

The experimental study that follows was planned to determine the effectiveness of distraction on the pain level in school-age children as they underwent venipuncture” Karakaya and Gözen (2015).

Abstract:

The experimental study that follows was planned to determine the effectiveness of distraction on the pain level in school-age children as they underwent venipuncture. The study sample consisted of children between the ages of 7 and 12 years who underwent venipuncture at the Training and Research Hospital in Istanbul, Turkey between February and May 2012.

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A total of 144 children were conveniently sampled and evenly randomized into two groups of 72 children each. The primary instrument used to test children’s pain level was the Faces Pain Scale-Revised (FPS-R). During the blood draw, the experimental group was given a kaleidoscope and told to look through it and describe what they saw, then rate their pain level on the FPS-R. Results showed that during venipuncture, the pain level of the control group was significantly higher (FPS-R =  $3.27 \pm 2.87$ ) than the experimental group (FPS-R =  $1.80 \pm 1.84$ ;  $p = .001$ ) suggesting that distraction with a kaleidoscope is effective in reducing the pain children experience during venipuncture.

Reference:

Karakaya, A. and Gözen, D. (2015) The Effect of Distraction on Pain Level Felt by School-age Children During Venipuncture Procedure-Randomized Controlled Trial. Pain Management Nursing. October 9th. .

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