

When Two Worlds Collide: Pain Mentors meet Vaccine Champions



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Objectives

- Identify the role of the Pediatric Pain Mentor and the Pediatric Vaccine Champion
- Discuss the importance of “Peer-to-Peer” education strategies: Didactic, hands-on, story telling
- Define and discuss pharmacologic & non-pharmacologic interventions



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Who are Pediatric Pain Mentors?

An Interprofessional team interested in alleviating pain & suffering in the pediatric population.

Members include:

Nurses:

- in-patient
- ambulatory
- healing services
- quality

- Child Life Specialists
- CNS Facilitator



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Unit-based Champions

- Unit-based clinical champions are clinical nurses who:
 - Have demonstrated interest and knowledge beyond their peers in a specific clinical topic.
 - Show leadership characteristics
 - Have a sense of empowerment to improve clinical outcomes
 - Formal recognition that these nurses are the experts

(Creehan, S., 2015)



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Goal for Vaccine Champion Teaching: Educate, Motivate and Emulate

Pharmacological and Non-pharmacological ways to help children cope when experiencing **Pain & Anxiety**



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Pediatric Vaccine Champions

- Highly motivated:
 - NPs
 - RNs
 - Medical Assistants
- **Goal:** Improve patient experience during vaccinations with improvement in vaccination rates. (Stevens, K.E. & Marvicsin, D.J., 2016)



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Why Does Pain Management Matter?

Reduces

- Stress & anxiety in turn decreasing "perceived pain."
- The need for pharmacological intervention

Promotes

- Sense of control
- Patient, family, and staff satisfaction
- Trust in healthcare providers

👨‍👩‍👧 "Right Thing To Do"

Why Does Pain Management Matter?

What happens when kids become adults?

- Estimated that 25% of adults have a fear of needles (Taddio, 2010)
- About 10% of the population avoids needle procedures including vaccination because of this fear (Taddio, 2010)
- Fear of pain is a contributing factor to vaccine hesitancy & refusal (Stevens, 2016)

What's in Your Tool Box?

Comfort Plan

- Distraction
- Comfort Positioning
- Cold & Vibration (Buzzy™)
- Topical Anesthetic
- Oral Sucrose



Non-pharmacological Pain Management

- Managing pain is about **more than** managing pain
- Anxiety can increase the perception of pain



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Overview of Nonpharmacological Treatment Options by Age

	Neonate	Infant	Pre-school	School-age	Adolescent	Adults
Physical Comfort Activities	Oral: breastfeeding, pacifier				Cold and Heat	
	Physical: swaddling, dim lights, cuddling, rocking, skin-to-skin contact					
Distracting Activities		Touching, stroking, rubbing, patting				
		Blowing bubbles, signing, music, coloring, books				
			Puppets, imitation game			
			Art, drawing, coloring, play dough			
			Video games, movies, electronic device for games, books, jokes, squeeze ball, breathing exercising, guided imagery, music			

Children's Hospital

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Distraction

- Giving children something to focus on to distract them can be an effective way to minimize anxiety.
- Distraction items should be age and developmentally appropriate and individualized in order to create a positive experience.



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Distraction/ Coping Box

Glitter Wand



Pinwheels

Light Spinner



Musical



Fidget Spinner



Stress Balls



Seek & Find

Books & Tubes



Rattles



Bubbles

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Sensory Boxes

Sensory specific items to help sooth patients with ASD



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Comfort Positioning



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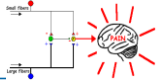
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Buzzy®

Buzzy is a vibrating palm-sized device with removable ice wings. Together, ice and vibration block sharp sensations on the arm. It desensitizes directly where it is put, and for an inch or two "downstream" of where it is placed. It has been studied for injections, IVs, and phlebotomy and gives the same pain relief as numbing cream.

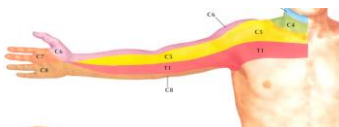
How Does Buzzy® Work

- Buzzy is based on the Gate Control Theory of Pain and Descending Inhibitory Controls.
- Vibration and ice create different sensations. The medical concept is called **gate control** – when you send more motion information and cold information through the brain's "gate", only the strongest sensations get through.
- The Gate control theory of pain states that stimulating more large nerve fibers (vibration and temperature) than small nerve fibers will close the gate, causing pain stimulus to be less intense.



How to Use Buzzy®

- Place gel wings onto Buzzy. Gel wings should be frozen solid as to not absorb the vibrations from Buzzy. Gel wings will remain frozen for 10 min at room temperature.
- Place the Buzzy and wing 2-3 cm above the site where IV will be administered. **Place Buzzy between the pain and the brain.**
- Place Buzzy following the body's dermatomes.
- Buzzy can be held in place or be utilized with strap.





Pharmacologic Interventions

ORAL SUCROSE

TOPICAL LIDOCAINE



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Questions?



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References

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Every life deserves world class care.
