

Pain Management

Provide supportive treatment that can help youth client manage pain better

- Explain each step of the procedure **before** it is performed.
- Wait a few seconds after performing each step to give the client time to prepare for the next one.
- Move slowly, without jerky or quick motions.
- Avoid giving wrong impressions during procedure (e.g., saying, “this won’t hurt” when it will hurt, or “I’m almost done,” when you’re not).
- Tell the youth client she should ask for additional pain medication if the pain becomes too strong. This will reduce fear by assuring the client that she will not have to endure extreme pain.
- Talk with the youth client throughout the procedure.
- Show the client how to take slow deep breaths to minimize the pain.
- Ask her to breathe slowly in through the nose and out through the mouth to help her relax and to focus more on the breathing than on pain.
- If the client wishes, have a supportive friend, partner, or relative nearby to draw attention away from pain.



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