

Dhukkubbii Cima

Dhukkubbii yaalii baqaqsanii hodhuu ykn adeemsa yaalaa irraa dhufu ittisuu fi hir'isuu

Dhukkubbii hanga danda'ame guutummaatti ittisuu fi hir'isuuf siifi daa'ima kee waliin ta'uun hojjenna.

Dhukkubbiin cimaan yeroo gabaabaaf kan turu yoo ta'u, yeroo baay'ee yeroo keessaa fooyya'a deema. Odeeffannoon armaan gadii kun dhukkubbii daa'imni kee yaalii baqaqsanii hodhuu, miidhamuu, adeemsa yaalaa, yookaan miidhaawwan cinaa wal'aansa booda itti dhaga'amu danda'u akkamitti akka fooyyessuun danda'amu ibsa. Yeroo dhukkubbiin guutummaatti hin yaalamne, yookiin gahaatti hin yaalamne bu'aan yeroo gabaabaa fi dheeraa jiraachuu danda'a. Dhukkubbii bu'a qabeessa ta'een to'achuun daa'imni kee dafee akka wooyya'uu gargaara.

Daa'imni koo dhukkubbii akkamitti agarsiisa?

Deebiin daa'imni kamiyyuu dhukkubbiidhaaf kennu adda adda. Ijoolleen callisanii sochii kan hin goone ykn boqonnaa kan hin qabnee fi kan salphaatti mufatan ta'uu danda'u. Fedhii nyaataa dhabuu yookiin akkaataa hirriba isaanii jijjiiruu danda'u.

Yeroo hunda madaallii dhukkubbii sadarkaa guddina daa'ima keessanii wajjin walsimu fayyadamuun sadarkaa dhukkubbii safarra. Odeeffannoo dabalataaf barruu keenya "Dhukkubbii Daa'immanii Madaaluu" seattlechildrens.org/pdf/PE952.pdf irratti dubbisaa.

Ijoolleen dhukkubbii ofii isaanii gabaasuun gaariidha. Bakka itti dhukkubu, hammam akka dhukkubu, maaltu akka fooyyessu ykn hammeessu, fi maal akka isaanitti dhagahamu akka nuuf ibsan gaafanna.

Dhukkubbii ittisuu fi ofirraa hir'isuuf maaltu godhamuu danda'a?

Kaayyoon keenya yeroo danda'ametti dhukkubbii ittisuudha. Dhukkubbiin kan eegamu yoo ta'ee fi ittisuuf maal gochuun akka danda'amu gaafadhu. Dhukkubbii ittisuun kan hin danda'amne yoo ta'ee osoo hin hammaatin dafanii deebii kennuun barbaachisaadha. Dhukkubbii dafanii yaaluun daa'imni kee caalaatti akka itti mijatuu, sochii fi humna akka dabaluu, akkasumas akka fayyuu gochuu danda'a. Dabalataanis, dhukkubbii dafanii yaaluun akka waliigalaatti qoricha dhukkubbii fayyadamuu xiqqeessuudha.

Dhukkubbii yaaluuf qorichaa fi tooftaalee biroo fayyadamna. Dhukkubbiin walxaxaa waan ta'eef deebiin nama kamiyyuu adda waan ta'eef yeroo baayyee yeroo tokkotti mala tokkoo ol fayyadamuun gaariidha.

Qorichoota

Qorichootni dhukkubbii yeroo sirrii itti fayyadaman nageenyaafi bu'a qabeessa ta'an. Hammi qoricha dhukkubbii ulfaatina, gosa dhukkubbii fi fayyaa daa'ima keetii irratti hundaa'a. Qorichi dhukkubbii salphaadhaaf yeroo baayyee afaaniin kennama. Yeroo baay'ee dhukkubbii akkanaatiif Acetaminophen (Tylenol) ykn ibuprofen (Advil ykn Motrin) fayyadamu. Dhukkubbii to'achuuf, dhukkubbii yaalii baqaqsanii hodhuu boodaa jiruu illee sirritti hojjetu.

Caalaatti Baruuf

- Wiixata hanga Jimaataatti, sa'aatii 8 a.m. hanga 5 p.m., maaloo waajjira ogeessa yaalii baqaqsanii hodhuu keessaniif bilbilaa.
- Sa'aatii 5 p.m booda, akkasumas Sanbata xiqqaa fi Dilbataa, maaloo gara 206-987-2000 bilbiluun ogeessa yaalii baqaqsanii hodhuu keessanii kan bilbilaan argamu gaafadhaa.

Tajaajila Turjumaana Bilisaa

- Hospitaalatti, narsii kee gaafadhu.
- Hospitaala ala irraa, sarara tajaajila turjumaana maatii bilisaa, 1-866-583-1527 bilbili. Maqaa ykn sarara keessaa barbaaddan turjumaanichatti himaa.



Dhukkubbii giddu galeessaa ykn cimaadhaaf qoricha dhukkubbii gosa cimaa ta'e kan akka morphine ykn oxycodone ajajuu dandeenya. Qorichoota karaa IV yookiin kallattiin naannoo narvii ergaa dhukkubbii baatanii deemaniitti kennuu dandeenya.

Odeeffannoo dabalata waa'ee qoricha karaa IV dhaa argachuuf, barruu keenya "PCA: Patient Controlled Analgesia"

seattlechildrens.org/pdf/PE371.pdf irratti dubbisaa.

Waa'ee qorichoota kallattiin naannoo narvii ergaa dhukkubbii baatanii deemaniitti argachuu odeeffannoo dabalataaf barruulee keenya armaan gadii dubbisaa.

- "Regional Analgesia"
seattlechildrens.org/pdf/PE1133.pdf
- "Peripheral Nerve Catheters"
seattlechildrens.org/pdf/PE781.pdf
- "Epidural Catheters"
seattlechildrens.org/pdf/PE337.pdf

Yeroo baayyee dhukkubbii ittisuu fi yaaluuf qorichi walitti makame hojii irra oolaa.

Qorichoota dhukkubbii daa'ima keessaniif sirriitti hojjetan irratti mari'achuuf garee kunuunsa keessanii waliin hojjechuun barbaachisaadha. Qorichootni beekamoo ajaja yaalaa ala bitaman kanneen akka acetaminophen or ibuprofen, qoricha ajajaman tokko tokko ykn haalawwan fayyaa murtaa'an waliin walitti dhufeenya qabaachuu waan danda'aniifis of eeggannoo gochuun barbaachisaadha. Daa'ima keessaniif qoricha kamiyyuu kennuun dura dursa ogeessa fayyaa keessanii waliin haasa'aa.

Fakkeenya mala dhukkubbii ittisuu fi yaaluuf gargaaran:

- Dhukkubbii itti fufiinsa qabuuf qoricha dhukkubbii hir'isu yeroo hunda kennuunis gaariidha. Yeroo baayyee qorichi dhukkubbii yaalii baqaqsanii hodhuu boodaa yeroo yeroon sa'aatii muraasa keessa ajajama. Sagantaan kun adeemsa fi muuxannoo daa'ima keessanii irratti hundaa'uun erga daa'imni keessan gara manaa galee booda guyyoota 3 ykn 4f itti fufuu danda'a.
- IV jalqabuuf, qorannoo dhiigaa, qoricha lilmoo, fi buufata lilmoo dhaqqabuuf, dhukkubbii lilmoo hir'isuuf akka gargaaruu durse kireemiin hadoochu (LMX-4) gogaa irratti kaa'amuu ni danda'ama. Qorichi naannoo tokko hadoochuf ooluu kan biraan J-tip yoo ta'u, kunis sirna qoricha nama hadoochu karaa gogaa saffisaan osoo lilmoo hin fayyadamin geessudha.
- Dhukkubbii hir'isuu wajjin qorichi tasgabbeessuu adeemsa tokko tokkoof gorfamuu danda'a. Garee kunuunsa daa'ima keessanii wajjin haasa'aa.

Daa'imni koo araada qoricha dhukkubbiin qabamuu danda'a?

Yeroo sirritti kennamu, daa'imman araada qoricha dhukkubbiin hin qabaman. Galmi keenya dhukkubbii daa'ima keessanii hamma danda'ametti opioid xiqqaa fayyadamuun haala gahaa ta'een yaaluudha. Haala muraasa keessatti daa'imman dhukkubbii yeroo dheeraa to'achuu barbaadanitti qaamni isaanii qoricha sana barachuu (laafummaa qabaachuu danda'uu) akkasumas dhukkubbii hir'isuu walfakkaatu argachuuf qoricha dhukkubbii doosiin ol'aanaa barbaachisuu danda'a. Laafummaan araada, ykn hirkattummaa xiinsammuu wajjin waan tokko miti. Qaamni qoricha kana qabaachuu waan baratuuf, dhukkubbiin yeroo fooyya'u, doosiin isaa suuta suutaan gadi bu'a kunis qoricha dhaabuu irraa waan namatti dhaga'amu ofirraa ittisuuf gargaara.

Tooftaalee biroo

Qorichaan alattis karaaleen barbaachisoo ta'an biroon dhukkubbii ittiin hir'isan jiru.

Akkaataa dandamachuu: Akkaataa daa'imni keessan dandamachuu danda'u baradhaa karoora baafadhaa. Ijoolleen tokko tokko haalawwan nama dhukkubsan irratti to'annoo tokko tokko qabaachuuf ilaalu fi qaama adeemsichaa ta'uu filatu. Ijoolleen kaanif haala sani irraa yaadni isaanii akka hihhiramuu gochuudhaan caalaatti hojjetu. Akkaataa daa'imni keessan dandamachuu danda'u irratti xiyyeeffachuu keessan mirkaneessaa, kan keessan irraa adda ta'uu danda'a.

Yaada namaa hihhiru: Yaada daa'ima keessanii karaa seenaa himuutiin yookiin TV yookiin fiilmii ilaaluun, bubbee afuufuudhaan, fi/yookiin kitaaba jaallatamaa dubbisuun qajeelchuudhaan dhukkuba irraa akka fagaatu gargaari.

Tuttuqaa jajjabeessaa: Daa'ima kee karaa gaarii isaaniif hojjetuun qananiisi. Daa'ima kee qabi, hammadhu, uwwisuu, masaajii gochuu yookaan raasii.

Cabbii ykn ho'a: Cabbii huccuun marame fayyadamuun dhukkuba tokko tokko fi dhukkubbii adeemsaa salphisuu danda'a. Ho'i dhukkubbii maashaa fi boqonnaa waliigalaatiif ni fayyada.

Beanbag maaykirooweevii ho'aa, qaruuraa bishaan ho'aa ykn dhiqannaa ho'aa fayyadami.

Tooftaalee boqonnaa: Hargansuu gadi fagoo fi tasgabbaa'aa fayyadami ykn Ogeessa Jireenya Daa'immanii, narsii, ykn ogeessa fayyaa biroo tooftaalee boqonnaa daa'ima keessanii yaaddoo, garaa kaasaa fi dhukkubbii hir'isuuf gargaaran akka barsiisu gaafadhaa.

Harma hoosisuu ykn bishaan sukkaara (sucrose): Dhukkubbii yeroo adeemsa tokkoo hir'isuuf daa'imman waggaa 1 gadi ta'aniif harma hoosisuu ykn bishaan sukkaara yeroo sana duras ta'e yeroo sanatti kennamuu danda'a.

Qabinsaa: Yeroo adeemsa mijataa hin taane ykn nama dhukkubsu ta'etti daa'imman dugda irratti diriirsitee hin qabatin, kanaa mannaa:

- Yoo danda'ame daa'ima kee hammachuu fi harma hoosisuu
- Daa'ima kee isa xiqqaa ta'e gudeeda kee irra akka taa'uu godhi
- Daa'imni kee inni guddaan bakka haa filattu

Gophii: Afaan amanamaa fayyadami akkasumas daa'ima keetti "Hin dhukkubsu" hin jedhin. Taphni wal'aansaa fi wal'aansi aartii afaan irratti xiqqaa kan hirkatu yoo ta'u, yaada hihhiru akkasumas dandamachuu akka danda'an gochuu danda'a.

Daa'ima koo dhukkubbii qabuu akkamitti gargaaruu danda'a?

Daa'ima keessan deeggaraa; leenjisa ta'i, jajjabina kenni akkasumas daa'ima keessaniif boqonnaa kennuudhaaf maaltu akka gaariitti akka hojjetu beekuuf gargaari.

- Garee eegumsa fayyaa keessanii waliin waa'ee akkaataa daa'imni kee dhukkubbii itti agarsiisuu fi waan isa gargaaru fakkaatu haasa'i.
- Akka daa'imni kee miidhamaa jiru amaniitii battaluma sanatti deebii kenni.
- Karaawwan gaarii daa'imni kee caalaatti boqonnaa argachuu danda'u cimsi. Daa'imni kee adeemsa dhiphisaa fi dhukkubbii qabuu dandamachuuf carraaqqii godhu deeggari; warri kaan dhukkubbii isaanii salphisuuf maal akka godhan himi.
- Daa'imni kee yaaddoo isinitti dhaga' amuu hubachuu akka danda'u yaada keessa galchaa.
- Yeroo adeemsa dhukkubbii qabu kutaa keessaa bahuun rakko hin qabu. Yoo turuu filatte, karaa ittiin daa'ima kee deggeruu irratti hirmaattu gaafachuu dandeessa.

Daa'ima kee sirritti beekta. Fayyina daa'ima keessanii keessatti qooda gaarii akka fudhattan isin jajjabeessina.

Akkaataa daa'imni kee dhukkuba agarsiisuu fi wanta daa'ima kee jajjabeessuuf hojjetu garee kunuunsa kee waliin haasa'i.

Qabeenyi biroo tokko tokko maali?

Yoo daa'imni kee dhukkubbii hin salphanne qabaate ykn dhukkubbiin yeroo eegame caalaa yoo itti fufe, doktora daa'ima kee qunnam. Dabalataan, waa'ee qabeenya birootiif garee kunuunsa daa'imma keessanii waliin haasa'aa. Kunniin dabalachuu danda'a:

- Kilinika Qoricha Dhukkubbii
206-987-1520
- Ogeessota Jireenya Daa'immanii
206-987-2037

Qabeenya barnoota dhukkubsataa

- Viidiyoo "Parents, Speak Up about Pain"
youtu.be/ICWLDEatTDg
- "What to Expect on Your Surgery Day at Seattle Children's Surgery Center"
seattlechildrens.org/patients-families/surgery/preparing-your-child
- "Reducing the Pain and Anxiety of Needles"
seattlechildrens.org/pdf/PE1166.pdf

Gaaffiilee?

Miseensonni garee hundi dhukkubbii fooyyessuuf siifi daa'ima kee waliin ta'uun hojjechuf kutannoo qabu. Yeroo kamittuu gaaffii ykn yaada yoo qabaattan garee kunuunsa keessanii beeksisaa.

Acute Pain

Prevent and relieve pain from a surgery or medical procedure

We partner with you and your child to prevent and relieve pain as completely as possible.

Acute pain is short-lasting and usually gets better over time. The following information describes how to improve the pain your child may feel after a surgery, injury, procedure, or side effects of treatment. There can be short- and long-term consequences when pain is not treated at all, or not treated enough. Effective pain control will help your child get better faster.

How will my child show pain?

Every child reacts to pain differently. Children may be quiet and less active, or restless and easily upset. They may lose their appetite or change sleep patterns.

We regularly measure the intensity of pain by using a pain scale that matches the developmental level of your child. For more information read our handout “Assessing Children’s Pain” at seattlechildrens.org/pdf/PE952.pdf.

It is best for children to report their own pain. We ask them to describe where it hurts, how much it hurts. Seattle Children’s offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children’s will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children’s. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare providers, what makes it better or worse, and what it feels like to them.

What can be done to prevent and relieve pain?

Our goal is to prevent pain when possible. Ask if pain is to be expected and what will be done to prevent it. When pain is not prevented, it should be responded to early before it becomes more severe. Relieving pain early will make your child more comfortable, increase activity and strength, and promote healing. In addition, treating pain early leads to less use of pain medicines overall.

We use medicine and other strategies to treat pain. Because pain is complex and each person’s response is different, it is often best to use more than one method at the same time.

Medicines

When used appropriately, pain medicines are safe and effective. The amount of pain medicine depends on your child’s weight, type of pain and health.

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To Learn More

- Monday through Friday, 8 a.m. to 5 p.m., please contact your surgeon’s office.
- After 5 p.m. and on Saturday and Sunday, please call 206-987-2000 and ask for your surgeon’s on-call provider.

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Medicine for mild pain is most often given by mouth. Acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) are often used for this type of pain. They work very well to control pain, even pain after surgery.

For moderate or severe pain, we may prescribe a stronger type of pain medicine such as morphine or oxycodone. We may give medicines through an IV or directly near the nerves that carry the pain messages.

For more information about getting medicines through an IV, read our handout “PCA: Patient Controlled Analgesia” at seattlechildrens.org/pdf/PE371.pdf.

For more information about getting medicines directly near the nerves that carry the pain messages, read our handouts below.

- “Regional Analgesia”
seattlechildrens.org/pdf/PE1133.pdf
- “Peripheral Nerve Catheters”
seattlechildrens.org/pdf/PE781.pdf
- “Epidural Catheters”
seattlechildrens.org/pdf/PE337.pdf

A combination of medicines is often used to prevent and treat pain.

It is important to work with your care team to discuss pain medicines that will work best for your child. Care must be taken, as even common over-the-counter medicines, such as acetaminophen or ibuprofen, can interact with certain prescriptions or medical conditions. Check with your healthcare provider first before giving any type of medicine to your child.

Examples of methods for preventing and treating pain:

- For pain that is ongoing, it is best to give pain medicine regularly. After surgery, pain medicine often is ordered every few hours. This schedule may continue for 3 or 4 days after your child goes home, depending on the procedure and your child’s experience.
- For IV starts, blood tests, injections, and port access, numbing cream (LMX-4) can be put on the skin ahead of time to help reduce needle pain. Another topical anesthetic is J-tip, which is a system for quickly delivering numbing medicine through the skin without the use of needles.
- Sedation, along with pain relief, may be recommended for some procedures. Talk with your child’s care team.

Will my child become addicted to pain medicine?

When given appropriately, children do not become addicted to pain medicine. Our goal is to adequately treat your child’s pain using as little opioid as possible. On the rare occasion when children need long-term pain control, their bodies may get used to the medicine (become tolerant) and need a higher dose of pain medicine to get the same pain relief. Tolerance is not the same thing as addiction, or psychological dependence. Because the body becomes used to having these medicines, when the pain improves, the dose is slowly reduced to prevent discomfort from withdrawal.

Other strategies

In addition to medicine, there are other important ways to relieve pain.

Coping style: Learn your child's coping style and develop a plan. Some children prefer to watch and be a part of the process in order to have some control over painful situations. Other children do better with being distracted away from the situation. Make sure you focus on your child's style of coping it may differ from yours.

Distraction: Take attention away from the pain by guiding your child's imagination through storytelling or by watching TV or movies, blowing bubbles, and/or reading a favorite book.

Comforting touch: Comfort your child in ways that work best for them. Hold, cuddle, swaddle, massage, or rock your child.

Ice or heat: Using ice wrapped in cloth may ease some disease and procedure pain. Heat is useful for muscle pain and general relaxation. Use a warm heated microwave beanbag, hot water bottle or warm bath.

Relaxation techniques: Use deep and steady breathing or ask a Child Life Specialist, nurse, or other health professional to teach your child relaxation techniques to help reduce anxiety, nausea, and pain.

Breastfeeding or sugar water (sucrose): To reduce pain during a procedure, infants less than 1 year can breastfeed or be given sugar water before and during the event.

Positioning: Never hold a child flat on their back during an uncomfortable or painful procedure, instead:

- Cradle your baby and breastfeed, if possible
- Sit your toddler on your lap
- Let your older child choose the position

Preparation: Use honest language and do not tell your child "It won't hurt." Therapeutic play and art therapies rely less on language and can provide distraction as well as promote coping.

How can I help my child with pain?

Support your child; be a coach, provide comfort and help discover what works best to give your child relief.

- Talk your healthcare team about how your child shows pain and what seems to help.
- Believe that your child is hurting and respond right away.
- Emphasize the positive ways your child can become more relaxed. Support your child's efforts to cope with distressing procedures and pain; tell what others are doing to relieve their pain.
- Keep in mind that your child may sense your anxiety.
- It is OK to leave the room during a painful procedure. If you choose to stay, you may ask for ways to participate in supporting your child.

You know your child best. We encourage you to take an active part in your child's recovery. Talk with your care team about how your child shows pain and what works to comfort your child.

What are some other resources?

If your child has unrelieved pain or pain continues longer than expected, contact your child's doctor. In addition, talk to your child's care team for information about other resources. These may include:

- Pain Medicine Clinic
206-987-1520
- Child Life Specialists
206-987-2037

Patient education resources

- "Parents, Speak Up about Pain" video
youtu.be/ICWLDEatTDg
- "What to Expect on Your Surgery Day at Seattle Children's Surgery Center"
seattlechildrens.org/patients-families/surgery/preparing-your-child
- "Reducing the Pain and Anxiety of Needles"
seattlechildrens.org/pdf/PE1166.pdf

Questions?

All team members are committed to partner with you and your child to improve pain. Let your care team know if you have questions or feedback at any time.