THUMP! OUCH!

Marcus Gets Hurt

C.S. MOTT
CHILDREN'S HOSPITAL
MICHIGAN MEDICINE

The University of Michigan | C.S. Mott Children's Hospital
Pediatric Trauma Injury Prevention Program

Illustrations by
Billy Phillips

Copyright © 2021 by Regents of the University of Michigan
Some Rights Reserved

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/4.0/> or send a letter to Creative Commons, PO Box 1866, Mountain View, California, 94042, USA.

For other permissions inquiries, contact the Pediatric Trauma Program at
mott-pediatric-trauma@med.umich.edu

Published in the United States of America by Michigan Publishing Services
<https://services.publishing.umich.edu/>

ISBN 978-1-60785-715-0 (paper)
ISBN 978-1-60785-717-4 (open access)

THUMP! OUCH!

Marcus Gets Hurt

You can choose to bring this book to life with augmented reality using your smart phone or tablet.

For more information visit <https://doi.org/10.3998/mpub.12167114> or scan the QR code.

Hi! I'm Marcus, and I like to play with my friends Nora and Olivia at the playground.
We like to swing and see who can go the highest.

Thump! Ouch! I swing so high into the air that I fall off my swing.

My dad comes running to see if I am okay. I tell him my arm hurts when I try to move it, and he says we need to go to the hospital.

At the hospital, I meet Dr. Lee. They take an x-ray of my arm and show us the broken bone in the picture. Suddenly, there is a knock on my door, and a dog comes in!

The dog's name is Denver, and his job is to help kids at the hospital.
Denver asks me how I feel, and I tell him my arm really hurts.
He says what I feel is called pain: my body is telling me something is wrong.

He shows me a picture of a bunch of faces and asks me which one looks like how I am feeling. I point to number 6 because I'm not crying, but I'm not smiling either.

Dr. Lee puts a cast on my arm to fix it. Nora and Olivia come to see me, and they even bring presents!

Denver comes back, too. He wants to make sure I am feeling okay and brings us all a special treat—popsicles!

Denver says that medicine can help my pain go away, but I can only take it when a doctor or my parents give it to me. He tells my dad to follow the instructions, like when to give it to me and how much to give me. He also tells him to keep the medicine in a safe place where I can't reach it, like high up in a cabinet or a locked box.

Denver asks each of us what makes us feel better when we are in pain.

MEDICINE

BANDAGES

ICE PACKS

Then Denver asks us who we talk to about pain and what we say when we hurt.
He shows us a picture of a dog and says that when he hurts,
he points on the picture to show where the pain is.

I TELL MY GRANDPARENTS AND I USE MY WORDS
TO TELL THEM HOW I FEEL.

I TELL MY TEACHER I HURT AND SHOW
HER MY SCRAPE.

I USE THE FACES TO SHOW MY DOCTOR.

Denver reminds me that medicine can help take pain away, and there are other things we can do to feel better, too. He tells us about distraction and relaxation.

Distraction is when you think about something else instead of the pain.

Relaxation is when you slow your body down and rest. Denver says that when he hurts, a belly rub helps him feel better because it distracts and relaxes him.

I DISTRACT MYSELF BY GOING FOR A WALK.

I RELAX BY CUDDLING UNDER A BLANKET.

I PLAY GAMES ON MY TABLET FOR DISTRACTION
AND RELAXATION.

After we finish talking to Denver, Dr. Lee says we can go home. When we get home, Dad helps me get comfy on the couch and says it's time to take my medicine. I watch him read the label and measure out the right amount using the little cup that comes with the medicine. It tastes like cherry! My dad reminds me that he can only give me that much and only at certain times.

Dad walks back into the kitchen and starts to set the medicine on the counter. I remember what Denver taught us: medicine should be kept in a safe spot where I can't reach it. Dad thanks me for reminding him and puts the medicine in the cabinet.

Can you find places where medicine should not be kept?

As Dad is putting the medicine away, he says that sometimes medicine can look a lot like candy. He tells me that if I ever find something that looks like candy, I need to find a grown up and ask before eating it.

Can you spot the bottles of medicine and then find
a safe place for them?

Later, my arm hurts a little bit, but not too badly. I remember that Denver talked about other things that can help when I feel pain. I remember the present Olivia brought me while I was at the hospital—a craft kit! While I am doing the craft, I don't think about the pain.

The next day, my arm is feeling even better, but I decide to relax. I don't want to use my arm too much and make it hurt again! I grab my gift from Nora, a stuffed animal, and ask my Mom to read me a book.

The next day at lunch my dad tells me that because my arm doesn't hurt anymore, I don't need the medicine anymore. He says we should take it somewhere safe, so it is out of our house. He explains that we can't just throw it in the trash can or give it to someone else. Dr. Lee gave it especially to me and not anyone else.

In the car, Dad tells me we are going to the hospital again, but just to take the medicine back. He says that there is a special locked box for it there, and once we put the medicine in, nobody can get it back out.

After a few weeks, I get my cast off, and my friends and I go outside to play. We see Denver and his grownup! I show Denver my arm and tell him that it feels much better. Falling off the swing was scary, and it hurt, but thanks to Denver and Dr. Lee, I learned that there are ways to make my pain feel better!

C.S. Mott Children's Hospital

Since 1903, the University of Michigan has led the way in providing comprehensive, specialized health care for children. Located in Ann Arbor, Michigan, C.S. Mott Children's Hospital is consistently ranked among the nation's best children's hospitals by *U.S. News & World Report* in each of the 10 specialties evaluated. From leading-edge heart surgery that's performed in the womb to complete emergency care that's there when children need it, families from all over come to C.S. Mott Children's Hospital for pediatric expertise. For more information, visit mottchildren.org.

C.S. Mott Children's Hospital Pediatric Trauma Injury Prevention Program

The mission of the C.S. Mott Children's Hospital Pediatric Trauma Injury Prevention Program is to provide excellence in clinical care, education, advocacy, and research to advance the health of injured children and their families. The Trauma Program is dedicated to reducing the burden of pediatric trauma through effective injury prevention programs in communities both statewide and nationally. We believe that most unintentional injuries are preventable. While bumps and scrapes in children are a part of learning and growing, our goal is to reduce preventable injuries by improving resources, education, and legislation to reflect what we've learned about injury in the last few decades.

For Resources:

For Donations:

Medication Safety

Talking About Medicine

- When talking to children about medicine, never refer to it as candy. Pills, tablets, and candy often have similarities in size, shape, and color, and liquid medication can look like juice to kids.
- Explain the difference between candy and medicine by stating the purpose of the medication and the importance of taking it only when there is a trusted adult present.

Dosing

- Always use the dosing device that comes with the medicine—not a household spoon.
- Take the time to learn about the medicine and its proper use by reading the labels and instructions and asking your pharmacist any questions you have about it.
- Use a medication log or schedule to keep track of when medicine should be given and mark it complete each time it's given.

Storage

- Keep all medicines up high and out of the reach of children.
- Identify a safe location to store medication, preferably up high, can help prevent misuse.
- Safe locations include:
 - Locked boxes, such as a safe or a medication lock box
 - Kitchen cabinets that are high up, out of reach and sight for children.
- Medications should be kept tightly sealed in their original container.

Medication Disposal Tips

When disposing of unused medications find an authorized collector such as a

- Pharmacy
- Hospital
- Police Department
- Take Back Event

<http://michigan-open.org/safe-opioid-disposal/disposal-map/>

If not available, use a drug deactivation bag. Ask your local hospital or pharmacy where you can get a drug deactivation bag.

As a last resort, mix medications with dirt, used coffee grounds or cat litter.

Your empty prescription bottle can be recycled once you remove or scratch out name and other information.

Medication Safety Tips for Parents

Give Safely

Make sure an adult is using the dosing device that came with the medicine.

Do not give medicine that was prescribed to someone else.

Write a schedule to make sure the right dose is given at the right time.

Keep Safely

Keep medications locked up and away from child's reach.

Keep medicine in its original container with the lid tightly sealed.

Don't tell children that medicine is candy.

Toss Safely

Find an authorized collector or community Take Back Event for unused medicines.

Throw away in a sealed bag, mixed with dirt, used coffee grounds, or cat litter.

-OR-

Throw away in a drug deactivation bag.

Assessing Pain

Pain is a unique and individualized experience. How one person perceives pain could be very different than another. When assessing pain, it is really important to have that person communicate as much as they can about their pain. Adults and older youth can typically describe, rate, and give detail about pain. Children, even younger ones, can adequately talk about their pain, but may need more encouragement to describe it. There are tools and activities that can help; here are just a couple of examples.

The **FLACC Scale** is a tool used to assess the pain level of children that are too young to communicate their pain or are non-verbal. FLACC is an acronym that stands for: Face, Legs, Activity, Cry, and Consolability. The adult observes the child for about 5 minutes noting characteristics of each category. The adult gives a score for each category, then adds up the scores from each category together. The total of the scores helps determine the level of pain that child is in.

FLACC Scale		0	1	2
F	Face	No particular expression or smile.	Occasional grimace or frown, withdrawn, disinterested.	Frequent to constant frown, clenched jaw, quivering chin.
L	Legs	Normal position or relaxed.	Uneasy, restless, tense.	Kicking, or legs drawn up.
A	Activity	Lying quietly, normal position, moves easily.	Squirming, shifting back and forth, tense.	Arched, rigid or jerking.
C	Cry	No crying (awake or asleep).	Moans or whimpers; occasional complaint.	Crying steadily, screams or sobs, frequent complaints.
C	Consolability	Content, relaxed.	Reassured by occasional touching, hugging or being talked to, distractible.	Difficult to console or comfort.

0 Relaxed and comfortable
1–3 Mild discomfort

4–6 Moderate pain
7–10 Severe discomfort and/or pain

The **Wong-Baker FACES Pain**

Rating Scale can be used for people as young as 3 years of age, and it is not just for children! This is a scale that a person can look at to help rate their pain. The person points to the face that best depicts their pain. This is a self-assessment exercise that is done with a person, not for the person. In the story we see Denver introduce the scale to Marcus so that he can talk to Dr. Lee about the pain he is experiencing.

©1983 Wong-Baker FACES Foundation, www.WongBakerFACES.org
Used with permission. Originally published in *Whaley & Wong's Nursing Care of Infants and Children*. ©Elsevier Inc.

An appropriate activity for older children who have a better ability to assess and describe their own pain is a **Pain Journal** or **Pain Diary**. For this activity, a child is asked to record certain traits of their pain, like the level of pain felt, what they were doing when the pain started, and what helped the pain go away.

Day				
Time				
Pain Level #1–10				
Activity When or Before Pain Started				
What Helped?				
What Did Not Help?				
Pain Level After				

Another tool that we see Denver talk about with the kids is a **Body Map**. Children can use the picture to show adults or healthcare providers where they are experiencing pain. This experience can be enhanced further by having the child use colors of their choice to represent the severity of their pain. An example would be to have the child use a red where the pain is the worst, and blue where the least amount of pain is felt.

Alternative Treatment for Pain

Pain is best treated using a combination of non-drug treatments along with medication. There are a variety of ways that parents or other trusted adults can help keep a child's pain under control besides taking medicine.

In the story, we see Marcus distracting himself from his pain using art activities. In many cases, some of the best distractions are items and activities that a child already has available. Play is the normal work of a child and is a way that they can cope with pain. When a child directs their attention to play, pain or discomfort is temporarily taken out of focus. Art projects, games, dramatic play, and even playing with friends are just a few examples of distraction activities.

We also see Marcus choose to relax by cuddling up with a stuffed animal. When a child can slow the body down and relax, there are many benefits that follow: decrease in blood pressure, heart rate, and muscle tension as well as an increase in blood flow. Relaxation may look different from child to child because it—like pain—is an individualized experience. Sometimes, relaxation is a passive activity, such as taking a nap, listening to music, watching a movie, or reading. Choosing a more active approach to relaxation, like taking a walk, can also be beneficial.

Sometimes, something as simple as having a child take deep breaths can help. Encourage the child to blow bubbles or blow on a pinwheel to make it spin, or give the child an imaginary reference, such as blowing out birthday candles. The use of cold, heat, massage, or other tactile methods can be appropriate too and should only be used under the guidance of your doctor.

Resources

C.S. Mott Children's Hospital Pediatric Trauma Injury Prevention Program

Pediatrictrauma.org

Information about a wide variety of injury topics and provides valuable resources and instructions to help keep kids safe.

Michigan Open

Michigan-open.org

General medication safety information and resources as well as education about prescribing and disposal.

Dispose My Meds

disposemymeds.com

Created by the National Community Pharmacists Association Foundation and the National Community Pharmacists Association, provides information on how to safely dispose of unused, expired, and unneeded medications.

Poison Control

www.poison.org

Be sure to put the Poison Center Help Line phone number in your phone and where it can be easily found by caregivers (1-800-222-1222). Information about medication identification and safety.

Safe Kids Worldwide

safekids.org

Information on how to prevent injury. Resources, education, and tools are provided and categorized by age or risk area and are searchable through key words.

Kids Health

kidshealth.org

Information specifically tailored for parents, children, teens, and educators about a variety of safety, injury prevention, and medical topics.

Child Life

childlife.org

Certified Child Life Specialists are medical professionals who work in hospitals and other healthcare settings. Their goal is to help pediatric patients and families cope with medical experiences such as hospitalizations and procedures. Contact your local hospital to see whether a Child Life Specialist is available to help should children feel anxiety or nervousness about upcoming medical experiences.

Marcus loves playing with his friends Olivia and Nora. One day while they are swinging at the playground, he falls and gets hurt and has to go to the hospital! At the hospital, Marcus meets a dog named Denver. Denver teaches Marcus about pain, how to help the pain, and how to take medicine safely so he feels better and can play with his friends again.

KOHL'S
Cares♥

Kohl's commitment to C.S. Mott Children's Hospital is made possible through the Kohl's Cares merchandise program. Through this initiative, Kohl's sells books and soft toys, where 100 percent of the net profit supports the health and well-being of families nationwide.

ISBN 978-1-60785-715-0

9 781607 857150