«STARK DURCH NÄHE»  COMFORT POSITIONING OF CHILDREN DURING MEDICAL PROCEDURES

Symposium Pflege 1
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PERSONAL FACTS

- Pediatric Nurse
- Pflegeexpertin Pediatric Surgery
- Inselspital Bern

- Master of Advanced Studies in Pediatric Nursing
- Thesis and Practicedevelopment-Project:
  «Stark durch Nähe - Comfort-Positionierung bei medizinischen Verrichtungen an Kindern»

- 2014 Start to work with Comfort Positioning Childrens Hospital Bern
BACKGROUND

- medical procedures = stressor
- especially needle procedures Coyne et al., 2006 / 2007 / 2012; Salmela et al., 2010; Mc Carthy et al., 2014
- behavioral distress Taddio et al., 2012
- hold down
- problematic = «restraint» or «forced immobilisation» Brenner, 2007; Stephens et al., 1999; Taddio et al., 2012
- decreased child-cooperation, risk for psychic trauma
- risks for long-term effects: e.g. anxiety disorder (Trypanophobia up to 10 % of all adults)
PROCEDURAL MANAGEMENT

Pharmacological and non-pharmacological interventions
Are we using all possible alternatives, to minimize procedural pain, fear and distress?
PROCEDURAL MANAGEMENT

Comfort Positioning
DEFINITION COMFORT POSITIONING

«A technique developed to ease the treatment of preverbal pediatric patients; a secure physical contact between the child and an attending caregiver is established before a potentially painful procedure is undertaken (...) thereby limiting patient mobility and promoting relaxation».

medical-dictionary.thefreedictionary, 2005
WHOSE INVENTION?

Techniques to comfort children during stressful procedures

B. Kurfis Stephens, M. E. Barkey, H. R. Hall
POSITION THE CHILD IN A COMFORTING MANNER

Sitting positions for venipunctures

Stephens et al., 1999
Injection into a relaxed muscle

Examinations of the face and head, obtaining specimens, placing of nasogastric tube

Stephens et al., 1999
EVIDENCE?

- literature published 1999 – 2013
- few experimental studies
- population → children from 0 - 11 years
- procedures: immunization injections, venipunctures and IV-procedures, wound-care
- comfort positioning used as single intervention or combined with other interventions (e.g. distraction, sucrose and non-nutritive sucking…)
EFFECT PAIN, ANXIETY AND DISTRESS

- Decreased pain measures, anxiety levels and distress scores during immunization injections and venipuncture or IV-procedures
  
  Reis et al., 2003; Cavender et al., 2004; Sparks et al., 2007

- Moderate to large effect size of Comfort Positioning (infants and 4-6 years old children) during immunization injections
  
  Outcome measures: cry-duration, Facial Grimace Scale, Faces Pain Scale

  Taddio et al. (2009)
Increased satisfaction of parents

Reis et al., 2003; Sparks et al., 2007; Smith et al., 2011

Increased satisfaction of Health Care Personnel

Stephens et al., 1999; Smith et al., 2011

Discomfort with Comfort Position for IV-procedure (difficulty in immobilization of child)

Sparks et al., 2007
SUCCESSFUL PRACTICE

initiate Comfort Positioning

• implementation of technique
• define medical procedures
• guideline and tools
• in-house training of personnel
• on-the-job training / coaching
SUCCESSFUL PRACTICE

Secure and successful performance

- stable position of child and parent
- stable working surface
- specific fixation if required
- routine
SUCCESSFUL PRACTICE

Minimize risk of overburdening parents

• «shared decision making»
• define parents active role
• define «plan B»
SUCCESSFUL PRACTICE

Ergonomic performance

• furnishings adjustable in height (e.g. examination tables, chairs…)
• available tools (e.g. pillows, bedding-rolls…)
• footrest
• personal awareness
well suited for performance in comfort positions are:

venipuncture, IV-procedure, capillary blood withdrawal, puncture of PAC, wound-treatment, assessment of vital signs, immunization injections, obtaining specimens, placement of nasogastric tube, pin-extraction, administration of drugs, urethral catheterization, ect.
EVALUATION BERN 2015-2016

• highly accepted by families (parents and children) and Health Care personnel
• decreased distress
• doesn’t work always, but works often
• generates satisfaction
• combined with pharmacological and non-pharmacological interventions
• immobilizing children is more difficult
• ergonomic performance is a challenge
CONCLUSIONS

• a helpful, simple and cheap intervention for pediatric procedural-management
Universitätsklinik für Kinderchirurgie

PROZEDURALES SCHMERZMANAGEMENT IN BERN – ALL DONE?

… still things to do…

Comfort Positioning / Brigitte Wenger Lanz
THANK YOU FOR YOUR ATTENTION

Pictures of Comfort Positions: © Kinderkliniken, Inselspital Bern 2014

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QUESTIONS?

SRF Sendung PULS Januar 2016

http://www.srf.ch/gesundheit/gesundheitswesen/kinderfreundliche-behandlung-auf-dem-vormarsch
REFERENCES


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