

SCHEMATIC REPRESENTATION OF DISTRACTION

TECHNIQUES AND PAEDIATRIC PAIN

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ABSTRACT

Children reaction to the pain varies at different ages. When the child is having pain and distress, parents and health care providers feels helplessness and guilty. Help the child to focus on something other than the pain. Child is young or old definitely respond best of them for different methods of distraction techniques and it can play a vital role in a child sense of security and perception of pain. Distraction techniques at different age groups will help to manage the pain and reduce the usage of pharmacological options and its creating mutual trust between the health care providers-baby, health care providers-parents, baby-parents. Distraction techniques are the better way to decrease the pediatric pain.

KEY WORDS: *Pediatric Pain, Distress, Distraction Techniques*

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