

**Covenant School of Nursing**  
**Instructional Module 5 Learning Guide**  
**Topic: Neonatal & Pediatric Pain**

**Learning Goals/Outcomes**

Upon completion of this lesson, you will be able to:

- Apply the three common categories of temperament to pain assessment of the neonate, infant, and child.
- Compare myths with facts about pain in infants & children.
- Distinguish between addiction, drug tolerance, and physical dependence.
- Organize pain assessment of infants and children utilizing QUESTT.
- Implement non-pharmacologic interventions used to eliminate or minimize pain.
- Perform the 6 rights of pharmacologic interventions used in infants and children.
- Apply methods used in neonatal pain management.
- Discuss substance abuse exposure in utero and the effects on the infant.

**Pre-Class Preparation**

Required: Hockenberry, M. J., Wilson, D. & Rodgers, C.C (2017). *Wong's essentials of pediatric nursing* (10th ed.). St. Louis, MO: Mosby/Elsevier.

- Temperament, pgs. 43, 314-315.
- Table 5-1 Summary of Selected Behavioral Pain Assessment Scales for Young Children, pg. 115.
- Box 5-1 Children's Responses to Pain at Various Ages, pg. 116.
- Box 5-2 Manifestations of Acute Pain in the Neonate, pg. 120.
- Table 5-3 Summary of Pain Assessment for Infants, pg.121.
- Nonpharmacologic Strategies for Pain Management, pg. 125.
- Box 5-3 Routes and Methods of Analgesic Drug Administration, pgs. 133-134.
- Box 5-5 Consequences of Untreated Pain in Infants, pg. 138.
- Managing Opioid-Induced Respiratory Depression, pg. 135.
- Fear of Opioid Addiction, pg. 135.
- Box 8-9 Signs of Withdrawal in Neonates, pg. 284.

Additional Resources:

- HESI Clinical Skills: Skills for Nursing Collection: Neonatal Collection, Maternal Newborn Collection, and Pediatrics Collection

**Learning Activities**

PowerPoint Voiceover Activities:

- Watching brief videos on non-pharmacologic pain interventions.
- Watching a brief video on a pharmacologic pain intervention.

Laboratory/Clinical Activities:

- Demonstration of neonatal and pediatric pain assessment and intervention.

Out of Class Activities:

- HESI Adaptive Quizzing: Neonatal Pain/NAS Quiz (8 Questions)
- HESI Neonatal Collection Skills: Abstinence Scoring
- HESI Pediatrics Collection: Pain Assessment: Scales and Management
- HESI Pediatrics Collection: Comfort Promotion: Guided Imagery
- HESI Pediatrics Collection: Comfort Promotion: Distraction

**Evaluation Methods**

- Unit Exam
- HESI Specialty Exam: Pediatric Nursing

<b>Texas DEC's</b>	<b>QSEN Competencies</b>
Knowledge: IIB1-3, 5, 7, 11; IIC4a, 8. Clinical Judgment: IIB1-3b, 5; IIC1, 3a	Patient Centered Care
<b>IM Student Learning Outcomes</b>	<b>NCLEX Test Plan</b>
1, 3, 4, 6, 8	Safe and Effective Care: Management of Care: Ethical Practice. Health Promotion and Maintenance: Health Promotion/Disease Prevention, Lifestyle Choices. Physiological Integrity: Basic Care and Comfort: Non- Pharmacological Comfort Interventions. Physiological Integrity: Pharmacological and Parental Therapies: Adverse Effects/Contraindications/Side Effects/Interactions, Medication Administration, Pharmacological Pain Management.
<b>Concepts</b>	<b>Faculty</b>
Moods and Affect, Pain, Safety	Brittany Haynes MSN, RN D'Anne White MSN, RN
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