

6 Minute briefing

Children's Pain Management Framework



Why pain matters

Two million children are admitted to hospital every year in the UK. Many of them will experience moderate to severe pain. Despite well-researched guidelines on children's pain, pain prevalence is high and there is no overall framework that includes the necessary components to deliver effective pain management.



Background to developing the framework

This framework builds on an interview-based study with 28 international pain practitioners⁽¹⁾, along with findings from focus groups or interviews with 43 UK-based practitioners (Band 5 nurses, advanced nurse practitioners, pain nurses and consultants).

Why the need for a framework for pain management?

Our framework is based in the evidence from two qualitative studies and from the literature. Good communication, effective information sharing, and clarity about roles can all positively influence the effectiveness of pain management.

The framework has four key elements

- Creating Knowledgeable and Confident Practitioners.
- Supporting Staff with Relevant Guidance.
- Adopting an Individual Approach to the Child and Family.
- Empowering Parents to be Effectively Involved.

(Link to animation here)

Implementing Change

The framework is aligned with The Lancet Child and Adolescent Health Commission⁽²⁾ on delivering transformative action in paediatric pain, which has four transformative goals: Make pain matter; make pain understood; make pain visible; make pain better. Addressing these goals 'will improve the lives of children and adolescents with pain and their families'⁽²⁾.



How can the framework bring about change?

The interconnected elements of the framework focus on supporting staff, helping staff become confident, empowering parents, and adopting an individual approach to children and families. All of this is dependent on effective leadership and robust education.

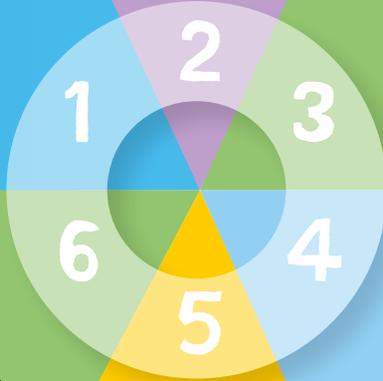
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Sharing information

Sharing information with colleagues facilitates a standardised approach to pain management. Sharing information with parents and valuing their knowledge of their child and communicating in an equal partnership can establish parents' expectations of involvement in the management of their child's pain.

(Link to leaflet here)



1) Simons J (2015) A proposed model of the effective management of children's pain. Pain Management Nursing. 16(4), 570 – 578

2) Eccleston C et al (2020) Delivering transformative action in paediatric pain: a Lancet Child and Adolescent Health Commission. Published online October 13, 2020. [Read more](#)