

Name:

DOB:

Primary Hematologist:

Allergies:

Sickle Cell Pain Action Plan

Symptoms	Non-medication Treatments	Medications	Seek Medical Care
PREVENTING PAIN	Take frequent breaks during your exercise or activities	Continue your SCD medications that prevent pain <u>Daily SCD medications:</u>	
	Drink plenty of water or non-caffeine drinks		
	Avoid extreme heat		
	Avoid extreme cold (avoid cold pools and wear warm clothing in winter)		
MILD PAIN	Drink at least 8oz of water each hour while awake	Continue your SCD medications	
	Begin your non-medical treatment plan	Begin Ibuprofen every 6 hours Dose:	
	Warm compresses to area of pain, warm bath		
	Distraction, coping, and relaxation techniques		
Rest			
MODERATE PAIN	Drink at least 8oz of water each hour while awake	Continue Ibuprofen every 6 hours	Call on-call doctor if worsening pain and you need advice for how to treat the pain
	Begin your non-medical treatment plan	Begin opioid pain medication: Dose:	
	Warm compresses to area of pain, warm bath		
	Coping strategies, distraction, and relaxation techniques		
Rest	Begin constipation medication:		
SEVERE <i>Pain uncontrolled with home medication</i>	Drink at least 8oz of water each hour while awake	Continue Home SCD medication	Call on call doctor if you need advice for worsening pain
	Begin your non-medical treatment plan	Continue Ibuprofen every 6 hours	Go to ED for severe pain and other problems (fever, cough, trouble breathing, headache, weakness, vomiting)
	Warm compresses to area of pain, warm bath	Continue opioid pain medication	
	Coping strategies, distraction, and relaxation techniques	Continue constipation medication:	Go to Outpatient Pain clinic or Emergency if IV pain meds are needed
Outpatient Pain clinic	If you are 1) in severe pain, 2) have tried your home opioids without relief AND 3) we have an opening in clinic, we may be able to treat your pain in the Hematology clinic rather than the ED. The clinic only runs during daytime clinic hours. Please email: Hematology@childrensal.org to learn if we have an opening in the next 24 hours.		
Emergency Room Recommendations	The 2014 SCD guidelines recommends First dose of pain medication to start within 30 minutes of triage or 60 minutes from registration. Administer IV opioids for severe pain. Do not use meperidine unless if it is the only effective therapy. Reassess pain every 15-30 minutes		

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Discharge Medications:

[insert discharge medication list]

Discharge Follow-up Plan:

Sickle Cell Pain crisis: The next 48 hours after discharge.

Our goal is to treat you until you have a pain level that can be treated at home. You still need to treat with your home pain meds until your pain has resolved

- Continue good oral hydration at least 8 oz per hour
- Continue with scheduled ibuprofen every 6 hours for the next 48 hours
 - Your dose is: _____
- Continue with scheduled pain medication: _____ every 6 hours for 48 hours after discharge (if in pain); then as needed.
- While taking pain medication, please continue with bowel regimen: [insert bowel regimen]
- Follow-up as scheduled below:

Discharge Follow-Up	Timeline	Date	Clinic/Provider
Recent Sickle Cell Pain Crisis			
If last admitted for pain crisis < 3 months	Within 2 weeks from discharge with Sickle Cell Crisis		
If last admission for pain was > 3 months	Follow-up at scheduled appointment on		
Other:			