

COPING PLAN

Positions for Comfort

Most comforted in parents arms or parent being in line of site to infant

Swaddling increases feelings of security

Containment hold if can't be held in caregivers arms during injection - swaddled, arms tucked to midline, parents providing light pressure touch on top of head and tucked in legs or at midline to increase feelings of security

Think about conditioning:

- routine is important because they learn what to expect through their senses (visual, auditory)
- Change of position into secure position of cuddling right after negative stimulation is done acts as a cue that the painful stimuli is over

Distraction

Wanting to provide positive stimulation to outweigh the feeling of pain

- Pacifier, singing, seeing provider/caregivers face for comfort, soothing touch on part of body not near injection site

Sweet-ease for infants (0-3mo)

Light scratching above injection site to confuse block the message of pain being sent to the brain (or the use of Buzzy Bee)

Nursing (if medical team feels comfortable with positioning)

Routine for Procedure

Increase stimulation at the start of procedure and decrease once complete - consistency

- Turn lights on at beginning and dim at the end
- Turn soothing music on at the end of procedure
- Picking up or changing position immediately after shot provides cue that painful stimuli is over