

Prepare and support babies during painful hospital procedures

Follow this 3-step guide:

1. Prepare

- Use the chart below to estimate the pain from procedures
- Parent or staff to get assistance from a second person

2. Support

- Combine ways to support appropriate for each procedure **before, during, and after** until recovery

3. Protect

- Prepare and support to protect **baby's developing brain**

Prepare		Estimated pain*	Support				
Common procedures			Skin to skin	Swaddle	Soother**	Milk/sucrose	Medicine
Lumbar puncture (LP)	Severe	Severe		✓	✓	✓	✓
Arterial puncture (AP)			✓	✓	✓	✓	✓
Endotracheal intubation (ETT)			✓				✓
Intramuscular injection (IM)			✓	✓	✓	✓	✓
Eye examination (ROP)	Moderate	Moderate	✓	✓	✓	✓	
Endotracheal suction (ETS)			✓	✓	✓		
Intravenous cannulation (IVS)			✓	✓	✓	✓	
Naso/Oropharyngeal suction (SUC)			✓	✓	✓	✓	
Tape removal (TR)			✓	✓	✓	✓	
Nasogastric tube insertion (NGT)	Mild to moderate	Mild to moderate	✓	✓	✓	✓	
Heel lance (HL)			✓	✓	✓	✓	
Urethral catheterisation (UC)			✓	✓	✓	✓	
Nasal prongs for CPAP (NPr)	Mild	Mild	✓	✓	✓	✓	
Orogastric tube insertion (OGT)			✓	✓	✓	✓	
Eye drops instillation (ED)	Mild	Mild	✓	✓	✓	✓	

*Babies' pain scores from 59 studies (Laudiano-Dray et al., 2020)

**Disclaimer for parents: The use of soother is for the management of painful procedures in accordance with the Baby-Friendly Hospital Initiative for small, sick and preterm newborns, www.unicef.org.uk

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