

COPING PLAN

Positions for Comfort

Most comforted in parents arms or parent being in line of site to infant
Swaddled Containment hold - arms tucked to midline, head and feet against barriers 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)

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