



The study aimed to determine the effect of two different distractions on pain perceptions and anxiety during venipuncture in children” Koç Özkan and Polat (2019).

Abstract:

PURPOSE: The study aimed to determine the effect of two different distractions on pain perceptions and anxiety during venipuncture in children.

DESIGN: A randomized controlled study.

METHODS: A total of 139 children aged between 4 and 10 years were included in the study: 46 of them in virtual reality goggle group and 43 in the control group. An information form, the Children’s Anxiety Scale, Visual Analogue Scale, and Wong-Baker Faces Pain Scale were used in the collection of data.

FINDINGS: Pain and anxiety scores were significantly lower in the virtual reality goggle and kaleidoscope group than in the control group ($P < .000$). **CONCLUSIONS:** The use of virtual reality goggle and kaleidoscope methods during venipuncture are effective in reducing children's perception of pain and anxiety. The most effective method of reducing perception of pain and anxiety is using the virtual reality goggle.

You may also be interested in...

How to reduce venipuncture pain in children

Effectiveness of Virtual Reality (VR) as a distraction technique

Virtual reality headset to decrease venipuncture pain

Reference:

Koç Özkan, T. and Polat, F. (2019) The Effect of Virtual Reality and Kaleidoscope on Pain and Anxiety Levels During Venipuncture in Children. *Journal of Perianesthesia Nursing*. November 20th. doi: 10.1016/j.jopan.2019.08.010. .

