



What is the U-M Poke Program?

Goal: To make a poke or procedure a more positive experience by giving patients a voice and choice, establishing trust and creating a caring relationship between the patient/family and hospital staff.

Components: The program consists of six parts to help reduce pain and anxiety

1. **Poke and Procedure Plan** – The child and their family fills out the Plan based on the child's past experiences with pokes and procedures and preferences for the next poke.
2. **Distraction** – Distraction is a technique that can be used before, during and after a poke or procedure. There are many ways to use distraction techniques and you and your child can choose what may work best.
3. **Positions to Improve Comfort** – Physical contact can really help a child feel as if they have more control and increase their comfort. A parent or caregiver can assist with positioning for comfort based on various "comfort positions" individualized for a specific situation.
4. **Parents or Caregivers as Coaches** – Having individuals that the child trusts involved in the poke or procedure can further help the child have a more positive experience. Parents and/or caregivers are the experts when it comes to how their child behaves. This knowledge can be very beneficial in helping their child.
5. **Best Words** – Most medical terminology is scary and unknown to children, so knowing what to say during a poke or procedure and how the child can help themselves allows for a smoother and quicker experience. Here are some tips you may find helpful:
 - Speak when the child is comfortable
 - Use simple and brief explanations in a quieter voice
 - Avoid promises
6. **Drugs and Devices** – Drugs, like a topical anesthetic, devices, vibration, cold or other touch stimulation can help distract the child and reduce pain. One commonly-used device, available in the U-M Pharmacy, is Buzzy®. Buzzy® is a vibrating device. When placed near the poke site, it has been found to reduce pain and anxiety related to the poke.

Resources to Help Your Child:

- The Poke Plan (an example of the form is on other side)
- Child Life Specialists – trained professionals that help children and their families in overcoming some of life's most challenging events
- Other Medical Professionals
- Buzzy® and other distractions (e.g. counting, deep breathing)
- Comfort Items (e.g. bubbles, kaleidoscope)



www.buzzy4shots.com

The Poke Plan is a great tool that patients and their families can utilize to help make their hospital visits a more positive experience!

Visit <http://www.mottchildren.org/mott-patient-visitor-guide/needlesticks-procedures> on the Poke Program and see how it is used at C.S. Mott Children's Hospital.

Care Plan – Poke and Procedure

MRN:

NAME:

BIRTHDATE:

CSN:

Today's date: ____/____/____ (mm/dd/yyyy)

Comfort measures for (child's name): _____How would you describe **your/your child's** experience (s) with previous needlesticks? no problems cries worries very fearful no previous experience

Comments: _____

**Information:**Does the patient have a central line or port? yes no Can we draw labs from it? yes no

Would the patient like (check all that apply):

 step-by-step instructions to be awakened for poke curtain pulled/privacy**People:** Who would the patient like to be involved in the needlestick? parent staff Child Life staff member (when available)**Position:** Does the patient prefer to: lie flat sit up be held**Watching:** Does the patient prefer to: watch not watch**Distraction:** Would the patient like (check all that apply): count out loud "1, 2, 3," then poke bubbles book TV other distraction ideas (specify): _____**Comfort Measures:** Does the patient use any of these comfort measures? (check all that apply)*For infants:*

- swaddle
 caress
 pacifier
 sucrose

Children of all ages:

- imagery (e.g. my favorite place)
 deep breathing
 my own comfort item (stuffed animal, book, music)

Would you like to use other measures? Buzzy® (vibrating device) other (specify): _____**Additional comfort measures and notes:** _____

Printed name of person filling out this form

Relationship to patient

Child Life Specialist (Phone number _____) when available can assist with choosing individualized comfort measures.*If the Poke Plan does not result in a successful needlestick with minimal pokes, staff has the responsibility to seek other options to complete the procedure.*

 Staff Signature Date: _____ Time: _____ A.M. / P.M.
 (mm/dd/yyyy)

To find more information about the Poke Program go to <http://uofmhealthsystem.org/documents/pediatric/pokeprogramflier.pdf> or contact the C.S. Mott Children's Hospital Family Center at 734-936-8253 for more information.

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