



Pediatric All Better Care Guidelines

Comfort Positioning and Distraction

Comfort Positioning for Infants and Children up to 8 years old:

- Caregiver can hold the patient to provide comfort during procedure.

Distractions for any age:

- Consider having something for the child to become engaged in and focused on to direct their attention away from the procedure to help reduce anxiety.
 - iPad, book, Find It, bubbles, toys, etc.

For IM or Immunizations – Pain management vibrating device (Buzzy):

- Used for any age child
- Use by placing next to site of needle stick.
- Palm-sized high frequency vibration unit with an attachment on the back for an optional ice pack. Placed next to the site of needle stick to decrease the perception of pain.

24% sucrose soln (Sweet-Ease):

- Used for infants or toddlers
- Administer via standard infant pacifier 2 minutes prior to procedure. Dip pacifier in the 24% oral sucrose solution (Manufacturer suggests 2 mL per dose). The pacifier may be dipped in sucrose every 2 minutes, for a total of 4 doses.

May also be administered by squirting directly into mouth beside pacifier.

- If patient does not or will not use a pacifier, place on the anterior portion of the tongue 2 minutes prior to procedure.
- Contraindicated in patients with high risk for necrotizing enterocolitis, unrepaired cardiac lesions, history of asphyxia, feeding intolerance, and/or lack of bowel sounds.

Pentofluoropropane/Tetrafluoroethane Spray (Pain-Ease):

- Used for any age
- Hold can upright, above treatment area approximately 3-7 inches, and apply spray continuously for 4-10 seconds until the skin just begins to turn white. Reapply as needed.
- Vapocoolant spray used on the skin immediately before the needle stick that lasts from seconds to about 1 minute. Does give the skin a very cold sensation.

Lidocaine 5% cream (LMX)**Must apply 30-60 minutes prior to procedure**

- Used for any age
- Apply a large dollop of cream to the desired area and spread a thick layer over surface of intact skin. Do not attempt to rub the cream in. Remove the cream after 30-60 minutes. Numbness/Pain relief lasts for 1-2 hours after cream is removed.