Non-Pharmacological Pain Management in the PICU

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Best Pain Management considers pharmacological and non-pharmacological strategies to provide comfort to patients.
Content

- Environmental Factors
- Organisation of Care
- Patient and Family
- Non-pharmacological Interventions
Environmental Factors

- Reduction of Noise
- Quiet Times during Day
- No Chats at the Bed Side
- Unrestricted Visiting Time for Parents
Critical Care Nursing

Prevention of potential Problems diminish

- Stressors
- Sources of Pain & Discomfort
Goals

- Decrease Pain Perception
- Increase Pain Tolerance
- Increase adaptive Pain Behavior

Physical Interventions

- Physical Therapy
- Massage
- Breathing Exercises
- Application of Heat and Cold
Cognitive-Behavioural Interventions

- Information
- Distraction
- Humor and Laughter
- Guided Imagery
- Self Hypnosis

*Pediatrics. August 2006*
Preoperative Anxiety in Children May Predict More Painful Postoperative Recovery
Barclay L, Lie D
Information about

- What will happen
- What it will feel like
- When it will be over
Neonatal Interventions

- Stressor Reduction
- Tactile & vestibular Stimulation
- Positioning
- Non-nutritive Sucking
- Massage
Conclusion

Non-pharmacological Pain Management

- Can prevent pain
- Prevent pain from getting worse
- May save analgesics