

Investigating the Effect of Distraction on Venipuncture Pain in 3-6 Year Old Children: Cross-Sectional experimental Study

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ABSTRACT:

Introduction: The patients pain reducing -specially in children- is a clinical and ethical duty for care

staff. Children get irritable, restless and excited in response to pain. Negative memories create a negative

perception of clinical care in younger children. Distraction is a technique of pain control, applied to reduce pain

and behavioral stresses in children undergoing invasive therapeutic procedures. Therefore, this study aimed to

investigate the effect of distraction on venipuncture pain in 3-6 year old children.

Methodology: This was a cross-sectional experimental study. Randomized convenience sampling was used to

select 110 individuals from all the children admitted to the pediatric ward of the Medical Education Center of

Peymanieh Hospital, Jahrom. Demographic questionnaire, Children's Behavioral Pain Assessment Scale and

Numerical Pain Assessment Scale were used to collect data. Data were analyzed using descriptive statistics

indices such as percentage and mean and Kruskal-Wallis and Mann Whitney tests.

Results: 63.6% of the participants were female. The participants aged between 3 and 6 years old and their mean

age was 4.29 ± 1.14 . The Mann-Whitney test results showed that there were significant differences between all the

musical ball group, balloon blowing group, in mother's hug group and "musical ball + in mother's hug" group

with the control group (p-value <0.05). In addition, there were significant differences between the "musical ball +

in mother's hug" group and the other groups (including: musical ball group, balloon blowing group, in mother's

hug group) in terms of the behavioral pain scores (p-value <0.05). Finally, there was a significant difference

between the musical ball group and the in mother's hug group (p-value <0.05).

Conclusion: The results showed that the "control" and the "musical ball + in mother's hug" groups had the highest

and lowest mean of behavioral pain and numerical pain.

Keywords: distraction, pain, venipuncture, children.