

MAY 2015

Faces pain scale revised for patients

If your child is young and has experienced pain caused by disease or treatments, you might have seen a copy of the Wong-Baker Faces Scale. **Old Pain Scale:**



Staff members at St. Jude and many other hospitals have been using this visual scale for many years with children from 4 to 7 years old. It allows children to point to a picture to show how much pain they are feeling.

This spring, St. Jude will be

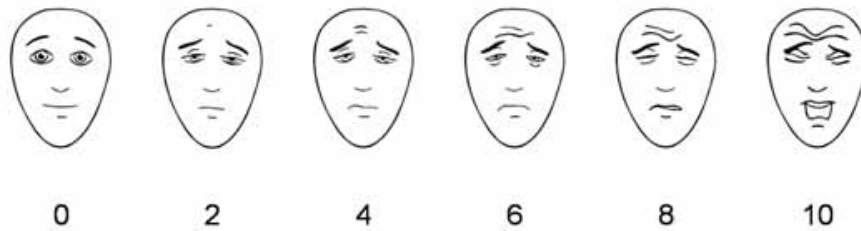
moving to a new pain scale called the Faces Pain Scale-Revised (FPS-R).

In the health care field, this new Faces Pain Scale is currently accepted as the gold standard for assessing

pain in young children. The new scale does not include smiles or tears. Not having smiles is more realistic. Not having smiles and tears, keeps the children focused on telling how much pain they feel rather than relating the pictures to being happy or sad.

If you have questions or concerns about your child's pain, please talk to a St. Jude doctor or nurse.

New Faces Pain Scale:



Help keep play areas safe and clean by following these guidelines

All kids like to play, and play is important for your child's mental and physical development. At St. Jude Children's Research Hospital, we have play areas in each outpatient area and on every inpatient unit. Most of the play areas are open 24 hours a day, except for a few in outpatient areas that close in the evening.

Patients and families are encouraged to visit these areas as they wait for appointments or during their inpatient admission.

Volunteers provide scheduled activities in the play areas at various times throughout the week. Therapeutic activities are provided by Child Life specialists who oversee these areas. The following guidelines help to assure that the play areas are safe and clean for all St. Jude patients.

Play area guidelines

- For infection control reasons, outpatients are not allowed to visit the inpatient play areas. Inpatients are usually at greater risk for infection, and outpatients are out and about where they are likely to pick up more germs on their hands and shoes.
- Patients, siblings and children who are visiting a play area must be supervised at all times by a parent,

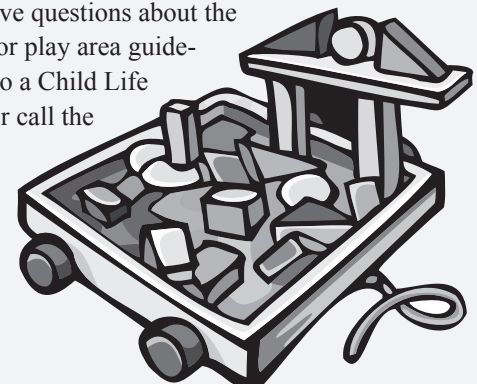
volunteer or staff person. Never leave your child alone in a play area.

- Patients who are currently on isolation are not allowed to visit the play areas.
- Also, the patient's siblings and visitors are not allowed to visit the play areas until the isolation precautions have been removed.
- During a time of isolation a volunteer or staff person can bring toys or activities to the exam room or inpatient room.
- All of the toys that are displayed in the play areas are thoroughly cleaned by trained staff and volunteers each day.
- Toys that a child has put in his mouth or that look soiled are placed into dirty toy bins and cleaned before the next use.
- Dirty toy bins are located in each play area throughout the hospital. Please place toys in these bins if they have been taken to a patient room, if your child has played with the toys, or if they need to be cleaned because a child has put them in his mouth or sneezed or coughed on the toys.
- Please do not remove toys from the dirty toy bin for any reason.

These toys must be properly cleaned by a volunteer or staff person to prevent the spread of infection. They should only be cleaned with the approved supplies.

- No bubbles, chalk, clay, sand or cloth toys may be used in the play areas. The only exception to this rule will be the cloth teaching dolls, which may be used for one session and then are discarded or given to the child.
- Eating and drinking are not allowed in the play areas. Some patients may be on restricted diets or not allowed to eat before tests.
- The play areas are a safe place for children to play. Medical staff are not allowed to come into the play areas to conduct exams or give medicines. If these types of interactions need to happen, the staff may ask the patient to go to an exam room, procedure area or patient room.

If you have questions about the play areas or play area guidelines, talk to a Child Life specialist or call the Child Life office at 901-595-3020.





Summer camp and science days

The St. Jude School Program will offer summer camps for patients in June and July. These are the camp dates and titles:

- June 8–12, Camp Compete, featuring various games
- June 22–26, Career Camp
- July 20–24, Art Camp

These camps are for all school-age patients who are in kindergarten through 5th grade.

The School Program will also host Science Days this summer for grades K–5 and 6–12. The dates and times have not been arranged yet, so look for flyers around the hospital for more details.



Why fake fingernails should be avoided

Although they are a nice fashion statement, researchers have proven that artificial “fake” or acrylic fingernails hold greater amounts of bacteria and fungus than natural nails.

Artificial nails are applied over your natural nails. If the seal between the acrylic nail and your natural nail is broken, that provides a ripe environment for bacteria, yeast or fungus to grow. This bacteria and fungus could lead to infection, especially in patients who have weak immune systems.

Regular nail polish and even gel

polish do not present as great a risk as the acrylic nail.

While your child is undergoing treatment, caregivers with fake fingernails pose a health risk for your child. For this reason, St. Jude does not allow employees or volunteers, who have direct patient contact, to wear fake fingernails.

We encourage parents to consider your child’s safety and also refrain from wearing fake fingernails. Also, please share this information with all other family members and friends who will be caring for your child.

Help celebrate YOUR nursing care team

Nursing Care Team Week celebrates advanced practice nurses, registered nurses, patient care associates, and nursing care attendants. St. Jude Children’s Research Hospital will celebrate Nursing Care Team Week May 6–12. The St. Jude staff needs your help to show the nursing care team how important they are to you, our families.

In May, activity forms will be offered in various areas throughout the hospital, asking you to share why you are thankful for your nursing care team. You can show your love for the team by filling out these forms and

returning them promptly. Once all of the sheets have been collected, they will be displayed for all to see.

Thank you for helping us recognize the outstanding work your nursing care team does each day!

For the latest details on upcoming events, see the bulletin board in the Patient Care Center lobby near Patient Registration.

Come together at Family Fun Day

Child Life will host the first St. Jude Family Fun Day Thursday, May 14, from 3:30–7 p.m. at the Danny Thomas/ALSAC Pavilion. The event will include many fun activities to encourage family togetherness. These include: a glam station, a photo booth, karaoke on the big screen, and to end the evening, a movie on a giant inflatable screen. Fun movie snacks will be served.



St. Jude Children’s Research Hospital

ALSAC • Danny Thomas, Founder

Finding cures. Saving children.

262 Danny Thomas Place
Memphis, TN 38105-3678

St. Jude Parents is published on the first of each month by Patient Education and Biomedical Communications. Your questions and comments are important to us. **We want to print advice and tips from St. Jude parents to other St. Jude parents.**

To share your ideas or to receive this newsletter by email, please call or email Alicia Huettel, RN, MSN, at 901-595-5453 (parents_newsletter@stjude.org) or Lois Young (lois.young@stjude.org). To subscribe to an online version of this newsletter, visit www.stjude.org/parents-newsletter.

If you have a smart phone, learn more about *St. Jude Parents* with this QR code. St. Jude is an Equal Opportunity Employer.

