

REDUCING PAIN & STRESS

In the Newborn Intensive Care Unit



HOW PARENTS CAN REDUCE PAIN & STRESS

Be available for:

Hands On Care

Care times can be stressful. Parents can help reduce pain and stress by providing support during care times with hand hugs.

Remember...start AND end each care time with 1-minute of positive touch.

Labs and Tests

Supporting your baby during labs and tests can reduce pain. Brain development can also be impacted. Holding skin-to-skin and/or breast feeding can reduce the effects of pain and stress.

REDUCING PAIN AND STRESS

Parents are the most important member of their baby's healthcare team. Babies that receive support from parents have been shown to show less pain response and have better outcomes in later years.



Thriving babies...
Thriving families.

WHAT CAN CAUSE PAIN AND STRESS IN THE NICU?

Labs and Tests:

- Heel stick
- Blood draw
- IV
- Shot
- Metabolic Spot Screen

During cares and exams:

- Diaper change
- Temperature check
- Tape and adhesive removal
- Repositioning of respiratory devices
- Position changes
- Stethoscope exams
- Temperature probe removal/placement
- Pulse Ox adjustment

Procedures:

- Line insertions (NG, OG, PICC, PIV, Extended dwell)
- Eye exams
- Circumcisions
- X-rays
- Cranial ultrasound

Use this information to help plan your day so you can be here for care times, exams, procedures, etc.



WHY DO SOME MANY THINGS CAUSE PAIN AND STRESS?

When a baby is born premature, they have many systems that are not fully developed. So routine things that may be okay for a term baby, may cause stress and/or pain in a premature baby.

The brain of a premature baby is also underdeveloped. If an infant experiences pain and stress when the brain is developing then the nerve pathways that are forming can be interrupted. This can lead to developmental delays later in life.

For the reasons above, the NICU staff need to partner with parents to help support babies. Parents are the best when it comes to supporting their babies!



This brochure was made with love by NICU families for NICU families
Adapted from the NICU Neuro Nerds
A Quality Improvement Team from Alaska
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