The Recipe For Successful Procedures

Ingredient # 1: Supportive Environment

- Make a connection: introduce yourself and your role
- Environment: reduce noise, ensure privacy, think comfort

Ingredient # 2: Procedural Preparation

- Pharmacological interventions: topical anesthetic, analgesics, sucrose
- Explain the steps and sensations of procedure to patient

Ingredient # 3: Parental Presence & Procedural Positions

- Encourage and support parents' participation
- **PFC** (Positions For Comfort): Patient is sitting up, on or close to caregiver whenever possible during procedures

Ingredient # 4: Coping Strategies

- Introduce a distraction item (book, bubbles, toys, music)
- Teach techniques: deep breathing, imagery, visualization

WHAT DO YOU HAVE IN YOUR RECIPE? CHEO