



Implementation of non-pharmacological methods for the prevention of acute pain in the healthy newborn

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In Canada and others countries, routine painful interventions are practiced on healthy newborns. They include intramuscular vitamin K administration and heel prick for neonatal screening. Scientific evidences report how to prevent and reduce pain in newborns. However, pain in newborns remains unrecognized in maternity wards. Non-pharmacological measures can be use to reduce pain for neonates experiencing painful procedures such as needles or heel prick. The objectives of this presentation are first, to present the evidences related to the prevention and relief of pain in neonates, and also present the implementation of a clinical project: systematic use of non-pharmacological methods of pain prevention during routine painful procedures for all healthy neonates born at the Trois-Rivières Regional Hospital, Québec, Canada. The Canadian Paediatric Society (CPS) and the American Academy of Pediatrics (AAP) (2007) recommend that every health care facility caring for neonates should implement an effective pain prevention program. Breastfeeding, administering expressed breast milk, skin-to-skin contact, and for non-breastfed babies, use of oral sucrose/glucose which can be associated with non nutritive sucking have been shown effective and safe for reducing the pain response of neonates. A doctoral study aimed at evaluating the implementation of this innovative clinical project, demonstrated implications for practice and research.