



We recommend the picture book be routinely read and used during venipunctures to decrease procedural distress in preschool-aged children” Tsao et al (2017).

Abstract:

AIM: Distress associated with needle-related procedures is a major concern in preschool-aged children nursing. This study developed a medical picture book for supporting preschool-aged children facing a venipuncture and determined the effectiveness of such a book intervention in decreasing behavioural distress.

METHODS: The picture book was designed in 3 stages: developing stories on medical situations, penning the text, and drafting the book. We conducted a quasiexperimental study to examine the effectiveness of the book. The behavioural distress of the control and picture book groups were assessed before, during, and after the intervention by using the Observational Scale of Behavioral Distress-Revised (OSBD-R).

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RESULTS: We created a 12-page picture book, Sick Rui-Rui Bear, in which cartoon characters were depicted undergoing venipunctures, as a guide for vein injection and for facilitating

positive venipuncture outcomes in preschool-aged children. Over time, the OSBD-R scores of the picture book group were significantly lower than those of the control group ( $P < .001$ ).

**CONCLUSION:** We recommend the picture book be routinely read and used during venipunctures to decrease procedural distress in preschool-aged children.

Reference:

Tsao, Y., Kuo, H.C., Lee, H.C. and Yiin, S.J. (2017) Developing a medical picture book for reducing venipuncture distress in preschool-aged children. *International Journal of Nursing Practice*. July 20th. .

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