

INJECTIONS

Tips to make them less difficult For you and your patients

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Assist with non-pharmacological pain management techniques

These techniques would be used based on appropriate ages and developmental levels:

- Consider having lollipops or sweetened pacifiers available.
- Ask the patient to cough - research shows it reduces reported pain with injections.
- Ask patient to pretend to blow out candles on a birthday cake.
- Suggest slow, deep breathing and counting to 10.
- Avoid counting "1 - 2 - 3" prior to injections, it increases muscle tension and pain.
- Fill a glove with ice and give to patient to put on site to help make it numb/tingly.
- Do not squeeze muscle when inserting needle.

Build rapport with the child and family

- Explain what will happen using child-friendly language. i.e. "My job is to give you medicine to help you stay healthy." "Most kids say it feels like a little pinch."
- Give the child and caregiver a job. i.e. "Your job is to hold still, kind of like a statue." "Now I'd like you and Mom to count to 10 while I give you the medicine."
- Give specific praise. i.e. "You did a good job holding still/counting/ letting me know how that felt to you."
- Give choices when possible. "Would you like to sit in the chair or on the exam table?"

Comfort and distraction techniques

Encourage the use of these techniques as they have been proven to decrease anxiety, pain and suffering while improving the patient's ability to cope:

- Allow the caregiver to serve as comfort-giver and hold the child's hand.
- Suggest that the caregiver hug, sing, or play with the patient's favorite toy, etc.
- Utilize positions that are comforting rather than restraining.
- Try to avoid letting the patient or caregiver see the needle unless they ask to see it.
- Fill a glove with water; tie it off and use as a "Helping Hand" for the patient to squeeze.
- Consider having bubbles, windmills, party blowers, books, music or DVDs available.