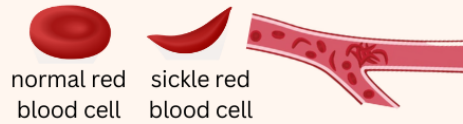


CARING FOR A CHILD WITH SICKLE CELL DISEASE AND PAIN

SICKLE CELL DISEASE is a genetic disease affecting the shape of red blood cells.



normal red blood cell
sickle red blood cell

sickle cells can block the flow of blood causing extreme pain.

Also called **sickle cell crisis**

COMMON LOCATIONS OF PAIN



back

chest

stomach

legs

arms



WHO MIGHT HAVE SICKLE CELL DISEASE

- African American children
- Hispanic children
- South Asian children
- Middle Eastern children

TIPS ON HOW TO LESSEN SICKLE CELL CRISIS

- keep a close eye on sick children
- make sure they are well hydrated
- keep them warm
- remind them to take rests in between activities



HOW TO HELP THE CHILD IN PAIN

- medication and fluids (refer to child's medical plan)
- gently massage area of pain or apply heat
- relaxation exercises
- notify the family/caregivers

WHEN TO WORRY

- the child is in pain
- fever greater 37.5°C under the arm or 38°C under the tongue
- refer to the child's medical plan of care



WHEN TO CALL 911



- difficulty breathing
- loss of consciousness
- seizure activity
- difficulty speaking/slurred speech
- severe headache
- weak limbs
- fever greater than 39°C
- drowsy/difficulty waking up

IMPORTANT RESOURCES

Centers for Disease Control and Prevention

Website:

<https://www.cdc.gov/ncbddd/sicklecell/facts.html>

Resources include (and not limited to):

- Fact sheets and toolkits
- Introductory information for families and caregivers with access to more links on SCD



Nemours Children Health



Website:

<https://kidshealth.org/en/parents/sickle-cell-anemia.html>

Resources include (and not limited to):

- Caregivers' understanding of SCD
- Information on genetic counselling

SickKids | AboutKidsHealth

Website:

<https://www.aboutkidshealth.ca/Health>

Email (educators please direct additional questions here):
contact.gscdn@sickkids.ca

Resources include (and not limited to):

- Common Types of Pain
- Information regarding medications



Sickle Cell Awareness Group of Ontario (SCAGO)



Website:

<https://sicklecellanemia.ca/>

Email (educators, please direct additional questions here):
info@sicklecellanemia.ca

Resources include (and not limited to):

- Family counselling services
- Participating in research

Created by Aakifah Shaikh and Vernice Velarde from the Humber-UNB BN program. No material in this pamphlet is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your health care provider.

If you have additional questions, please contact: 416-435-4873