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## Behaviour and pain management in Paediatric Dentistry

**Eman Kalloub**

Specialist in Paediatric Dentistry, Sweden

Paediatric venous access causes unnecessary anxiety and pain in children and, in turn, can have detrimental consequences. Behavioural approaches to paediatric venous access distress management can be organized temporally. Specifically, preparation before the procedure includes providing children with sensory and procedural information in an age-appropriate manner and providing training in coping skills. It is important to consider the timing, format, and content of the approach to provide optimal preparation for the unique circumstances of the individual patient. In addition to the child patient, preparing parents and teaching them which specific behaviours might be most helpful to their child should prove valuable to both patient and parents. During the procedure, there are benefits to providing secure and comfortable positioning. In addition, researchers recommend that adults encourage children to cope and actively engage children in distracting activities. For infants, there is support for the distress-mitigation properties of swaddling, skin-to-skin contact, breastfeeding, and sucrose. After venous access, distraction and encouragement of coping should speed recovery. In sum, research in behavioural approaches to paediatric pain management has provided recommendations for minimizing children's anxiety and pain associated with venous access.

### Biography

Eman Kalloub has completed her Bachelor of Dental Surgery and Master of Science in Pediatric Dentistry from University of Baghdad. She is a member of American Academy of Pediatric Dentistry, European Academy of Pediatric Dentistry and Arabian Academy of Pediatric Dentistry. She has experience in treatment of special health care needs in children.

[dr.eman\\_sweden@hotmail.com](mailto:dr.eman_sweden@hotmail.com)**Notes:**