

# 4 Benefits of Pain Prevention Interventions



## Patient & Family Centered Care (PFCC)

Basic Measurements of PFCC:

- 1) Patient Satisfaction
- 2) Patient involvement
- 3) Patient needs

Patient needs include the need for comfort during treatment. Providing pain prevention interventions prior to IV insertions is an explicit way to provide PFCC for pediatric patients.

## Health Hygiene Promotion

- High distress, anxiety, and fear related to needles in childhood can lead to avoidance of healthcare later in adulthood
- Avoidance of healthcare can create poor health hygiene for preventative and acute care.



## Decreased Fear

- Fear of needles and IV insertions are a result of inherited genes and previous life events
- Education regarding the procedure and topical analgesics have been shown to decrease procedural fear

## Decreased IV attempts

- Reduced stress of inserting nurse
- 76% of 40 nurses in a pediatric ED study stated IV insertion was easier after local analgesia was utilized
- Increased job satisfaction



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