

The background features a vertical gradient from light pink at the top to light blue at the bottom. Several realistic water droplets of various sizes are scattered across the frame, with some in the top-left and bottom-right corners.

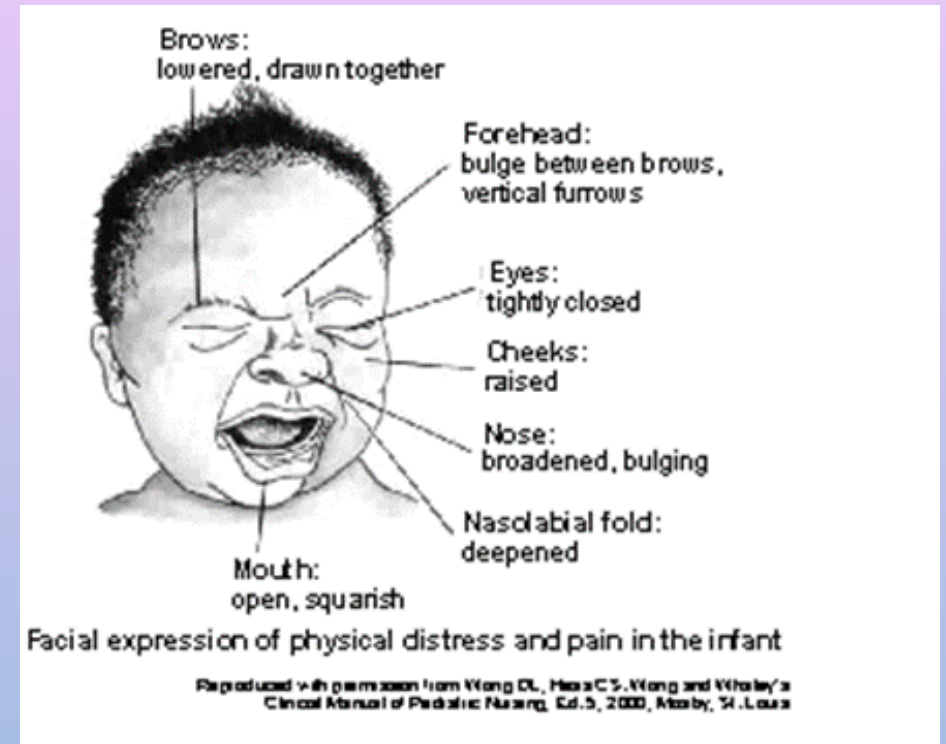
Managing Baby's Pain

Managing Baby's Pain

- At the Saint Joseph Hospital NICU, we do our very best to manage your baby's pain by paying close attention to their cues to treat their pain to make them more comfortable
- It is important to manage pain for babies because research tells us that pain impacts your baby's developing brain in different ways:
 - How your baby grows and moves
 - How your baby interacts with others
 - How your baby develops and behaves
- At the Saint Joseph Hospital NICU, we do everything we can to keep your baby comfortable and to cut down on their pain
 - We do the fewest procedures your baby needs and by using proven methods to relieve their pain and discomfort

Managing Baby's Pain

- We use a special pain assessment just for babies in the NICU called the **Neonatal Pain Agitation & Sedation Score (N-Pass)**
 - This scale helps us see whether or not your baby is in pain
 - We review your baby's facial expressions, muscle tone, vital signs, behavior, crying and age
 - Your baby is given a score at the start of each shift and throughout the shift, if needed



Managing Baby's Pain

- Sometimes we have to do things that will be painful for your baby such as:
 - Needle sticks to draw blood
 - Starting an IV
 - Eye exams
 - Give vaccines
 - Circumcision
 - Frenotomy (Tongue Tie Clipping)
 - Cares including:
 - Changing their diaper
 - Taking their temperature

Managing Baby's Pain

- To reduce pain, we can:
 - Use pacifier
 - Give milk drops
 - Give sucrose (sugar) drops
 - Use swaddling techniques
 - Give medicine, as needed



Sucrose (Sugar) Drops

- We regularly check to see if the treatment is working, and we provide different or continued treatment to make sure your baby is as comfortable as possible

Managing Baby's Pain

- During times of discomfort, one thing that can have the biggest impact is you.
- We encourage you as caregivers to be present if you can, for any intervention/procedure to help comfort your baby.
- **Things you can do to help your baby manage pain include:**
 - Swaddling
 - Keeping them in a contained space (containment)
 - Cuddling
 - Giving a pacifier for sucking
 - Giving milk drops or sucrose drops
 - Bottle feeding or breastfeeding
 - Music
 - Massage
 - Rocking
 - Changing their position
 - Using heat (your nurse will help get warm items you can use)
 - Kangaroo Care (skin to skin contact)