



<b>Clinical Practice Policy:</b>	Comfort and Pain Prevention Management
<b>Effective Date:</b>	March 2021

**Newborn standards of care include comfort and non-pharmacological pain prevention strategies, as well as assessment, treatment and reassessment of pain. The patient's family is encouraged to participate in the planning and utilization of interventions to promote comfort and prevent or relieve pain.**

1. Care in the NICU/SCN includes methods to promote comfort. Interventions may include any or all, but are not limited to:
  - Reduced noise and light in the care areas and individual bed spaces
  - Non-nutritive sucking:
    - Providing an appropriately sized pacifier and offering opportunities based on patient driven cues in a neurodevelopmentally appropriate manner.
  - Safe Swaddling, nesting and containment utilizing developmentally friendly devices to help maintain appropriate positioning based on gestational age. Allow for visual inspection of any central lines.
  - Repositioning per guidelines to promote redistribution of pressure points and optimal skin management.
  - Skin to skin care
  - Eat, Sleep, Console methods when applicable
2. Care in the NICU/SCN includes non-pharmacologic pain prevention strategies. Interventions may include any or all, but are not limited to:
  - Swaddling
  - Non-nutritive sucking:
    - Patient can be placed to breast for lab draws/heel sticks if mother is present.
    - Providing an appropriately sized pacifier and offering opportunities based on patient driven cues in a neurodevelopmentally appropriate manner.
  - Sucrose administration prior to anticipated painful procedure
  - Painful and stressful procedures should be minimized and clustered together prior to a comforting event (e.g., feeding, holding) or while being held or during kangaroo care.
3. Care in the NICU/SCN includes initial assessment and reassessment of pain during and after interventions known to cause pain and when a baby exhibits signs of discomfort, agitation or pain as needed and at least every 4 hours or with VS.
4. Painful interventions in the NICU/SCN are treated according to current drug administration and clinical practice guidelines. Interventions vary according to severity of assumed pain and may include, but are not limited to:
  - Holding or soft containing touch
  - Sucrose
  - Medications
5. Families are taught strategies to promote comfort in their baby and relieve pain in situations where comfort is disturbed, and pain is expected.