



... a little COMFORT O refresher ...

- **COMFORT O 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?’*

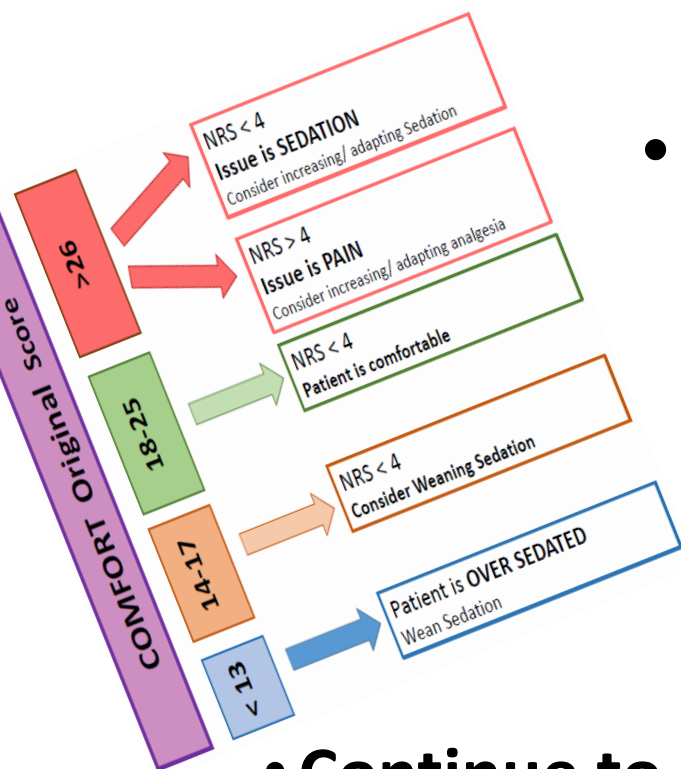
Ask their parent to tell you their normal! A grimace could be their happy face.



- **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 O 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 O 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 O score until point of extubation** even if all sedative agents have been discontinued.

- Patients can safely extubate with a COMFORT O score of 18-25 (**green zone**)

