

Reducing Pain and Distress Due to Minor Procedures

What happens first?

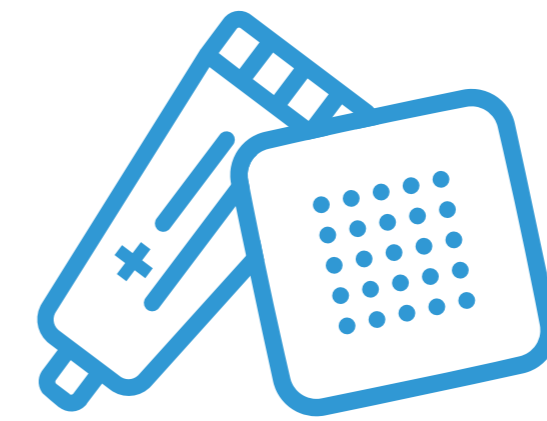
You and your child will be educated about ways to reduce pain and distress when blood samples are taken, peripheral IV lines are started and ports are accessed.



How we try to reduce pain and distress caused by minor procedures

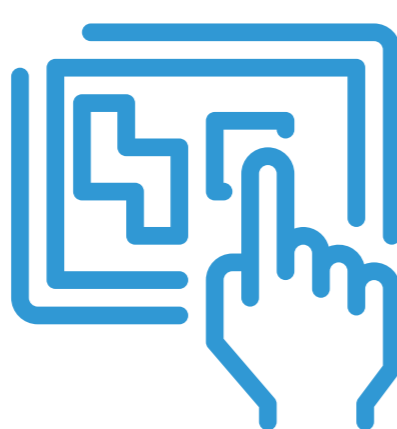


You will have the option to be present during your child's procedure if your child wants you to be there.



Your child will be offered an ointment or patch applied to the skin to numb the area.

Your child will also be offered the following ways to reduce pain and distress:



Active distraction
(e.g., blowing bubbles, playing a video game, virtual reality)



Active relaxation or hypnosis
(e.g., a deep breathing or centering exercise)



Your child may also be offered passive distraction (e.g., listening to music, watching a video)

What happens next time your child has a minor procedure?

Working with your child's healthcare team, ways to reduce pain and distress will be reviewed regularly to make sure that they continue to work.



The SPARK Care Recommendations are intended to inform families of children undergoing cancer treatments. They are not intended to replace the judgment, advice or intervention performed by your child's doctor or other healthcare professionals. Please do not rely on this information exclusively. Seek the care of a healthcare professional if you have any questions regarding SPARK Care Recommendations or your child's diagnosis or symptoms.