



Taking blood samples

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Statement of the standard

The process of taking blood samples is carried out exclusively by experienced and specially trained healthcare professionals, under individualised developmental supportive care to minimise stress and pain for the preterm infant.



For parents and family

- Parents are informed by healthcare professionals about the importance and procedure of taking blood samples, which interventions are followed by the clinic, signs of stress and pain in the infant, and how to react accordingly.
- Parents are invited to be present at blood sampling and able to support (e.g. skin-to-skin care) their infant during the procedure.
- Parents are informed about non-pharmacological analgesic interventions.



For neonatal unit

- A unit guideline on the taking of blood samples is available and regularly updated.



For hospitals

- Training on venous and capillary blood sampling and the behavioural indicators of stress and pain in infants is ensured.
- Appropriate equipment and environment for blood sampling (e.g. needles matching the size of the infant) are available and individually used.

Benefits

Short-term benefits

- Reduced complications
- Reduced painful interventions
- Improved sleep

Long-term benefits

- Improved cortisol levels
- Improved brain structure/development



For healthcare professionals

- A unit guideline on the taking of blood samples is adhered to by all healthcare professionals.
- Training on venous and capillary blood sampling and the behavioural identification of stress and pain in infants is attended by all responsible healthcare professionals.
- Non-pharmacological analgesic interventions are encouraged and applied, including skin-to-skin care and breastfeeding when parents are present.



For health service

- N/A

