Non-Pharmacological Pain Management Techniques in Neonates

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Non-Pharmacological Pain Management Techniques in Neonates

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Background & Significance

• Research based evidence supports non-pharmacological techniques
• Hospitalized neonates undergo multiple painful procedures6
• Poorly treated pain leads to negative effects in neonates3
• Pharmacological techniques have many adverse effects3
• Benefits of non-pharmacological techniques include6
  • Few adverse effects
  • Easy to implement
  • Inexpensive
  • Effective

Question: What is the most effective non-pharmacological technique for reducing procedural pain in neonates?

P- Hospitalized neonates
I- Non-Pharmacological pain management techniques
C- Facilitated tucking, breastfeeding, kangaroo care, non-nutritive sucking (NNS), sucrose
O- Effectively minimize pain in hospitalized neonates, using a non-pharmacological technique

Breastfeeding seems to be the best intervention5

If unavailable, interventions should be used in combination1

Single interventions seem to be least effective3

SYNTHESIS OF EVIDENCE

EVIDENCE-BASED PRACTICE QUESTION

Question: What is the most effective non-pharmacological technique for reducing procedural pain in neonates?

P- Hospitalized neonates
I- Non-Pharmacological pain management techniques
C- Facilitated tucking, breastfeeding, kangaroo care, non-nutritive sucking (NNS), sucrose
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EVIDENCE-BASED PRACTICE RECOMMENDATIONS

• Routine non-pharmacological interventions should be implemented for painful procedures4
• If possible breastfeeding should be used as non-pharmacological intervention of choice
• If unavailable, a combination of interventions should be implemented
• Further research is needed using a consistent pain scale4

METHODS

• Key Words: “Non-pharmacological”, “pain management”, “neonates”, and “NICU”
• Databases: MEDLINE, National Library of Medicine (PUBMED), and the Cumulative Index to Nursing and Allied Health Literature (CINAHL)
• Exclusion Criteria:
  Infants older than 28 days
  Chronic pain
  Severe pain
• Inclusion criteria:
  Acute procedural pain
  Hospitalized
  Neonates

REFERENCES