



Comfort Positions

positioning for comfort during IV starts



Rationale

- The goal of comfort positions is to increase the comfort of patients, parents, and medical staff
- The most vulnerable and scary position for a child is laying down facing the ceiling with an adult standing over them
- Children do not like to be restrained as much as adults
- Being restrained can increase anxiety and loss of co-operation
- This can be intensified when a painful procedure is taking place!
- Use only as much assistance as necessary to ensure success of the procedure
- “Positions for comfort” allow for increased safety, perceived control and co-operation during a procedure

Parent Bear Hug for IV Start



- The nurse will place some blankets under the child's arm for more security

- Remind the parent to straddle their child's legs with their own to increase immobilization

- Sitting positions were developed to promote comfort for the child as well as sufficient immobilization for success of the procedure.
- Children who are calm before the procedure will react with less intensity than do children who are already upset for other reasons. Let's set the scene up for success!
- A parent or a Child Life Specialist can hold a book or an iPad for children who do not like to watch and like to be distracted



Parent Bear Hug with 2 Staff Members



- For the child who does not like to look, parents can hold their children in a bear hug, allowing the child to face the wall or another object of distraction
- The child may still have the choice to look. Simply allow them to turn their head towards the procedure if they would like to watch
- An extra staff member will immobilize the child's arm and shoulder if needed



Sitting in a Chair



- Some hospital areas may provide the option to have an IV start done with a table and chairs (make sure to always check with your hospital staff regarding policies around this)
- Sitting positions were developed to promote comfort for the child as well as sufficient immobilization for success of the procedure.
- Your child can choose to look away and play a game on an iPad or engage in another type of distraction

- Please remember to straddle your child's legs under the table



Side Hug Position



- Straddle your child's legs with your own to prevent any kicking

- Great for patients who feel light headed with blood draws
- Using a book or an iPad allows your child to engage their mind on a distraction, while preventing their body from tensing up

- The nurse will keep your child's arm elevated with a stack of sheets

- Secure your child's arm by immobilizing their shoulder



Remember to encourage your child to just keep breathing



References

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