

PAIN ACTION PLAN



Hematology

Place patient's Identification
Label Here

Call 911 or come to Emergency Room immediately with any of the following:

- ❖ Chest pain or difficulty breathing
- ❖ Stroke symptoms
- ❖ Vision changes

Contact Numbers

- ❖ **Monday – Friday (8am-4pm):** 323-361-5507
 - Fast Track (8am-7pm): 323-361-4624
- ❖ **Nights/Weekends/Holidays:** 323-660-2450 (Ask for hematology physician on-call)

GREEN - GO

Symptoms

- ❖ No pain or pain at normal level (baseline)

Advice

- ❖ Continue all regularly scheduled medications
- ❖ Avoid pain triggers for pain crisis – **See box below**
- ❖ Check medication supply on a regular basis and call your hematology team if you are running out

Regular Medications/Directions

- ☐ Continue Home Medications as prescribed
- ☐ Stop _____ until instructed by Hematology team

YELLOW - CAUTION

Symptoms

- ❖ Increased pain, more than baseline pain
- ❖ Onset of new pain episode

Advice

- ❖ Start your “as needed” medications
- ❖ Continue your regular medications
- ❖ Hydrate more – drink recommended fluids/day
- ❖ Distraction techniques to help manage pain
- ❖ Consider Tiger Balm/Warm Pack to affected areas
- ❖ Call your hematology team if your pain is not improving in 2 days or you are running out of medications

Medications, Dose/Directions

Anti-inflammatory – around the clock for the next 24-48 hours, then as needed. Take with food.

- ☐ Ibuprofen (Motrin® or Advil®): every 6-8 hours
- ☐ Naproxen (Aleve® or Naprosyn®): every 12 hours

Pain medication – Every 4- 6 Hours for next 24-48 hrs, then as needed.

- ☐ Norco (Hydrocodone/Acetaminophen)
- ☐ Oxycodone
- ☐ Percocet (Oxycodone/Acetaminophen)
- ☐ Loratab elixir (Hydrocodone/Acetaminophen)
- ☐ Other: _____

Bowel Regimen

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Colace | <input type="checkbox"/> Senna |
| <input type="checkbox"/> Miralax | <input type="checkbox"/> Dulcolax |
| <input type="checkbox"/> Magnesium Citrate | <input type="checkbox"/> Other: _____ |

Hydration

- ☐ See reverse side for guidelines

Hematology

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Approved by PFE 03/10/20

RED ZONE – SEEK MEDICAL ATTENTION

Symptoms

- ❖ Pain not controlled at home with “as needed” medications
- ❖ Fever
- ❖ Difficulty breathing
- ❖ Extreme fatigue or pallor
- ❖ Increased Spleen size
- ❖ Signs of stroke

Advice

- ❖ Call your hematology team immediately
- ❖ You may need to come to Fast Track or

COMMON PAIN TRIGGERS and SOLUTIONS

- ❖ **Cold Weather:** Dress warmly and in layers
- ❖ **Swim/Water activities:** Limit time in the water, change out of wet clothes immediately
- ❖ **Dehydration:** Drink fluids often throughout the day
- ❖ **Exercise:** Warm up, drink plenty of fluids, take breaks
- ❖ **Hot weather:** Drink plenty of fluids, limit outside time
- ❖ **Infection:** Wash hands, avoid sick contacts when possible
- ❖ **Stress:** Control stress by improve coping skills/techniques such as: music, journaling, art therapy, deep breathing, yoga, etc.
- ❖ **Trauma:** Be careful with chosen activities

Reviewed by MD/PA/NP/RN Signature: _____ Date: _____

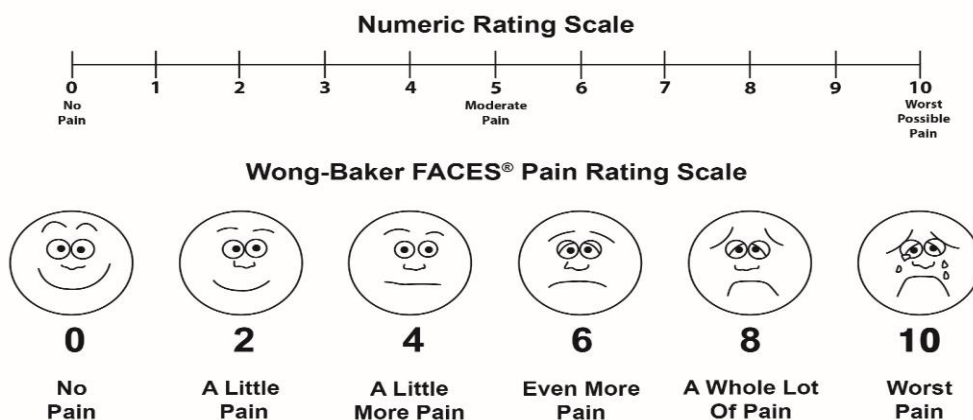
Fluid Guidelines

Use this chart to help you know how much fluid your child needs.

- ❖ The amount of fluids your child needs varies by their weight.
- ❖ Water is the best choice, but fluids for hydration include all beverages and soup broths.
Try to limit sodas and high sugar juices

**note that infants <1 year should be meeting their fluid goals from breast milk and/or formula intake.
This is 1 ½ Maintenance fluids for the day.*

Weight Range (in pounds)	Ounces (oz.) of fluid	Milliliters (ml) of fluid
20 - 30	53 - 60	1500 - 1800
31 - 40	62 - 68	1800 - 2100
41 - 60	69 - 83	2100 - 2500
61 - 90	84 - 98	2500 - 3000
91 - 120	99 - 113	3000 - 3400
121 - 160	114 - 128	3400 - 3900
Greater than 160	At least 123 oz	At least 3.75 L



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