

# 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		Support										
Common procedures	Estimated pain*											
Lumbar puncture (LP)	Severe	<table border="1"> <tr> <th>Skin to skin</th> <th>Swaddle</th> <th>Milk/sucrose</th> <th>Soother**</th> <th>Medicine</th> </tr> <tr> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> </tr> </table>	Skin to skin	Swaddle	Milk/sucrose	Soother**	Medicine	✓	✓	✓	✓	✓
Skin to skin		Swaddle	Milk/sucrose	Soother**	Medicine							
✓		✓	✓	✓	✓							
Arterial puncture (AP)		✓	✓	✓	✓							
Endotracheal intubation (ETT)	✓	✓	✓	✓								
Intramuscular injection (IM)	✓	✓	✓	✓								
Eye examination (ROP)	Moderate	✓	✓	✓	✓							
Endotracheal suction (ETS)		✓	✓	✓	✓							
Intravenous cannulation (IVS)		✓	✓	✓	✓							
Naso/Oropharyngeal suction (SUC)		✓	✓	✓	✓							
Tape removal (TR)		✓	✓	✓	✓							
Nasogastric tube insertion (NGT)	Mild to moderate	✓	✓	✓	✓							
Heel lance (HL)		✓	✓	✓	✓							
Urethral catheterisation (UC)		✓	✓	✓	✓							
Nasal prongs for CPAP (NPr)	Mild	✓	✓	✓	✓							
Orogastric tube insertion (OGT)		✓	✓	✓	✓							
Eye drops instillation (ED)		✓	✓	✓	✓							

\*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](http://www.unicef.org.uk)

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