



## 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 should have the opportunity to stay with their infant 7/24.
- 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 provide pain-alleviation during procedures
- 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 hormonal and physiological 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.

