



COMMON PAINFUL BRIEF MEDICAL PROCEDURES

- Intravenous cannulation
- Blood draws
- Heel lances
- Lumbar puncture
- Intramuscular injections
- Urine collection in infants
- Abscess drainage
- Dressings for burns
- Nasogastric tube insertion
- Laceration repair
- X-ray for fractures/dislocations

Choose the most **minimally invasive** approach possible. Always try to **combine preventative, physical, psychological, and pharmacological approaches** to pain and distress management.

PREVENTION

Whenever possible:

- Choose venipuncture over heel lances or IM injections.
- Couple IV insertion together with blood tests.
- Daily bloodwork should not be prescribed in an automatic, recurring fashion.
- Group blood tests together.

PSYCHOLOGICAL

- **Caregiver** presence and involvement
- Use **calm language**
- **Avoid false or premature reassurance.** Don't say things like "this won't hurt", "it's almost over".
- **Age-appropriate preparation:** can show younger children medical supplies to familiarize them with the equipment; for children ≥ 4 years, explain the procedure in a developmentally-appropriate way. Offer them realistic choices.



- **Child-friendly environment:** toys, wall decor, pictures
- **Distraction:**
 - Involve child life therapist, if available
 - Engage the child in non-procedural conversation
 - Bubbles, reading, videos, games, music
 - Deep breathing



PHYSICAL

Infants:

- Pacifier
- Swaddling
- Tucking
- Rocking
- Breastfeeding or sucrose
- Skin-to-skin (kangaroo) care



Children:

- Sitting on caregiver's lap
- Comfort holds
- Sitting upright, rather than lying down, enhances the child's sense of control



PHARMACOLOGICAL

Topical anesthetics:

- Liposomal lidocaine (Maxilene)
- Amethocaine (Ametop)
- Lidocaine-prilocaine (EMLA)
- Vapo-coolant spray (Pain Ease)
- LET gel (lidocaine 4%/ epinephrine 0.1%/ tetracaine 0.5%)



Local anesthetics:

- Lidocaine 1%
- Nerve block



Systemic:

- **Ibuprofen** is superior to acetaminophen for acute pain.
- Ibuprofen can be used for mild to moderate pain or as co-analgesia for moderate to severe pain.
- **Nitrous oxide** – mild sedation & analgesia offered for older children, for some procedures.
- **Intranasal fentanyl** for moderate to severe pain.

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