

Make a Plan

**To make needles less *scary*,
I will...**

**To make needles *hurt* less,
I will...**

Make a Plan

My parents can help me by...

Make a Plan (With Your Child)

To make needles *less scary*, I will...

Practice facing fear?

Challenge & change thinking?

Problem solve?

Use coping statements?

Use a relaxation technique?

To make needles *hurt less*, I will...

Ask questions

Use numbing cream?

Use a relaxation technique?

Distract myself?

Look at or away from the needle?

Example Plan

My parents can help me by...

Giving rewards for practicing facing fear

Talking to me about what is going to happen at the appointment:

- What I might feel, see, or hear.
- The equipment involved
- Who will be there and what will they do

Before, during, and after my needle, my parents can:

- Distract me, like talk about something fun, or watch a video or play a game together
- Encourage me to be brave
- Remind me of what coping tools I can use

RESOURCES | Helping with Fear and Pain!

List of Resources for children, youth, families, adults, health professionals:

<https://kidsinpain.ca/wp-content/uploads/2021/11/Vaccine-Pain-Needle-Fear-Resources-v2-November-2021.pdf>

- Recently released resource: <https://theconversation.com/if-your-child-is-afraid-of-or-refusing-a-medical-procedure-heres-how-to-help-170923>

Check out the website below to see who you might **contact for more support** with needle fear:

<https://martinantony.com/resources/anxiety-referrals/>

RESOURCES | More Information

The CARD system provides resources for children, caregivers, adults, and clinicians to help prepare for vaccinations: <https://www.aboutkidshealth.ca/CARD>

- ***NEW*** CARD game for kids: <https://immunize.ca/card-game-kids>

Help Eliminate Pain in Kids and Adults provides resources, systematic reviews, and clinical practice guidelines related to vaccination pain and fear management: <http://phm.utoronto.ca/helpinkids/index.html>

It Doesn't Have to Hurt: Pain management resources (e.g., images, blog posts, videos) for families and healthcare professionals: <https://itdoesnthavetohurt.ca>

Solutions for Kids in Pain (SKIP) knowledge mobilization network: <https://www.kidsinpain.ca>

Comfort Promise information hub on a variety of evidence-based approaches to reduce children's needle-related pain: <https://www.aboutkidshealth.ca/comfortpromise>

Strategy for Needle Related Fainting: <https://www.uoguelph.ca/pphc/sites/default/files/Muscle-Tension-Resource.pdf>

Needle-Related Situations for Exposures

Situations that apply to needle procedures generally:

Look at / watch media

- Look at a picture of a syringe
- Look at a picture of a cartoon needle
- Look at a picture of a real needle

Listen to someone talk

- Listening to someone talk about receiving a needle

Imagining

- Imagining I am in the waiting room before a needle procedure
- Imagining I am in the hospital room where I will receive a needle (example details provided below)
 - o Walking into and around the procedure room
 - o Sitting in the procedure chair
 - o Watching the nurse gather the equipment for the procedure
 - o Rolling up my sleeve
 - o Nurse wiping the area with alcohol swab
 - o Nurse counting down/telling me to take deep breath
 - o Needle inserted

Talking

- Talking about getting a needle in the past
- Talking about getting a needle in the future

Rehearsing/ preparing

- Playing with a toy needle
- Playing with a syringe
- Holding a real needle with a cap
- Holding a real needle without a cap
- Pinning a safety pin to my shirt
- Gentle poke with a safety pin
- Having a needle near my skin
 - o Wearing a long-sleeve shirt
 - o Wearing a short sleeve shirt
- Touching needle to skin (vary the distance from the needle to the injection site on body)
- Driving past the location where I will receive a needle (e.g., clinic, hospital, lab)
- Having an appointment for a needle procedure booked

Day of the needle procedure

- Driving/travelling to a needle procedure appointment
- Going into the clinic
- Fill out paperwork for my needle procedure
- Being in the waiting room before my needle procedure

The needle procedure

- Being in the hospital room where I will receive a needle
- Seeing the nurse enter the hospital room

- Seeing the nurse prepare to give me the needle (wash hands, put gloves on, gathers equipment)
- Getting my arm cleaned before the needle
- The smell of an alcohol swab
- Having to roll up sleeve / unbutton shirt
- Seeing the needle while in hospital/ clinic room
- Feeling weak, dizzy, or nauseous
- Acupuncture (e.g., seeing the needles, lying down on the acupuncture bed, having acupuncture needle inserted)
- Needle insertion and injection
- Needle removal

Situations specific to vaccine:

Look at/ watch media:

- Look at a picture of someone getting an injection
- Watching a video of someone getting an injection

Listening:

- Listening to someone talk about getting an injection

Watching others:

- Watching a pet get an injection
- Watching another person (e.g., partner, family member, friend, pet) get an injection

Rehearsing/ preparing

- Rehearsing all parts of an injection before needle insertion at home (example details provided below)
 - o Viewing someone (partner, friend, family member) grab the equipment for the procedure
 - o Watching someone wash hands and put on gloves
 - o Rolling up my sleeve
 - o Having someone wiping the area with alcohol swab
 - o Seeing the needle
 - o Someone counting down/telling me to take deep breath
- Rehearsing all parts of an injection before needle insertion in a procedure room (see example details above)

Situations specific to blood-tests:

Look at/ watch media:

- Look at a picture of someone getting their finger pricked
- Look at a picture of someone's finger after the prick (e.g., blood on the finger)
- Look at a picture of someone getting a blood test
- Seeing a picture of blood in the tube after a blood test
- Watching a video of someone getting a blood test

Listening:

- Listening to someone talk about getting a blood test
- Listening to someone talk about donating blood

Watching others:

- Watching another person (e.g., partner, family member, friend) get a finger prick
- Watching another person (e.g., partner, family member, friend) get a blood test

- Watching another person (e.g., partner, family member, friend) donate blood

Rehearsing/ preparing:

- Thinking about something going into my body
- Thinking about something being taken out of my body
- Seeing the blood requisition form/being told you need an appointment for a blood test
- Rehearsing all parts of a blood-draw before needle insertion at home (example details provided below)
 - o Watching someone (partner, friend, family member) gather the equipment for the procedure (tubes, tourniquet, needle)
 - o Watching someone wash hands and put on gloves
 - o Rolling up my sleeve
 - o Having the tourniquet/rubber band tied on my arm
 - o Squeezing my fist to make vein pop up
 - o Looking at my veins
 - o Someone wiping the area with alcohol swab
 - o Seeing the needle
 - o Someone counting down/telling me to take deep breath
- Rehearsing all parts of a blood-draw before needle insertion in a procedure room (see example details above)

Needle procedure:

- Waiting outside of a blood donation centre
 - o Going into a blood donation centre
- Seeing the tubes for a blood draw
- Seeing the tourniquet for a blood draw
- Having the tourniquet applied on arm
- Squeezing my fist to make vein pop up
- Looking at your vein before a blood draw
- Needle inserted
- Having the tube changed during a blood-draw
- Seeing blood in the tubes

Considerations for how to slightly modify each step when creating fear ladder:

- Vary by distance/proximity to fear stimuli (e.g., sitting next to someone receiving a needle vs. watching behind a window; viewing a picture close up vs. from a distance)
- Completing the practice based on who is present (e.g., friends, family members, healthcare provider; may be especially important for vasovagal responses/stress responses)

Needle Exposure Videos

Brief Video Description	Video Link	Time Stamp
Demonstrates the steps for completing a blood draw using a teddy bear. A child, healthcare provider, and parents are present in a hospital room. Video is geared towards children.	https://www.youtube.com/watch?v=uRMzGmfoPos&ab_channel=InovaHealthSystem	Needle shown at 1:30
Describes the steps for completing a blood draw, and demonstrates needle being inserted and blood being drawn. Child and healthcare provide are present in a lab. Helpful strategies are also presented. Video is geared towards children.	https://www.youtube.com/watch?v=2Ag2adsLh3Y&t=8s	Needle inserted: 50 seconds
Blood draw performed on a 6-year-old with every step explained. Child and phlebotomist present in a lab. Video recorded by caregiver.	https://www.youtube.com/watch?v=yHw1_zR8gc&t=20s	Needle inserted: ~5:15
Demonstrates the steps for completing a blood draw, including inserting the needle and blood being drawn. Adult patient and two healthcare providers are present in a lab. Video is relevant for training healthcare providers on how to complete a blood draw.	https://www.youtube.com/watch?v=R9oWYkK_I3M&ab_channel=LincolnTech	Needle inserted: 1:50
Demonstration of a flu vaccination. Healthcare provider and adult patient present in a clinic. Video is geared towards the public to promote flu shot.	https://www.youtube.com/watch?v=cluGwaBFX8I&ab_channel=SSMHealthCardinalGlennonChildren%27sHospital	Needle inserted: 00:23
Intramuscular injection is demonstrated, and it also zooms in on the needle being inserted. This video is geared towards healthcare providers. Includes an adult patient and healthcare provider.	https://www.youtube.com/watch?v=pfAhHZQpenM&ab_channel=GeekyMedics	Needle inserted: 1:56
Demonstrates a fingerstick procedure. Needle is not visible, but blood is shown on the finger after being poked. Video is geared towards healthcare providers, although it can be helpful to watch for those who are afraid of seeing blood.	https://www.youtube.com/watch?v=lhMbQ7h0UQM	1:00-1:18
Child and healthcare provider wearing masks, child receiving COVID-19 injection (seems to be in a public vaccination clinic). Needle and needle insertion is visible.	https://twitter.com/ctvnationalnews/status/1463323180198678530?s=10	Needle inserted: ~0:28