Support during painful procedures and pain assessment


Statement of the standard

All infants in neonatal and paediatric units receive optimal comfort to minimise stress and pain, supported by their parents.

Benefits

Short-term benefits
- Improved sleep
- Improved digest of feeding
- Improved weight gain
- Improved cortisol levels
- Improved physiologic stability

Long-term benefits
- Improved brain structure and development
- Improved behaviour

For parents and family

- Parents are informed by healthcare professionals about strategies to optimise comfort, minimise painful stimuli and manage unavoidable pain during care.
- Parents are informed by healthcare professionals about and offered the opportunity to be present and assist during procedures, when appropriate.
- Parents are educated by healthcare professionals to recognise pain and discomfort signals in their infant and how to comfort the infant.

For healthcare professionals

- A unit guideline on the importance of appropriate pharmacologic and non-pharmacologic pain relief strategies during care and procedures is adhered to by all healthcare professionals.
- Training to recognise pain and distress in term and preterm infants is attended by all responsible healthcare professionals.
- Training to avoid any non-essential painful and discomfort procedures is attended by all healthcare professionals.
- Pain and stress are assessed using validated tools.
- All infants receive appropriate pharmacological and non-pharmacological pain relief.

For neonatal unit

- A unit guideline for maintaining comfort, avoiding unnecessary pain and discomfort and use of appropriate pharmacological and non-pharmacological pain relief is available and regularly updated.
- Each unit recognises and utilises an individualised developmental care approach when reducing and avoiding pain and discomfort experiences during infants stay in the hospital.

For hospitals

- Training to recognise pain and distress in term and preterm infants and to avoid any non-essential painful and discomfort procedures is ensured.

Here you can access the full standard: https://newborn-health-standards.org/support-painful-procedures/