The aim of this study was to evaluate the effects of the virtual reality (VR) and external cold and vibration methods on pain scores in children aged 7 to 12 years during phlebotomy” Gerçeker et al (2018).

Abstract:

PURPOSE: The aim of this study was to evaluate the effects of the virtual reality (VR) and external cold and vibration methods on pain scores in children aged 7 to 12 years during phlebotomy.

DESIGN: A randomized controlled study.

METHODS: The sample of children (n = 121) was allocated to the groups (group 1, VR; group 2, external cold and vibration; group 3, control) by blocked randomization. Pain scores were assessed after the phlebotomy using self-report, parent’s reports, report from the nurse who attempted the phlebotomy, and researchers’ report with the Wong-Baker FACES scale.

FINDINGS: Pain scores were determined to be lower in groups 1 and 2. Although there was no difference between the groups 1 and 2, a statistically significant difference was found between groups 1 or 2 and group 3 based on all pain scores.

CONCLUSIONS: Results suggest that VR and external cold and vibration are effective in reducing the pain in 7- to 12-year-old children during phlebotomy. VR can be used safely for the pain management of children who are growing up in the age of technology.

Reference:

Effects of virtual reality and external cold and vibration on phlebotomy pain | 2