



Care procedures

Support during painful procedures and pain assessment

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Statement of the standard

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



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 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.

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 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 hospitals

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



european standards of
care for newborn health

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



european foundation for
the care of newborn infants