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## Efficacy of non-nutritive sucking in reducing pain in infants during intravenous cannulation

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E fficacy of non-nutritive sucking in reducing pain in infants during intravenous cannulation: Neonates and Infants undergo Different painful procedures for the diagnostic, therapeutic or preventive purpose. Pain if not treated can lead to adverse effects. Non-nutritive sucking (NNS) refers to pacifier given to infant without any breast milk or nutrition formula. NNS is assumed to reduce pain in infants via stimulation of oro-tactile chemorecep ors in the mouth. Hence, an objective of the study was to assess the efficacy of NNS in reducing pain in infants during intravenous cannulation. A pretest and posttest experimental study was conducted at pediatric emergency and wards of BPKIHS, Nepal, from February 2017 to March 2017. A total of 100 infants were randomly allocated in Experimental Group (EG) and Control Group (CG). Both groups were assessed before and after intravenous cannulation using Neonatal Infant Pain Scale (NIPS), where only EG was provided with NNS via pacifier. Self-structured questionnaire and NIPS were used to evaluate pain response. Data were analyzed using SPSS. Pearson's Chi-square test, Fisher's exact test, and the Mann-Whitney U test were used for analysis and interpretation. With respect to study variables, there was no significant difference between EG and CG. The majority (74%) in EG had no pain, while the majority (80%) in CG had felt pain. The result showed the highly significant difference in pain between EG and CG (p=<0.001). In CG, mean pain score increased from 1.02 (pre-procedure) to 4.80 (postprocedure), while in EG, it increased from 1.16 (pre-procedure) to 2.66 (post-procedure). Thus, the study concludes that NNS is effective in reducing pain in infants during iv cannulation.

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