

This study was conducted to determine and compare the effects of balloon inflation, ball squeezing, and coughing methods on levels of pain and fear during venipuncture in children aged 7-12 years” Aykanat Girgin and Göl (2019).

Abstract:

BACKGROUND: Venous blood sampling is a common procedure in the hospital setting and cause significant pain and stress for children.

AIM: This study was conducted to determine and compare the effects of balloon inflation, ball squeezing, and coughing methods on levels of pain and fear during venipuncture in children aged 7-12 years.

DESIGN: Experimental, randomized controlled study.

SETTING: The study was conducted at a state hospital in Turkey between March and July 2017.

PARTICIPANTS/SUBJECTS: The study population comprised children 7-12 years of age who were subjected to venous blood sampling in the phlebotomy unit of a state hospital. The study sample included 120

children for a confidence interval of 95% and statistical power of 80%.

METHODS: The children were assigned to one of four groups (balloon inflation, ball squeezing, coughing, and control groups), each including 30 participants. The children's pain and fear were rated before and after the procedure by the children themselves, their parents, and a researcher using the Wong-Baker FACES Pain Rating Scale and Children's Fear Scale, respectively.

RESULTS: Mean scores for pain and fear after the procedure were lower in all intervention groups compared with the control group ($p = .001$). There was no statistical difference in pain or fear scores between the intervention groups; however, the children in the coughing group had the lowest scores for both pain and fear.

CONCLUSION: Balloon inflation, ball squeezing, and coughing were all effective in reducing pain and fear associated with venipuncture in children aged 7-12 years. These are simple, rapid, and cost-effective methods that nurses can implement during venipuncture with minimal equipment and preparation.

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Reference:

Aykanat Girgin, B. and Göl, İ. (2019) Reducing Pain and Fear in Children During Venipuncture: A Randomized Controlled Study. Pain Management Nursing. September 6th. doi: 10.1016/j.pmn.2019.07.006. .