



Pain and Sedation Service

Informed consent for clinical holding during planned procedures

Information for parents and carers

General information

During a procedure your child might need to keep still so that the procedure can be performed safely and effectively. Some children are too young to understand that they need to keep still. Other children feel scared and this can make it difficult for them to keep still.



When a child is held during a procedure it is called clinical holding. Even if a parent or carer is holding the child, it's still called clinical holding.

Holding is just one of the ways we can support a child during a procedure. There are lots of ways we can make the procedure better for them.

The need for holding can be reduced by addressing your child's fears and providing coping strategies. Explaining what will happen, answering any questions they have, and encouraging your child to use effective distraction techniques are ways you can help.

The person who gave you this leaflet will show you, and your child, how your child may be held and for how long so that the procedure can be completed. Any holding will take place for the shortest possible time. It's OK if you don't want to hold your child. A healthcare professional can hold your child instead.

If your child becomes very upset you can ask if the procedure can be paused or stopped.

Consent for your child to be held

The benefit of being held is that the procedure can be completed promptly.

Holding carries a very low risk of causing physical harm to your child. Very occasionally there may be superficial marks on your child's skin where they have been held. If your child becomes particularly distressed due to being held, there is a chance this may impact on how they feel about procedures in the future. If your child is upset after the procedure and has further procedures planned, they may benefit from talking through their experiences with a health play specialist.

If your child gets very upset during the procedure, the alternatives to holding include:

- Postponing the procedure until the child has attended some therapeutic sessions with a health play specialist, or
- To have sedation or a general anaesthetic.

If you agree to your child being held, and if you have any questions, please speak to the person who gave you this leaflet.



This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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