

Supporting and protecting babies during hospital procedures

Follow the 3-step guide:

Prepare

Common procedures

Estimated pain*

Support methods

Medicine

Skin to skin

Swaddle

Soother

Breast milk

Common procedures	Estimated pain*	Medicine	Skin to skin	Swaddle	Soother	Breast milk
Lumbar puncture [LP]	Severe	✓		✓	✓	✓
Arterial puncture [AP]		✓	✓	✓	✓	✓
Endotracheal intubation [ETT]		✓		✓		✓
Intramuscular injection [IM]		✓	✓	✓	✓	✓
Eye examination [ROP]	Moderate			✓	✓	✓
Endotracheal suction [ETS]			✓	✓	✓	
Intravenous cannulation [IVC]			✓	✓	✓	✓
Naso/oropharyngeal suction [SUC]			✓	✓	✓	✓
Tape removal [TR]			✓	✓	✓	✓
Nasogastric tube insertion [NGT]			✓	✓	✓	✓
Heel lance [HL]	Mild to Moderate		✓	✓	✓	✓
Urethral catheterisation [UC]			✓	✓	✓	✓
Nasal prongs for CPAP [NPr]			✓	✓	✓	✓
Orogastric tube insertion [OGT]	Mild		✓	✓	✓	✓
Eye drops instillation [ED]			✓	✓	✓	✓

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

1. Prepare

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

2. Support

- Combine support methods appropriate for each procedure
- Do this before, during, and after procedures until recovery

3. Protect

- We prepare and support to protect baby's developing brain

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