



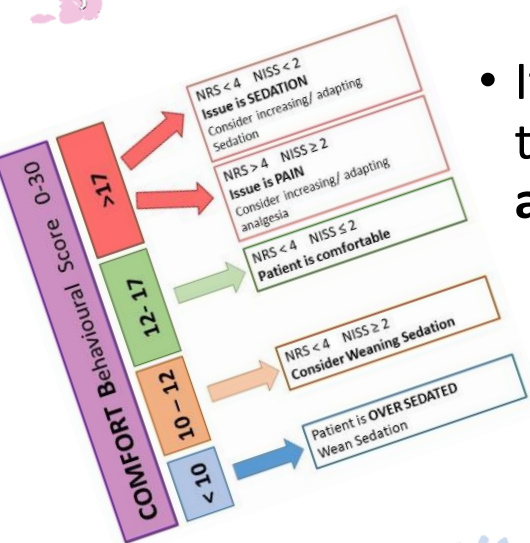
How to use the COMFORT B Score in HDU

- **COMFORT B Scores can be used** to assess sedation & comfort in patients with complex needs. *When scoring each category ask yourself 'what is normal for this child?'*

Ask their parent to tell you their normal! A grimace could be their happy face.

- Assess **COMFORT B Scores** a minimum of 6 hourly.

3-4 hourly really is the optimum for patient comfort while not overloading the bedside nurse with extra work.



- If your patients' COMFORT B score is not in their set target range you must **do something about it!**

- If you make a change to sedation/ analgesia you must **reassess the COMFORT score one hour later.**

- In patients receiving **Non-Invasive Support** score the 'Self-ventilating/Crying' respiratory response! Children receiving NIV can verbalise with a mask/prongs in situ.

- **Continue to assess COMFORT B score until ALL sedative and/or opioids (IV & enteral) have been discontinued.**

- **≤5 days** continue to assess COMFORT B score until at least **12 hours** after all sedative & opioid agents have been discontinued.

- **>5 days** continue to assess COMFORT B score until at least **24 hours** after all sedative & opioid agents have been discontinued.

*E.g. if all sedative agents were stopped at 10am the patient should continue to have COMFORT B scores measured until at least 10pm if not 10am the following day. If the patient has been on IV/enteral sedation for more than 5 days it would be recommended to continue assessing COMFORT B scores for a **minimum of 24hours after all sedative agents have been discontinued.***

- **Observe for signs of withdrawal using an appropriate Trust approved Withdrawal Tool**

and when you discharge to the ward. . .

- Ward staff will not be familiar with COMFORT B Scores. Please consider completing 4-6 hours of a Trust approved Withdrawal Score prior to discharge to provide ward staff with a trend for comparison.