Quick fact sheet

Current work is focused on simple *needle procedures including:
- lab draws
- PIV starts and PICC placement
- art lines and art sticks
- injections (sub Q or IM)

*We started with needles because our patients and families identified them as their “worst pain”

Based on evidence, Children’s has adopted the following 4 steps as the standard of care for needle procedures:

1) **Numbing the skin (4% Lidocaine cream or J-tips if time critical)**
   - Apply 30 minutes before needle procedure, warm packs reduce onset to 15-20 minutes
   - May stay in place for up to 2 hours, works an additional 60 minutes after removed

2) **Sucrose/Breastfeeding (28 Weeks CGA -12 months)**
   - Sucrose needs to be given 2 minutes before the procedure and then lasts for 4 minutes
   - Sucrose requires only a drop or 2 for effect, so it does NOT affect NPO status
   - Breast feeding needs to begin 2-5 minutes before the procedure and continue during

3) **Comfort Positioning**
   - Infants (0-6 months) swaddling, skin to skin, facilitated tucking and parents holding, while ensuring baby is kept warm all reduce pain in infants
   - Infants and Children (6 months and older) Upright positions are preferred, with a parent holding or close by. Avoid laying children flat, as it increases anxiety and pain.

4) **Distraction**
   - Distraction items will be available on all units, and staff will encourage use of what patients and families have brought from home (phone, electronics, books, comfort object.)

For more information, including references and videos go to:
www.childrensMN.org/comfortpromise.

PediaLink(LiveWebinar): American Academy of Pediatrics.(44minutes) presentation (Part 1,2 and 3)StefanFriedrichsdorf: Procedural Pain Management in Pediatrics
https://www.youtube.com/watch?v=0k5tne21wmQ&list=PLoE9ettHvT5kxiOiLadzQRUH5cpezgNUI&index=1