# Reducing Pain in the PICU: Distraction vs. Pharmacological Management

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## Problem & Significance

- Effective pain management in the PICU:
  - Promotes faster recovery
  - Reduces stress and fear
  - Prevents complications
- Non-pharmacological interventions (distraction) support these outcomes

**PICOT Question**

- **P:** Pediatric ICU patients
- **I:** Non-pharmacological distraction interventions
- **C:** Pharmacological pain management
- **O:** Reduced pain & decreased need for medication
- **T:** During ICU stay

## What Nurses Can Do + Metrics

**Nurses Can Do**

- Integrating distraction techniques should be standard practice in pediatric pain management
- Incorporate family into care
- Use distraction before and during procedures

**Metrics**

- Assess pain using **Wong-Baker FACES scale**:
  - Before procedures
  - During procedures
  - After procedures
- Monitor vital signs (HR, RR)
- Evaluate patient comfort and cooperation

## Key Results

Music therapy significantly reduces pain and fear before, during, and after procedures

**Distraction interventions:**

- Improve cooperation
- Reduce need pharmacological intervention
- Increase calmness

**Techniques such as:**

- Music therapy
- Storytelling
- Play
- Parental presence

→ Reduce pain and anxiety in PICU patients

## Interventions + Effectiveness

**Interventions**

- Music therapy
- Hand massage
- Storytelling & play
- Toys
- Audiobooks

**Effectiveness**

- Improves physiological responses (↓ pulse, ↓ respirations)
- Reduces:
  - Pain
  - Fear
  - Anxiety
- Improves:
  - Cooperation
  - Emotional comfort

| Wong-Baker FACES | GROUPS | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | Music Therapy group[1] (n=33) Mean (SD) | Hand Massage group[2] (n=33) Mean (SD) | Control group[3] (n=33) Mean (SD) | F | p | Paired Comparisons[a] | | |
| | | | | | | 1–2 | 1–3 | 2–3 |
| T 1 | 0.69 (0.58) | 1.39 (0.74) | 1.12 (0.73) | 8.429 | **0.000** | * | * | – |
| T 2 | 0.27 (0.57) | 0.69 (0.60) | 0.72 (0.71) | 4.732 | **0.011** | – | * | – |
| T 3 | 0.15 (0.36) | 0.27 (0.45) | 0.45 (0.50) | 3.895 | **0.024** | – | * | – |

## Data Summary

Music therapy group showed lowest pain scores across all time points

- Hand massage moderately effective
- Control group had highest pain scores
- Results were statistically significant ($p < 0.05$)

## Gaps + Limitations

- Staffing shortages
- Limited time due to workload
- Workflow constraints
- Need for more research on long-term outcomes

## References

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## More Information

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