

Intermountain Healthcare Pediatric Comfort Assessment

Comfort Care assessment includes the following:

Physical – pertaining to bodily sensations and homeostatic mechanisms (nausea, vomiting, pain, shivering), reunited with parents, guardian. *(see scale below)*

Psychospiritual – pertaining to internal awareness of self (one's relationship to a higher being) massage, caring touch, reunited with that special person, reassurance

Environmental – pertaining to external background (temperature, light, sound, odor, color, furniture, toys.)

Sociocultural – pertaining to interpersonal and family (teaching, health care personnel, etc) also family traditions, ritual and religious practices,

Comfort information transcribed from Pediatric Patient History, Pediatric Surgical History & Physical to patient plan of care with individualized interventions to increase comfort.

Assess the patient and use the following scale to obtain a comfort score. If score is 4 or greater intervene with pain medication and other means of comfort as per assessed need.

Vocalizations	Awake	0
	Content sounds/ Talk	0
	Moaning	➤ 4
	Complaining	➤ 4
	Crying/Shouting	➤ 4
Motor Signs	Peaceful	0
	Muscles relaxed	0
	Rubbing an area	➤ 2 to 3
	Guarding	➤ 4
	Agitated	➤ 4
	Rapid Pacing	➤ 4
	Fidgety	➤ 4
Performance	Accepts kindness	0
	Likes touch/hand holding	0
	Able to rest	0
	Calm, at ease	0
	Purposeful movement	➤ 3
	Tries to move away	➤ 4

	Anxious movement	➤ 4
Facial	Smiles	0
	Relaxed expression	0
	Appears depressed	➤ 3
	Grimaces/winces	➤ 4
	Hyper-vigilant	➤ 4
	Appears frightened or worried	➤ 4
Miscellaneous	Focuses mentally	0
	Able to converse	0
	Awakens smoothly	0
	Unusual breathing	➤ 3

Developed from the Comfort Behaviors Checklist (K. Kolcaba, on line) at

www.thecomfortline.com

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