In this study, we aimed to identify the effect of covering the eyes and playing the intrauterine ambient sounds on premature infants’ pain and physiological parameters during venipuncture” Alemdar and Özdemir (2017).

Abstract:

BACKGROUND: There is a need to assess the impact of initiatives to reduce exposure to environmental light and sound in preterm infants undergoing painful interventions in neonatal intensive care units.

OBJECTIVES: In this study, we aimed to identify the effect of covering the eyes and playing the intrauterine ambient sounds on premature infants’ pain and physiological parameters during venipuncture.

METHODS: This was a randomized controlled trial. Ninety-four preterm infants were randomly divided into three groups: intrauterine sounds (n=32), covered eyes (n=32), and control (n=30) groups. Data were collected on the Preterm Infant Information Form, Preterm Infant Follow-up Form, and Neonatal Infant Pain Scale (NIPS), used to assess pain.

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RESULTS: A significant difference was found between the intervention and control groups’ NIPS score after venipuncture, which was primarily due to covered eyes’ group. No significant difference was found between the intervention and control groups’ NIPS score during venipuncture. In addition, no significant difference was found between the intervention and control groups of infants physiological parameters before, during, and after venipuncture. The practice of covering preterm infants’ eyes during venipuncture positively affected their pain scores after venipuncture.

CLINICAL IMPLICATIONS: The effect of covering the eyes and playing the intrauterine ambient sounds in preterm infants may be recommended as simple, safe, and supportive stimuli that facilitate positive effects during painful procedures.

Reference:


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