

Title: Use of J-Tip to decrease pain for IV starts

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Introduction: The under management of pediatric pain has been widely researched and continues to be a concern for health care professionals. As we strive to improve pain management we completed this Quality Improvement project to assess pain and anxiety levels pre and post the IV insertion with J-tips and other comfort measures.

Methods: A survey was created for parents and patients to complete rating pain and anxiety levels before and after IV starts using a likert scale 0-5. Patients between the ages of 5-20 requiring an IV would be offered a comfort measure to help decrease pain and anxiety. The patients chose from the following comfort measures during the project : J-tip, LMX, Versed, Nitrous Oxide and Buzzy Bee. The nurse would perform the IV start and then give the parent and patient the survey to complete. A total of 68 surveys were collected from April 21 through August 13, 2015.

Results: Based on t-tests and between group differences, the data showed no significant difference in using J-tip vs other comfort measures. Two tailed significance and UNEQUAL variances assumed between the two groups—no p-value below (or < than) 0.05. Mean age was 11.7 (S.D.+/- 0.42) with age almost evenly divided 53% female, 47% male. Patient and parental anxiety were highly correlated. This demonstrates that we can continue to offer all of our current comfort measures without a decrease in patient /family satisfaction, and do not need to increase the cost of our comfort measures by only using the more expensive products.

Discussion: Based on the data, we will continue to offer all comfort measures to patients. We will also break down the group of other comfort measures and compare those individually to j-tips. The age groups will also be split into two groups: 5-10yrs and older than 10.

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