe pain or high acuity
- * Often decreases dose or need for medications (ex. opioids)
- * Reduces procedure and treatment times
- * Decreases fear and anxiety for the patient, as well as caregivers and healthcare providers!
- * Always consider for children and cognitively impaired patients; however, most nonpharmacologic methods and “tools” can also benefit adult patients

Scan here to download toolkit information



For more information on **PAMI, the Dosing Guide** or **to take our FREE CME/CEU learning modules** visit:
<http://pami.emergency.med.jax.ufl.edu>

or scan the QR Code



Questions or comments:
 Email: emresearch@jax.ufl.edu

PAMI Learning Modules *2 CME/CEU's per module

Basics of Pain Management	Nonpharmacologic Pain Management
Acute Pain Management	Pediatric Pain Management
Procedural Sedation and Analgesia	Pharmacologic Pain Management
Prehospital Pain Management for Adults & Children	