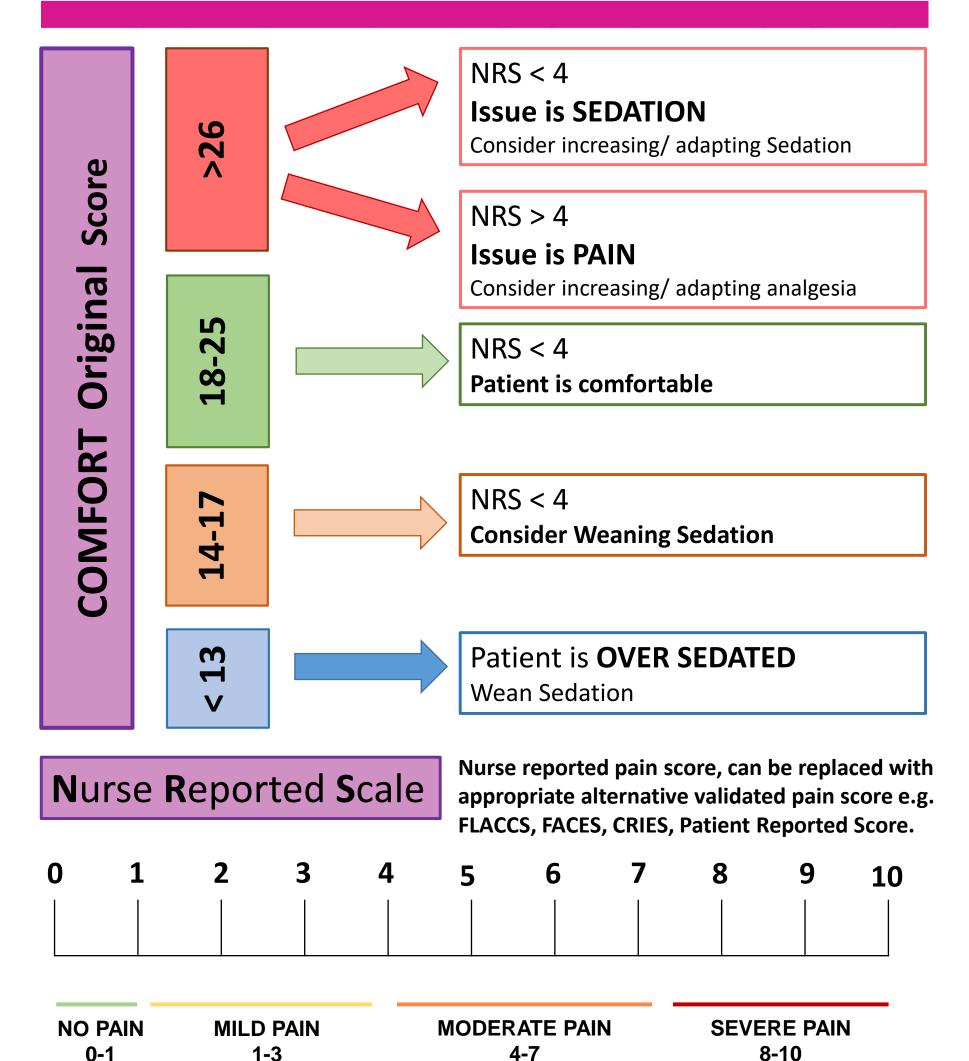
COMFORT Original Score



## **COMFORT** Original Score **Titration Guide** VICH

First assess the COMFORT Original Score then assess the pain score

## NRS < 4**Issue is SEDATION** If the NRS is less than 4 it indicates the high COMFORT O score is related to UNDER-SEDATION. Seek advice about increasing the sedation 6 N NRS > 4Issue is PAIN If the NRS is greater than 4 it indicates the high COMFORT O score is related to PAIN. Seek advice about increasing analgesia Patient is comfortable NRS < 4The patient is comfortable with adequate analgesia and/ or sedation $\mathbf{0}$ NRS < 4**Consider Weaning Sedation** NRS of less than 4 the patient is a little too sedate. Seek advice about ユ

considering a reduction in sedation and/or analgesia

## Patient is **OVER SEDATED** Wean Sedation

COMFORT Original Score of 13 or less this indicates the patient is over-sedated and requires the sedation and/or analgesia to be actively reduced

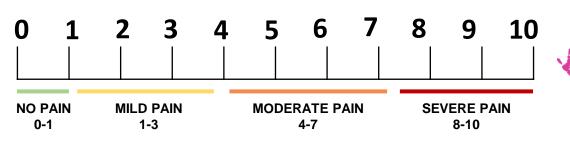
## **Nurse Reported Score**

 $\mathbf{m}$ 

Score

**COMFORT Original** 

**Pain Score** 



The NRS is a 0-10 pain score reported by the bedside nurse caring for the child. The NRS takes into account the expertise of the bedside nurse, the normal behavioural mannerisms reported by parents/ guardians and emotional factors ongoing at the time of the assessment.

(0 - 10)

By utilising a pain score in combination with a COMFORT Original Score the interpreter can more accurately determine if the high COMFORT score is in relation to pain or in relation to under-sedation

A high COMFORT Original Score can indicate pain, or can indicate distress as a result of behavioural factors- anxiety, separation from parents, confusion or grief. A knowledge of the child's baseline behaviours will assist in differentiating potential causes of high COMFORT O Scores.

NRS score can be replaced with any appropriate alternative validated pain score e.g. FLACCS, FACES, CRIES, Patient Reported Score.

If a pain score is reported is 4 or more this is indicative of a sufficient level of pain that a pharmacological or non-pharmacological intervention should be initiated

Non-pharmacological methods of pain relief and comfort must always be considered in combination with pharmacological methods

Comfort O NRS Guide POSTER v2.0 FINAL 3<sup>RD</sup> Dec 2018