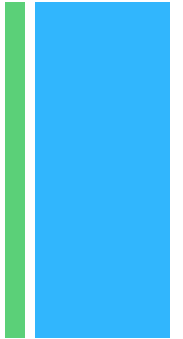




Evidence-Based Recommendations for Decreasing Procedural Related Pain and Anxiety in Pediatric Patients

Amanda Romaine RN, BSN, DNP Student

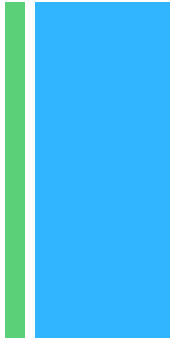
+ Purpose



- To develop best practice recommendations for decreasing pain and anxiety associated with medical procedures in pediatric patients.
- To create an educational pamphlet for families with information on using music with their child during painful medical procedures.

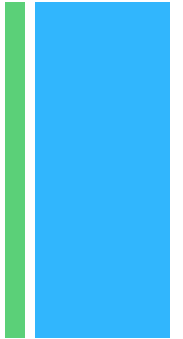


Significance of the Problem



- Increased levels of pain and anxiety can be detrimental to the well-being of a child, particularly in children requiring frequent blood draws or other painful treatments due to chronic illness.
- Certain treatments and procedures can prompt a negative response, which may include crying, screaming, verbal opposition, and physical avoidance.
- Repeated painful procedures with inadequate treatment may result in detrimental long-term effects of pain responses in the future.
- Children as young as 3 years old have accurate memories of painful events that they have experienced.
- The neuronal construction of the brain may be permanently changed by repeated noxious stimuli.

+ Literature Review



PubMed, EBSCO, and CINAHL databases

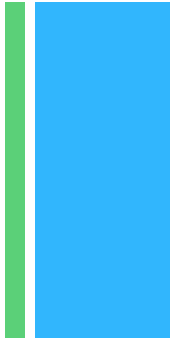
- Keyword “music therapy” with subheadings “pediatric,” “pain,” and “anxiety”
- 20 articles utilized in total

- Music therapy can be effective in decreasing levels of pain and anxiety in pediatric patients undergoing painful procedures and it is recommended for use in conjunction with other therapies.

- Pediatric patients and their families describe music therapy as a positive experience and one that they would be interested in using again in the future.



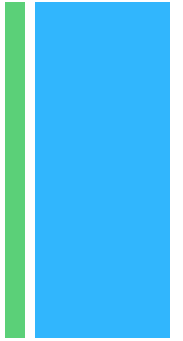
Best Practice Recommendations



- An educational pamphlet designed for parents is an easily-implemented, cost-effective, and realistic way for music to be used therapeutically in the pediatric population.
- The educational pamphlet includes information regarding:
 - The possible short-term and long-term effects of untreated pain in children
 - Possible benefits of music therapy
 - How music therapy can be implemented in the child's care
 - How to contact a local music therapist

The goal of the pamphlet is to provide parents with current, evidence-based information on music therapy.

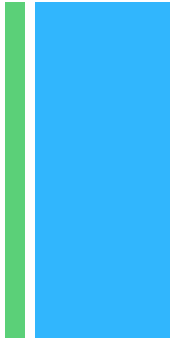
+ Educational Pamphlet



■ *Simply Put*

- Clear, easy to understand message
- Short, 1-2 syllable words when possible
- Encouraging tone
- Font size between 12 and 14
- Serif fonts are best
- Visuals should only be used to help explain the information
- Logical, easily understood layout
- Cover should be attractive

+ Strengths and Limitations



■ Strengths

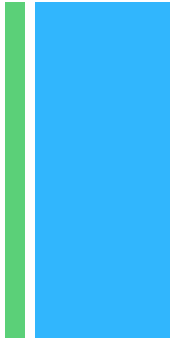
- Based on a thorough literature review of evidence-based research.
- Intervention is simple to implement, non-invasive, and allows parents to participate in care.
- Minimal nursing involvement allows the nurse to focus on the procedure and the patient.

■ Weaknesses

- Literature does not include studies specifically involving parent-implemented music therapy.
- Many studies used qualitative rather than quantitative measures.

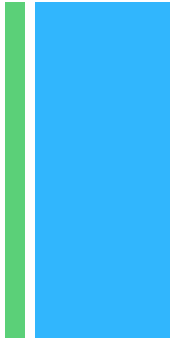


Directions for Future Research



- Further investigation into the long-term effects of inadequately treated pain in pediatric patients
- Use of more recent research on the topic of music therapy in pediatric patients
- Research on the effectiveness of music therapy when implemented by a parent, as opposed to a music therapist

+ Summary



- Music therapy can be effective in decreasing levels of pain and anxiety in pediatric patients undergoing painful procedures and should be used in conjunction with other therapies.
- An educational pamphlet is an easily-implemented and cost-effective method of teaching families about using this intervention during painful procedures.