



JOHANNES GUTENBERG-UNIVERSITÄT MAINZ

Zentrum für Kinder- und Jugendmedizin

# **Non-Pharmacological Pain Management in the PICU**

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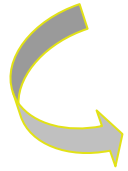
**Jugendmedizin**

**PICU**

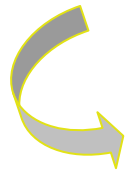
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# **Best Pain Management**



**considers pharmacological and non-pharmacological strategies**



**to provide comfort to patients.**



# Content

- **Environmental Factors**
- **Organisation of Care**
- **Patient and Family**
- **Non-pharmacological Interventions**



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# Environmental Factors

- **Reduction of Noise**
- **Quiet Times during Day**
- **No Chats at the Bed Side**
- **Unrestricted Visiting Time for Parents**



# Critical Care Nursing

## Prevention of potential Problems diminish

- **Stressors**
- **Sources of Pain & Discomfort**



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# Goals

- **Decrease Pain Perception**
- **Increase Pain Tolerance**
- **Increase adaptive Pain Behavior**

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*Int J Nurs Pract.* 2007 April;

Children's perceptions on the implementation of methods for their postoperative pain alleviation: an interview study.

He HG, Vehviläinen-Julkunen K, Pölkki T, Pietila AM





# Physical Interventions

- **Physical Therapy**
- **Massage**
- **Breathing Exercises**
- **Application of Heat and Cold**



# Cognitive-Behavioural Interventions

- **Information**
- **Distraction**
- **Humor and Laughter**
- **Guided Imagery**
- **Self Hypnosis**

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*Pediatrics*. August 2006

Preoperative Anxiety in Children May Predict More Painful Postoperative Recovery

Barclay L, Lie D



# Information about

- **What will happen**
- **What it will feel like**
- **When it will be over**



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# Neonatal Interventions

- **Stressor Reduction**
- **Tactile & vestibular Stimulation**
- **Positioning**
- **Non-nutritive Sucking**
- **Massage**



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# Conclusion

## Non-pharmacological Pain Management

- **Can prevent pain**
- **Prevent pain from getting worse**
- **May save analgesics**