

CHECKLIST

SET THE STAGE

"Setting the Stage" is the simplest way to encourage a positive pain experience for patients, providers, and your team. Plus, the items on this list will integrate easily with existing practice workflows which means increased efficiency, too!



- Printable [Comfort Poke Plan for Kids](#) and [Take Control Game Plan for Teens](#)**
Place copies in the waiting room. Keep some at the front desk, too, for families that didn't complete their plans at home. This preparation will be useful during the appointment but also gives patients and families something productive to do while they wait which encourages calm.
- Printable [Creating Comfort Poster](#)**
Let the Meg monsters introduce pain management coping skills and strategies. Hang posters in waiting rooms and on exam rooms walls. Pick places where the adults are most likely to see them (i.e., wall across from guest chairs in exam rooms).
- Printable [Creating Comfort for Kids](#) and [Creating Comfort for Babies Infographic Cards](#)**
These infographic cards offer pain management tips that are easy to understand. Keep them in shot prep areas. You can give patients new cards to take home or laminate and sanitize several packs for reuse. ([Available in multiple languages.](#))
- Printable [Comfort Positioning Guide](#)**
Have these printed and ready to give families so they are familiar with positioning options.
- [Buzzy Bee/Vibration Tool Video](#)**
Keep vibration devices in shot prep areas. View simple sanitization procedures [here](#).
- [Numbing Cream Video](#)**
Keep numbing creams in shot prep areas. Remember, these creams work best when applied 30-60 minutes before vaccine administration or procedure. It's best if families are advised to put numbing cream on at home before their appointment. Check out our Favorite Digital Tools to help.
- [Multi-use Toys and Electronic Devices](#)**
Keep multi-use toys and electronic devices (like iPads) that can be sanitized in shot prep areas. Include appropriate sanitization materials and instructions as well.
- Rewards**
Keep small toys/games/stickers/snacks to give away in shot prep areas.
- Prep Your Team**
Make sure team members are familiar with the best practice strategies and trained to ask kids and families for their plan/preferences. Information in the Meg Foundation's Toolkit: Pain Management Strategies & Tools for Medical Practice's can help.