

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 lab draw - 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 as a cue that the procedure is over

Distraction

Wanting to provide positive stimulation to outweigh the negative

- Pacifier, singing, seeing provider/caregivers face for comfort, soothing touch on part of body not near lab draw 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
- Can environment be changed during procedure if in the hospital? Flipped opposite in crib, or using a treatment room to keep crib a safe space