To evaluate the efficacy of the reduction of visual and auditory stimuli on pain during venipuncture in premature newborns of 32-36 weeks of gestation” Bonjorn Juarez et al (2019).

Abstract:

AIM: To evaluate the efficacy of the reduction of visual and auditory stimuli on pain during venipuncture in premature newborns of 32-36 weeks of gestation.

DESIGN: Open, randomized, non-blind parallel clinical trial.

METHOD: Study to take place at the neonatal intensive care unit of a University Hospital in 2019-2021. 56 recently born babies between 32 and 36 weeks of gestation will participate. The dependent variable is the level of pain determined using the Premature Infant Pain Profile instrument. The intervention will be assigned randomly using the random.org software. Data analysis will be carried out using the IBM SPSS v.25 software assuming a level of significance of 5%.

DISCUSSION: The evidence for the efficacy of reducing sensory stimulation and its effect on pain in minor procedures has not been studied in depth. There are no studies that evaluate the reduction of visual and auditory stimuli in a combined way.

IMPACT: It is easy to incorporate the reduction of visual and auditory stimuli into nursing
practice. The results of this study could have a direct impact on clinical practice.

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How to reduce venipuncture pain in children
How to reduce premature infants' pain during venipuncture
Reducing pain and fear in children during venipuncture

Reference: