No Pain, All Game

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BACKGROUND

- Lack of non-pharmacological pain management tools for night shift nurses
- Absence of Child Life services during night shift
- Decrease in patient and parent satisfaction as reported by attention to pain and pain management intervention

PICO QUESTION

In pediatric patients during night shift, does the use of active and passive distraction techniques as opposed to lack of appropriate distraction techniques, result in less pain during invasive procedures?

P- pediatric patients during night shift
I- active and passive distraction techniques
C- lack of appropriate distraction techniques
O- result in less pain during invasive procedures

EVIDENCE

"Evidence suggests that relatively simple psychological strategies, such as breathing exercises, child-directed distraction (using age-appropriate music or video-tape), nurse-led distraction and combined cognitive behavioral interventions, significantly reduce immunization pain and distress in children." (Chambers, Tadidio, Uman, & McMurtry, p. 96, 2009)

"Various techniques of distraction can be applied in order to reduce the pain of venipuncture in children." (Rezai, Goudarzian, Jafari-Koulaee, & Bagheri-Nesami, p. 5, 2016)

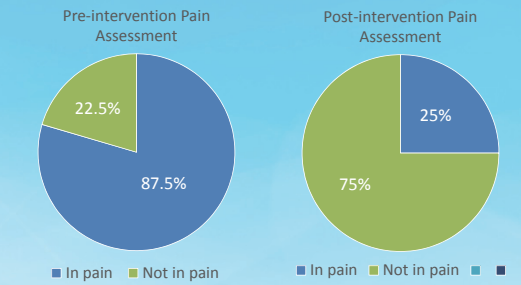
Both active and passive distraction techniques are equally as effective in reducing pain. (Koller & Goldman, 2012)

IMPLEMENTATION PLAN

1. Pre-Intervention data collection phase:
   - 1 month data collection period
   - No changes made to current practices
   - Data collection sheets hung in treatment rooms
   - Collected Data:
     - Date
     - Age
     - Procedure
     - Distraction Technique Used
     - Pain Scale Used
     - Pre-Procedural Pain (Diagnosis listed if pre-procedural pain observed)
     - Post-Procedural Pain
2. Implementation phase
   - Informational sessions at staff meetings on the Pediatric Unit
   - Distraction technique bins added to treatment rooms
     - Age appropriate distraction tools
3. Post-Data collection phase
   - 1 month data collection period
   - Implementations utilized for data collection
   - Data collection sheets hung in treatment rooms
   - Collected Data:
     - Date
     - Age
     - Procedure
     - Distraction Technique Used
     - Pain Scale Used
     - Pre-Procedural Pain (Diagnosis listed if pre-procedural pain observed)
     - Post-Procedural Pain

https://uichildrens.org/health-library/distraction-action-information-parents

OUTCOMES



(After Invasive Procedure Performed)

Pre-Intervention:
- 16 total patients
  - 14 reporting pain
  - 87.5% of patients in pain post procedure

Post-Intervention:
- 20 total patients
  - 5 reporting pain
  - 25% of patients in pain post procedure

CONCLUSION

In conclusion, it is shown that distraction techniques in pediatric patients during invasive procedures is very effective. Based on our outcomes, using distraction techniques on pediatric patients decreases the pain post procedure.

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