

APPENDIX L

Age Appropriate Adjunctive Modalities for Pediatric Patients

There is extensive research to document the efficacy of adjunctive modalities, ranging from swaddling and non-nutritive sucking in infants to deep breathing and guided visualization in older children.

TABLE 1 -- COGNITIVE AND BEHAVIORAL METHODS OF PAIN MANAGEMENT

Cognitive Approaches	Age	Therapeutic Uses
Comfort Measures		
Pacifier	Infants	Heel stick
Swaddling		Physical examination
Massage		Immunizations
Touch		Circumcision
Music intrauterine sounds		
Sucrose solution		
Distraction		
Kaleidoscope	2-6 y	Blood draws
Stories		Immunizations
Bubbles		BMA, LP
Counting		
Pop-up toys		
Video games	6-10 y	
Suggestion		
Magic glove	5-10 y	Blood draws
Magic blanket		Immunizations
Pain switch		IV start
		Postoperative pain
Breathing Techniques		
Patterned	2-7 y	Blood draws
Shallow	7-18 y	Immunizations
Rhythmic		BMA, LP
Deep chest		IV start
		Postoperative pain
		Dressing changes
Guided Imagery		
Music	≥ 4 y	Blood draw
Emotive imagery (superhero)		LP, BMA
Imagine special place		IV start
		Postoperative pain
Progressive Muscle Relaxation	≥ 6 y	Dressing change
		Postoperative pain
Hypnosis	≥ 4 y (success is better with increasing age)	BMA, LP
		Postoperative pain
		Pelvic examinations

BMA = bone marrow aspiration; LP = lumbar puncture; IV = intravenous.