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KEY WORD : NONPHARMACOLOGICAL MANAGEMENT/ PAIN/ NEONATES/
HEELSTICK

AJCHARA PHITHAKSILP: EFFECTS OF NONPHARMACOLOGICAL PAIN
MANAGEMENT ON LEVELS OF PAIN, HEART RATES AND OXYGEN SATURATION
RELATED TO HEELSTICK IN NEONATES. THESIS ADVISOR: JARIYA
WITTAYASOOPORN, B.Sc., M.S., DNS., LAMYONG RUSMEEMALA, B.Sc., M.Ed.,
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The effects of nonpharmacological pain management in reducing levels of pain in neonate are not well documented. Two interventions, nonnutritive sucking and touch, were compared with routine care in 39 healthy term neonates with jaundice. Each of them was assigned to all three conditions before (120 sec.), during (60-80 sec.) and following (60 sec.) a neonatal screening heelstick. Behavioral pain responses, heart rates and oxygen saturation were videotape recorded continuously.

The result found that levels of pain, change of heart rates and change of oxygen saturation in nonnutritive sucking was different from routine care significantly in many periods of time. Effects of touch on levels of pain, change of heart rates and were different from routine care significantly in some periods of time. Thus, neonate benefit from both nonnutritive sucking and touch for reducing the stress of pain.