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## The Effect Of Distraction On Physiologic Parameters In Children Undergoing Painful Procedures In The Oncology Department

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# Background

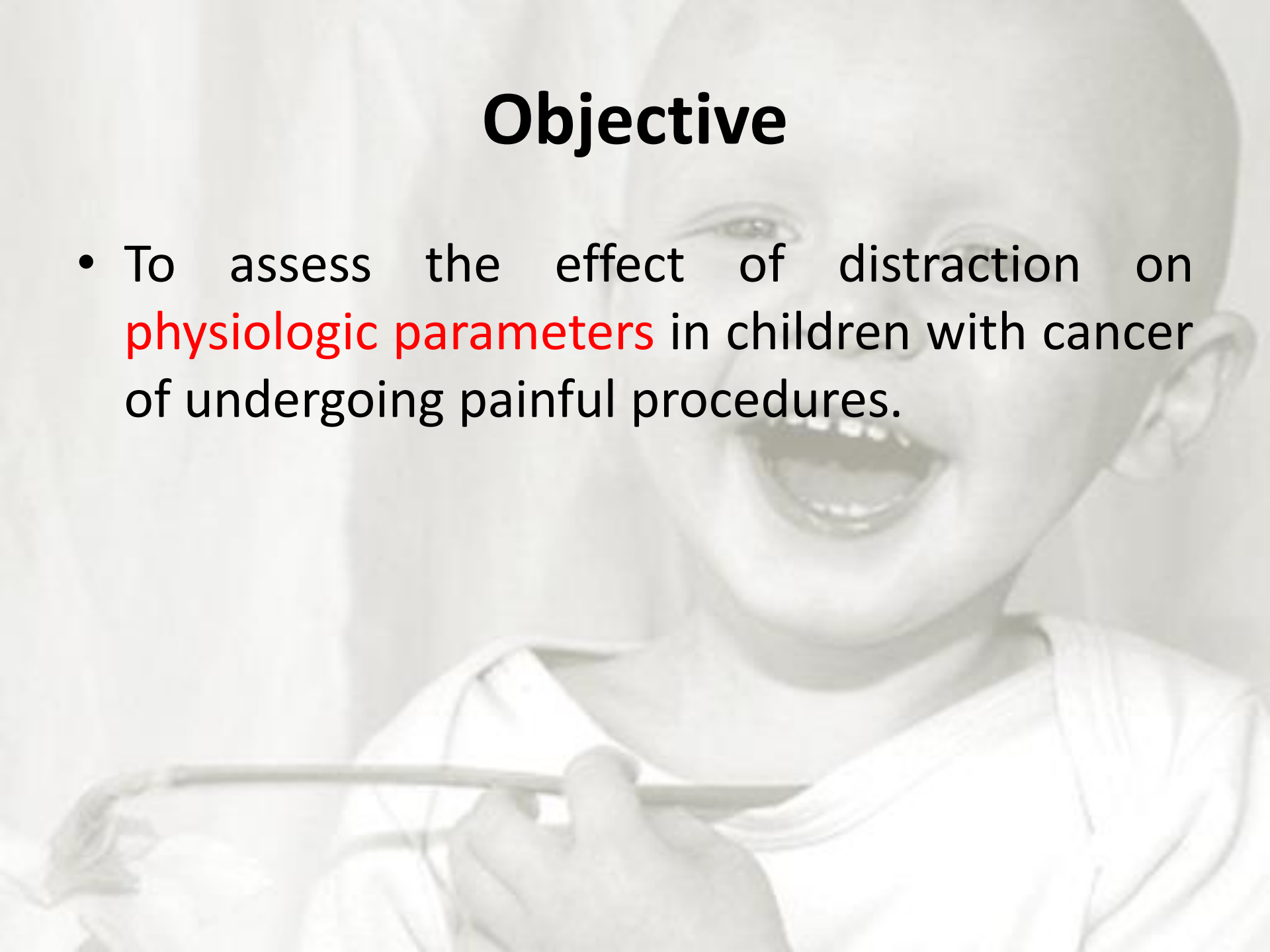
- Diagnostic tests and treatment technique for pediatric cancers involve invasive and painful procedures.
- Perception of pain among children is complex, and entails physiological, psychological, behavioral, and developmental factors.

# Background

- Although pharmacologic interventions can be used
- distraction is a **simple** and **effective** technique that directs children's attention away from noxious stimuli.

# Objective

- To assess the effect of distraction on **physiologic parameters** in children with cancer of undergoing painful procedures.



# Method

- This is a clinical trial with a **pretest-posttest** design.
- The study sample consisted of children between the ages of **7-12 years**
- who underwent **intra-spinal injection** of chemotherapy drugs
- at the of Aliebneabitaleb Hospital, **Zahedan**, Iran, 2017.
- **90 patients** were randomly assigned to the control group and the experimental group.

# Method

- Experimental group were given passive distraction in the form of **cartoon movie**
- and control group received the standard treatment
- Then, for each participant was measured for **heart rate** and **oxygen saturation**

# Result

- improvement in **arterial oxygen saturation** and **heart rate** was significantly greater in the experimental group than the control group ( $p < 0.001$ ).



# HR

	Pretest	Posttest	
Experimental	108.64	104	P= 0.0001
control	106.77	108.84	P= 0.02
T test	P= 0.04	P= 0.46	



# O2sat

	Pretest	posttest	
Experimental	95.42	98.04	P=0.0001
control	95.70	96.04	P=0.31
T test	P=0.64	P=0.0001	

# Discussion

- Based on the results, distraction therapy can be effective in **improving hemodynamic indices** (HR and SaO<sub>2</sub>).
- Some of studies have shown that distraction is a **promising intervention** for procedural pain.
- However, there is limited evidence demonstrating its effectiveness in pediatric oncology patients.

# Conclusion

- Thus distracting techniques are an **interesting nonpharmacologic** option for nurses to distract children, giving them **a sense of control** over their pain and improving their **hospital experience**, and heightening awareness around child participation in health care **decision making**.

*Thanks for your attention*

