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The effect of non-pharmaceutical interventions on infants' pain

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Background: To test for both hereditary and metabolic diseases, nurses routinely draw blood from an infant's heel within 36-72 hours after birth. Since, there is no obligatory protocol for pain prevention, we wanted to raise awareness of infant pain and suggest effective non-pharmaceutical analgesia.

Methods: This cross-sectional study included infants born at Galilee Medical Center during 2012-2013. 150 infants were divided into 3 groups of 50 each: one received a pacifier dipped in sugar and no parental presence, one was hugged by a parent, and a control group had no intervention and no parental presence. A nurse trained to assess pain using the FLACC scale.

Results: Two minutes before needle prick, no pain was observed in any of the 3 groups. During the test, a statistically significant difference in pain level was seen ($p < 0.001$), between group 1 (pacifier dipped in sugar) (median=2) and the other two groups both of which exhibited moderate pain (median=6 and median=5, respectively). Two minutes later there was no statistically significant difference in pain level among the 3 groups.

Conclusions: Pain-preventing intervention was found effective. Adopting non-pharmaceutical interventions for minimizing pain in healthy infants during clinical practice should be an integral part of providing quality treatment.

Biography

Naomi Albert is currently working as head nurse Galilee Medical Center, Israel.

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