



Enhancing Pediatric Blood Draw Experiences in Hematology-Oncology Care

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DESCRIPTION

Blood tests are a common part of hematology-oncology care for pediatric patients. This involves taking a sample of blood from the patient, usually through a process called phlebotomy. While this is an important and necessary part of medical care, it can also cause anxiety and fear for young children. It's essential that healthcare providers take steps to reduce the pain and anxiety associated with this process in order to make it easier for pediatric patients. The best practices for reducing pain and anxiety during blood draws include using distractions such as playing music or providing toys during the procedure, using topical anesthetics to numb the area where the needle will enter, administering oral sedatives if necessary, and using smaller needles that cause less discomfort.

Reducing fear and pain is especially important in pediatric patients because they may not be able to communicate their discomfort or tell what they are feeling. Healthcare providers must take responsibility for doing everything they can to make sure that children are comfortable during any medical procedure, including phlebotomy. Topical anesthetics can also be used on the skin at the site where the needle will enter in order to reduce any pain associated with inserting the needle into the vein. Creams containing lidocaine or tetracaine are generally applied about 30 minutes before collecting a sample of blood from a patient and help to numb the area so that there is less discomfort felt when it comes time for drawing blood. In some cases, oral sedatives may be prescribed by healthcare providers depending on how anxious or afraid a child is before having their blood drawn. These medications often come with warnings about potential side effects such as drowsiness so they should only be used after careful consideration by healthcare professionals who understand a child's individual needs. Using smaller needles when drawing blood from pediatric patients can also help reduce any pain associated with this procedure. Depending on how much tissue there is between layers of skin (subcutaneous fat) larger needles may need to be used but often smaller needles are sufficient when drawing blood from an arm or leg vein. Healthcare providers should create an atmosphere

that promotes comfort and encourages communication between themselves and their patient while administering any kind of medical procedure including phlebotomy procedures involving drawing blood samples from pediatric patients. By taking these few simple steps healthcare professionals can ensure that children receive quality medical care while minimizing any anxiety or pain associated with it.

Explanation of techniques to reduce fear and stress related to blood draws are necessary procedure for hematology-oncology patients. For pediatric patients, the process can be particularly intimidating and uncomfortable, leading to fear and stress. There are some best practices that can help to minimize pain and anxiety during blood draws.

Blood draws are a common procedure conducted on pediatric patients by hematology-oncology professionals. These procedures can be quite challenging for both the child and the healthcare professional, as they can cause a significant amount of pain and anxiety. As such, it is important that healthcare professionals take the necessary steps to reduce pain and anxiety associated with blood draws in pediatric patients. One way to reduce pain and anxiety during a blood draw is to provide adequate explanation and support prior to the procedure. It is important for healthcare professionals to explain the process of a blood draw clearly, using language that is appropriate for a child's age. Additionally, providing emotional support before, during, and after the procedure can help reduce anxiety levels in children. This could include cuddling or holding their hand throughout the process. It can also be beneficial to use distraction techniques during this process. This could include playing music or having a toy for them to focus on during the procedure. Additionally, offering rewards for completing the procedure can be another helpful distraction technique. They could receive a sticker or small toy after completing their blood draw successfully. Using topical numbing agents can also help reduce pain associated with blood draws in pediatric patients. Applying these numbing agents before taking samples from veins or capillaries helps to minimize discomfort which can lead to less anxiety overall from the experience. When it is important that

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healthcare professionals take measures to ensure safety throughout this entire process proper sanitation and sterile supplies should always be used when taking any kind of sample from pediatric patients. Additionally double-checking names and dosages prior to giving any medications is essential in ensuring patient safety during this process as well. In conclusion, proper precautions must be taken by healthcare professionals when conducting blood draws on pediatric

patients in order to reduce pain and anxiety associated with these procedures. From providing adequate explanation before the procedure to using distraction techniques such as rewards during it, there are many useful ways of helping children cope with these types of medical experiences so that they may continue receiving quality care with minimal distress or discomfort caused by them.