Taking the “Ouch’ Out of Injections for Children

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Certificate in Travel Health™
Fatal Fear
Objective

To examine ways to best manage pain and fear associated with children receiving injections for vaccinations.
Conquering Pain: The Hidden Cost of Immunization

January 28, 2008
8:30 a.m. - 3:30 p.m.

Leslie Dan Faculty of Pharmacy
University of Toronto
144 College Street, Toronto
Room 1210, 12th Floor Board Room

The meeting is being organized by Dr. Anna Taddio, Associate Professor, Leslie Dan Faculty of Pharmacy, Adjunct Scientist, The Hospital for Sick Children, and Canadian Institutes of Health Research (CIHR) New Investigator.

For more information contact Dr. Anna Taddio: Tel 416-978-6822, Fax 416-978-1833, E-Mail anna.taddio@utoronto.ca.
Effective Ways to Reduce Pain and Fear During Injection of Vaccines

1) Analgesics
2) Cognitive-behavioural approaches
3) Injection techniques
1) Analgesics

Topical anesthetic
• How does it work?
• Is it worth it?
Sugar Water
Sugar water
2) Cognitive/Behavioural Approaches

- Child friendly: toys and importance of play
- Parental behaviour
- Sitting position vs supine
- Distraction; gate control theory
- Rewards ie; suckers, stickers, small toys
Child Friendly Environment
Pretend Play in Medical Settings

- prevents and reduces anxiety
Helpful Parental Behaviours
# Parental Behaviours

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<tr>
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<th>Excessive Parental Reassurance, Criticism, or Apology</th>
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<tr>
<td>↑ Child’s Distress</td>
<td>Humour &amp; Distraction</td>
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Positioning & Restraining
Distractions
Rewards
3) Injection Techniques

- Rapid IM
- Without aspiration
- Using a longer, smaller gauge needle
- Use of anterolateral thigh for child < 1 yrs and deltoid for child > 1 yrs
- Administer least painful vaccine first
- Vaccine options
If all else fails....