Process for Nursing with Lab draws

On admission:
Nurse will introduce patient/parents to new standard for needle procedures

Evening before 1st draw
Nurse will review process for lab draws and note preferences for comfort measures on Communication Board tool: **If they decline the numbing cream please note and initial.**
> Check preference for breast feeding vs sucrose if appropriate (12 months or less)
> Check any stated preferences for positioning and distractions

Night Charge
Will receive a report of all morning lab draws via fax at 0400, and distribute to night nursing staff

Numbing Process
Check the patient family comfort plan and proceed with placing cream, unless noted that they have declined.

- The RN to put 4% Lidocaine cream on **two** areas **30-45min. prior** to routine lab draws
    - Minneapolis Campus
        - PICU - apply between 04- 0500
        - CVCC - apply between 04-0500
        - 6th Floor – apply at 0600-0630 – (Routine draw time for 6th floor is 0700)
        - 7th Floor - apply 0630-0700 - (Routine draw time for 7th floor is 0730)
        - 8th Floor – 0630-0700 - (Routine draw time for 8th floor is 0800)
    - St. Paul Campus
        - PICU – apply before 0600
        - 5th floor - apply 0600-0630 – (Routine draw time for 5th floor is 0715)
        - 6th floor – apply 0630-0700 – (Routine draw time for 6th floor is 0730)
    - RN to apply as needed 30-45 minutes prior to routine draw times if patient has labs ordered
        - 1300, 2000
- How much 4% Lidocaine cream to apply:
    - Patient less than 10 kg (22 pounds) – dime-sized spot
    - Patient greater than 10 kg (22 pounds) – quarter-sized spot

- **Where to apply** 4% Lidocaine cream:
    - Avoid extremity with PIV
    - **DO NOT apply to fingers, toes, or heels**. It is ineffective, as there are too many peripheral nerves in those areas.
    - Options of where to apply:
        - 1st option - antecubital (AC)on side without PIV
        - 2nd option - hand (side without PIV)
        - 3rd option - hand (same side but <u>must</u> be BELOW PIV)
- After applying 4% Lidocaine cream cover with:
    - 1st option - Plastic wrap
    - 2nd option - Tegaderm® or foam tape
    - If adhesive allergy noted – use plastic wrap

- For ASAP and <u>STAT</u> labs
  - RN to put 4% Lidocaine cream on as soon as order is received
  - Apply warm pack to site of where 4% Lidocaine cream has been applied to speed numbing effect
  - Lab will call RN to inform of STAT or ASAP lab order and give estimation of arrival time
- DO NOT apply if patient has the following :
  - Allergy to - Lidocaine, Procaine, or Bupivacaine
  - Open areas of skin on or around site
  - Patient with diagnosis of congenital or idiopathic methemoglobinemia
  - Avoid severely irritated (rash, eczema, etc)or bruised skin
- 4% Lidocaine can be applied up to 4 sites, 4 times a day
- Update board as needed to reflect patient preferences.

Where is it?
- Sucrose is in supply rooms, bedside carts (critical care), and on lab carts
- Saran wrap is in all supply rooms and nutrition rooms
- Distraction materials are in the Comfort carts, supply rooms, or designated cabinets.

Please take time to locate these items are on your unit

Providing Additional Support
*Lab will lead these efforts, but may ask for assistance in any of these areas

- Sucrose/breastfeeding for patients less than 12 months
  - Sucrose Give 1-2 minutes prior to needle procedure
  - Effects of sucrose last approximately 4-5 minutes
  - Breastfeeding start 2-5 minutes before and continue during procedure

- Ensure comfort position is obtained
  - Upright, if possible, laying patient down creates increased anxiety and pain
  - Swaddled (for babies less than 6 months) make rhythmic, soothing sounds
  - Sitting on parent/guardian's lap or at least nearby for comfort

- Use distraction as age appropriate
  - For infants
    - Colorful toys, music, books
  - For toddlers
    - Favorite toy, books, music, bubbles, pinwheels, videos
  - For school age
    - Books, bubbles, music, videos, phone apps, games, verbal stories, imagery, breathing, stress ball
  - Teens/Young Adults
    - Music, games, phone apps, videos, imagery, deep breathing, stress ball

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