Evaluation of Registered Nurse Knowledge/Education Related to Distraction as a Nursing Intervention for Pediatric Procedural Pain Management in the Emergency Department

Principal Investigator:
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Background

Children requiring medical care often go through painful or stressful procedures.

Distraction is a defined nursing intervention that may be utilized for treatment of pain or distress – but what does it look like?

https://youtu.be/EKh4ApbDsHw
Literature Review

• American Academy of Pediatrics (2001) noted acute pain as a common adverse stimuli

• “a lack of familiarity with pediatric pain relief strategies” (ENA, 2010)

• McCarthy et al. (2010) concluded that an appropriate level of distraction is needed to decrease distress during painful medical procedures
Purpose

To identify gaps in education and implementation of distraction as a nursing intervention

Research Questions:
1. Does current practice reflect use of distraction
2. What are perceived barriers
Objectives

• Identify # of nurses that use distraction

• Identify knowledge level with regard to implementing distraction

• Identify barriers to use of distraction
Outcome Measures

Outcomes measured # of nurses reporting:

• Infrequent use of distraction

• Low knowledge of distraction

• Confidence in ability to use distraction

• Need for more education r/t distraction
Method
Cross-sectional, descriptive design
• Utilizing a survey

Setting
• Genesis Medical Center Davenport and Silvis Emergency Departments

Participant Inclusion Criteria
• All full-time, part-time, and per diem nurses working at time of survey in the settings above

Sample
• Convenience sample (30% response rate)
Results Q1:
Years worked in the Emergency Department

• Less than 1 year = 0.00%

• 1-5 years = 23.33% of respondents

• 5-10 years = 36.67% of respondents

• More than 10 years = 40.00% of respondents
Results Q2:
Genesis Medical Center campus you are employed at

- Davenport = 56.67% of respondents
- Silvis = 43.33% of respondents
Results Q3:
The Emergency Department is an important setting for identifying and caring for pediatric patients (0-17) in pain.
Results Q4:
How often do you utilize distraction as a nursing intervention for the pediatric patient in pain?
Results Q5:
I have sufficient education to utilize distraction as a nursing intervention for the pediatric patient in pain.
Results Q6:
I am confident in my ability to provide distraction as a nursing intervention for pediatric procedural pain management such as: IV insertion, blood draw, and laceration repair.
Results Q7:
I know which types of distraction are appropriate for the various ages of pediatric patients.

[Bar chart showing responses: Strongly disagree, Disagree, Neither agree or disagree, Agree, Strongly agree]
Results Q8:
I would like to receive education related to utilizing distraction as a nursing intervention for pediatric procedural pain management.
Results Q9:
What barriers do you experience in your ability to use distraction as a nursing intervention for pediatric procedural pain management?

Themes Identified:
1. Limited knowledge/education
2. Lack of distraction tools
3. Parental concerns
4. Limited staffing
Cluster Analysis

Dendrogram
Complete Linkage, Correlation Coefficient Distance

Questions
- ED important in identifying
- I would like education
- How often utilized
- I have sufficient education
- I am confident in my ability
- I know which types

Similarity
- 100.00
- 77.51
- 55.02
- 32.52

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Conclusion

Questions answered:

1. Does the current practice in the emergency departments reflect the use of distraction as a nursing intervention for pediatric procedural pain management?
   - Overall distraction is used as a nursing intervention

2. What are the perceived barriers to the use of distraction as a nursing intervention for pediatric procedural pain management?
   - Most reported barrier: limited knowledge or education

* All were open to the idea of more education on distraction *
Implications to Practice

• Key finding: nurses desire education on distraction intervention

• Opportunity for future research:
  - interventional study to educate nurses
  - randomized control study to investigate effectiveness of bed-side nurses utilizing distraction with the pediatric patient

• Distraction promotes efforts to provide quality and compassionate medical services for children who undergo painful procedures
Limitations

• Low response rate
• Convenience sample

Lessons Learned

Process Oriented challenges:
• Buy-in / participant engagement
• 4 point vs. 5 point Likert scale
• Analysis of data
Thank You!

Genesis Nursing Research & EBP Committee

- Sarah Castro
- Kathy Lenagahan
- Dr. J. Lemke
- Hannah McAfoos
May I answer...


St. Louis Children’s Hospital (2013 September, 18). Using distraction to make IV insertions ouchless at St. Louis Children’s Hospital. [Video file]. Retrieved from https://youtu.be/EKh4ApbDsHw