



This study aimed to investigate the effects of the Buzzy, Jet lidokaine, bubble-blowing and inhalation aromatherapy with lavender essence on pain, stress and fear in children undergoing phlebotomy” Alemdar and Aktaş (2019).

Abstract:

Purpose: This study aimed to investigate the effects of the Buzzy, Jet lidokaine, bubble-blowing and inhalation aromatherapy with lavender essence on pain, stress and fear in children undergoing phlebotomy.

Designs and methods: This study was a prospective, randomized controlled trial. The sample was comprised of children aged 5 to 10 years requiring blood tests. Children were assigned to five subgroups through randomization performed using a computer program: the Buzzy group (n = 39), Jet lidokaine group (n = 39), bubble-blowing group (n = 39), inhalation aromatherapy with lavender essence group (n = 39) and control group (n = 39). The children’s levels of pain were evaluated and reported by the parents, observers and the children, who self-reported using the Oucher Pain Scale. The children’s fear levels were assessed using the Children’s Fear Scale, and salivary cortisol analysis was conducted to evaluate stress levels.

Results: A significant difference was found between the intervention and control groups in terms of levels of pain during and after phlebotomy in favor of the Buzzy group ($p < 0.05$).

There was a significant difference between the fear scores of the children in the intervention and control groups before phlebotomy ($p < 0.05$). This difference was found to be caused by the bubble-blowing method. There was a significant difference between intervention and control groups fear levels in favor of the Buzzy group during phlebotomy ($p < 0.05$). Practice implications: It is recommended that the Buzzy and bubble-blowing be used during phlebotomy in children to reduce the severity of their pain.

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Reference:

Alemdar, D.K. and Aktaş, Y.Y. (2019) The use of the buzzy, Jet lidokaine, bubble-blowing and aromatherapy for reducing pediatric pain, stress and fear associated with phlebotomy. Journal of Pediatric Nursing. January 30th. .

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