

# Painful Procedures – Helping Children Cope



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# .....the need for staff compliance

- We know what **should** be done ....but staff do not always do it!
- Where children are traumatised or re-traumatised it takes considerable work to help them learn to cope again
- There is a need for training
- There is a need to help people understand the consequences of trauma for child and family.



# Aims of Preparation

- Minimise Distress
- Correct possible misunderstandings
- Reduce trauma and hence future distress
- Teach Coping Skills

# Minimise distress



# Is it distressing?

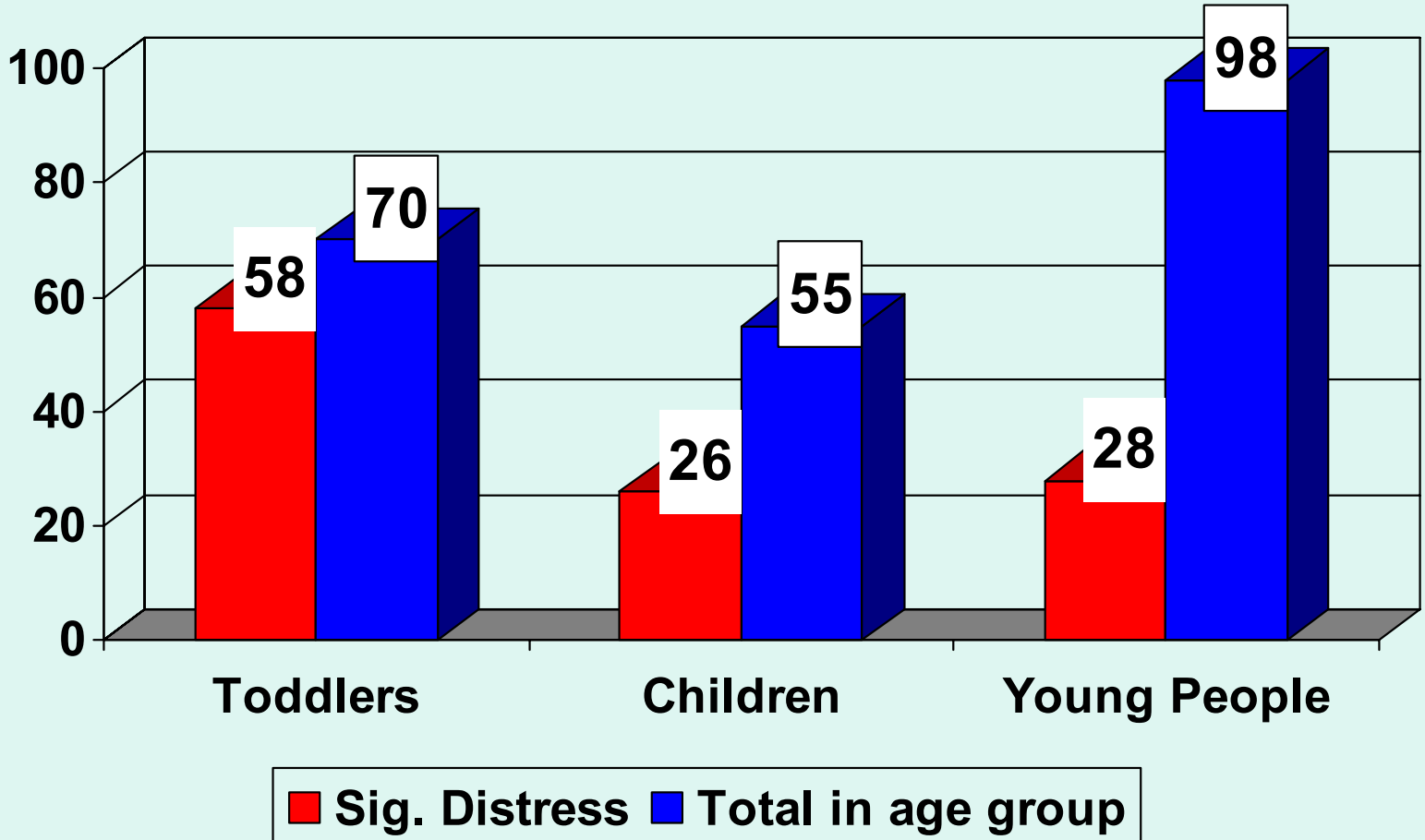
High levels of acute behavioural distress in children and adolescents undergoing routine venepunctures



GB Humphreys, CM Boon, GF van Linden, van den Heuvel and HB van de Wiel (1992)

Trained observers evaluated distress in 223 different children and adolescents undergoing venepuncture

# Significant distress and age group



# Reduce Trauma and Future Distress

