

# Q&A for Children's Comfort Promise roll out in the Neonatal Areas

## Q:What is the Comfort Promise?

A:*The Comfort Promise states: We will do everything possible to prevent and treat pain .*

We have heard from our patients and families that we currently do not do enough to manage needle pain. We also know that when effective comfort measures are not used, pain and anxiety are worse with each subsequent needle exposure. Babies in our care receive a large number of needle procedures, so are at significant risk.

**Evidence recommends the consistent use of 4 strategies to reduce or eliminate needle pain in infants and children:**

**Numb the skin** (36 weeks CGA and older)

**Sucrose or breastfeeding** (28 weeks CGA to 12 months)

**Comfort Positioning**

**Distraction**

## Q: We already are using these things in the nurseries why do we need a formal roll out?

A: We collected prevalence data before the event through direct observation, surveying families and chart review (giving credit if strategies were offered but refused).

We currently use or offer:

- Numbing= **12%** of the time ( 4% lidocaine cream)
- Sucrose = **21%** of the time (when age appropriate)
- Comfort Positioning =**63%** of the time
- Distraction =**35%** of the time

The goal is that these **are offered 95 %** of the time for all patients who meet CGA criteria

## Q: We don't have time for all of this, the unit is too busy .....

A: This a common concern, and one we have heard from other units. What data shows is that the **procedures do not take more time**, and often require less staff time, because the babies are less stressed and get back to baseline faster.

None of these strategies are new, so the biggest challenge was to change the current rounding process for morning lab draws so lab and nursing staff could better collaborate. Lab will team with each nurse to coordinate timing of care. The new process will start on January 27<sup>th</sup> and should make it easier to include the comfort strategies in your normal work flow.

## For more information:

Talk to your unit Managers, PCSs, or CEs

Visit the Comfort Promise site on star net: <http://khan.childrensmn.org/departments-and-committees/no-needless-pain/>

Look at the resources on the Nurse Web pages for your unit