

3836929 RAPN / M : MAJOR: PEDIATRIC; M.N.S. (PEDIATRIC NURSING)

KEY WORD : DISTRACTION / ACUTE PAIN / INFANTS

THITIPORN UDOMKITTI: THE EFFECTS OF DISTRACTION ON ACUTE PAIN IN INFANTS. THESIS ADVISOR: RUTJA PHUPHAIBUL. B.Sc. (NURSING AND MIDWIFERY), M.S., D.N.S.; YAUWALUK LAUHACHINDA. B.Sc. (NURSING), M.Ed. 92 P. ISBN 974-589-252-1

Acute pain in infants causes distress and suffering. The purpose of this quasi-experimental research was to determine whether the effects of distraction decrease acute pain in infants. The Multidimensional Model of Infant Responses to Acute pain of Leventhal and Everhart (1979) adapted by Dale (1986) and The Gate Control Theory of Melzack and Wall (1965) provided the conceptual framework for this study.

Based on protection of human subjects, a purposive sample including 60 healthy infants receiving diphtheria-pertussis-tetanus (DPT) vaccine was obtained from well baby clinic in the Pediatric Out-Patient Department at Ramathibodi hospital between April-July 1997. The samples were randomly assigned to the control group which received only routine care (n=30), and the experimental group which received routine care with distraction by a bright colored musical and movable toy (n=30). The infants' pain response measures were assessed by heart rate monitor tool, and Modified Behavioral Pain Scale (MBPS) as observed from a video tape. Differences in infants' pain response data between the control and experimental group were analyzed by Independent t-test.

Results indicated that acute pain in infants who were distracted by a toy had significantly lower mean of behavioral pain scores ($p < .001$) and heart rate ($p < .05$) than in infants who were not distracted by a toy. Application of this result can be applied by pediatric nurses to promote the use of distraction technique to relieve pain and distress in infants associated with even a brief painful procedure.