



... a little COMFORT B refresher ...

- **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?'*

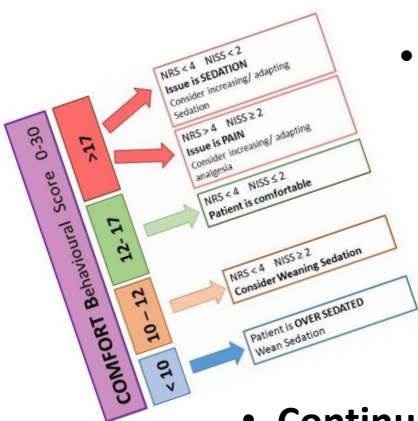
Ask their parent **to tell you their normal!** A grimace could be their happy face.



- **DO NOT** COMFORT score patients who are on **neuromuscular blocking agents**. The score is dependant on the interpretation of behavioural cues which cannot be displayed if the patient is muscle relaxed.

- 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**.

- **Continue to assess COMFORT B score until point of extubation** even if all sedative agents have been discontinued.

- Patients can safely extubate with a COMFORT B score of 12-17

and when you extubate. . .

- **Following extubation** patients should continue to have their COMFORT B score assessed **until at least 12- 24 hours after all sedative & opioid agents have been discontinued**.

Eg if the patient extubated at 10am and 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**.*