

# Patient Controlled Analgesia (Child/ Young Person)

Child/Young Person Information Leaflet

February 2018

## **What Is Patient Controlled Analgesia (PCA)?**

A PCA is a machine which helps to stop your pain from becoming too sore.

## **How Does A Patient Controlled Analgesia Pump Work?**

The PCA machine has a syringe with a strong pain relieving medicine stored inside it. You will be given a button to press when you feel pain. When you press the button a small amount of the pain relieving medicine will travel down a plastic tube from the syringe, to a small plastic tube which has been put into your hand or arm. It will start to help your pain about 5 minutes after you have pressed the button.

The machine will only allow you one dose of the pain relieving medicine every 5 minutes. This gives the medicine time to work. You may have to press the button a number of times before the pain gets better. When you press the button the machine will beep to tell you that you have pressed it hard enough. If you do not hear the beep, press the button again. If you press the button before the 5 minutes is up the machine will still beep, but it will not give you any more pain medicine.

Don't worry if your machine keeps beeping this tells the nurse to come and look at it.

Whilst on the PCA you will be given oxygen as the pain relieving medicine may make you sleepy and not breathe as deeply as normal.

## **Why Should I Use A PCA?**

- ◆ You are in control of your pain relief.
- ◆ You may be less likely to feel sick or dizzy.
- ◆ You do not have to wait for your own pain relief.
- ◆ The pain medicine begins to work within 5 minutes of you pressing the button.
- ◆ It is safe, as the pump will only give one dose within the time limit set so you cannot give yourself too much pain relieving medicine.

## **When Should I Use The PCA?**

You should press the button as soon as your pain starts. After 5 minutes you will need to see if it has helped by trying to take a deep breath or moving around the bed. If the pain is still the same press the button again and keep pressing it every 5 minutes until the pain gets better.

It is also a good idea to press the button before you have a wash or move to ease the pain. When you are using the PCA the nurse may also give you some other medicine or tablets to help your pain.

You can press the button as much or as little as you want. It is very important that only **YOU** press the button. No-one, not even Mum, Dad or the nurse are allowed to press the button for you.

Whilst you are using the PCA the pain control nurses or anaesthetist may see you to make sure that the PCA is helping your pain, and that you are coping well and have no problems.

### **What If The PCA Does Not Work?**

If you are pressing the button a lot and still feel uncomfortable, you must tell your nurse. She will check that the pump is working and should be able to give you something else to make you feel more comfortable.

### **When Will The PCA Be Stopped?**

The PCA will be stopped when you, your doctor or the nurses feel that you no longer need it.

### **Nursing Observations**

Throughout the time you are using the PCA, nurses will assess how well it relieves your pain and check your heart rate, blood pressure, breathing rate and oxygen levels. This also allows them to spot and sort out any problems you may have with the PCA machine or your pain relief.

### **Is The PCA Safe?**

Yes, although sometimes you may feel sick, dizzy or itchy. Occasionally you may find it hard to wee, but inform the nurse and these problems should easily be sorted out.

### **Other Useful Contacts Or Information**

NHS 111  
Patient Information Centre

### **Source Of Good Practice**

In compiling this information leaflet a number of articles and leaflets have been used including:

[foi.avon.nhs.uk/download.aspx?did=1984](http://foi.avon.nhs.uk/download.aspx?did=1984)

<http://www.gosh.nhs.uk/medical-information/procedures-and-treatments/pain-relief-for-your-child-after-surgery-pca-and-nca/>

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

আপনি যদি এই তথ্য পড়তে বা বুঝতে না পারেন, তাহলে অনুগ্রহ করে এথনিক হেলথ টিমের সাথে টেলিফোনে যোগাযোগ করুন 0161 331 5149/5150 এই নাম্বারে, তখন তারা আপনাকে সাহায্য করতে পারবে।

જો આપ આ માહિતી વાંચી કે સમજી શકો છો તો છુપા કરી, અથવા ટૂંક સમયમાં  
0161 331 5149/5150 નંબર પર સંપર્ક માટે તેઓ આપને જરૂર મદદ કરશે.

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0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

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