

Comfort Plan, Making a Plan for Needle-Based Procedures | September 2024

Patient Form: [Comfort Plan](#)

The Comfort Plan was created to foster emotional safety during pediatric needle-based procedures. The Comfort Plan was a pilot project July 2023 – February 2024 at Utah Valley Hospital Emergency Department and Pediatric Treatment Unit, as well as at St. George Regional Hospital Same Day Surgery floor.

In February 2024, the Comfort Plan was extended to all Children's Health facilities with Certified Child Life Specialists. A CORE Scholar Program was completed to support the Comfort Plan with evidence-based research. The Comfort Plan is now accessible to all Intermountain facilities that care for pediatric patients.

Findings of the Comfort Plan pilot:

- Patient and families expressed appreciation for the opportunity to utilize the Comfort Plan prior to stressful experiences, increasing patient preference and satisfaction
- Staff members indicated that procedures generally occurred in a less stressful environment when the Comfort Plan was utilized
- Staff demonstrated a lack of knowledge with pain management tools available at Intermountain Health facilities, indicating a need for more thorough education on units

Findings of the CORE Scholar Program:

- Eight scholarly articles were compared which demonstrate the effectiveness of components of the Comfort Plan during lab draws, IV starts, and vaccinations
- Implementing components of the Comfort Plan resulted in an overall positive impact on the child, parents, staff, and procedure time

Results from the pilot revealed a need for better accessibility to pain management methods for pediatric patients and more in-depth staff education. The CORE Scholar findings support a positive impact on creating individualized coping plans.

Applies to | All clinical caregivers in the Canyons/Desert Region that care for pediatric patients in the hospital and ambulatory settings. (Ex. IV Teams, Emergency Departments, Same Day Surgery, Medical Imaging, and Outpatient clinics)

Comfort Plan for _____

MAKING A PLAN FOR NEEDLE-BASED PROCEDURES



Choose one or more of the items below to help create a plan for your needle-based procedure. Ask for or talk with a Certified Child Life Specialist or your medical team when creating your plan. A Child Life Specialist is a healthcare professional who is an expert in child development. They help children of all ages understand and manage stress reactions to medical procedures.

What I want to know before:

- ☐ Tell me what will happen
- ☐ Show me what will happen
- ☐ Do not tell me anything
- ☐ My idea: _____

My comfort position is:

- ☐ To be swaddled: best for 6 months and under
- ☐ Sit with someone: choose a comfort position on the back of the page
- ☐ Sit by myself: I can hold still
- ☐ My idea: _____

To make me more comfortable, I want to use:

Ask about availability. Ask if feeding is okay.

☐ Skin buzzer (Buzzy): age 12 months and older
 ☐ Cold spray: age 4 years and older
 ☐ ShotBlocker: all ages (for IM injections only)

☐ Numbing cream: all ages (lidocaine + prilocaine takes 60 minutes to numb; lidocaine takes 30 minutes)
 ☐ Numbing spray (J-Tip): age 12 months and older
 ☐ Comfort feeding: age 0 to 12 months (sugar water drops or breastfeeding)

☐ My idea: _____
☐ Nothing

What I want to do during the procedure:

Check all that apply.

3 - 2 - 1

- ☐ Count down from 3 or 5 (circle one)
- ☐ Squeeze something or hold a hand
- ☐ Look away or close my eyes
- ☐ Watch what is happening

- ☐ Listen to music or watch something on a tablet or phone
- ☐ Take deep breaths
- ☐ My idea: _____

Why it's important | Implementing individualized Comfort Plans for pediatric patients shows an overall positive impact on the child, parent, staff, and procedure. The Comfort Plan fosters emotional safety during needle-based procedures. Emotional safety, defined by the Association of Child Life Professionals (ACLP), is the intentional multidisciplinary practice to promote resiliency, healing, and trust for pediatric patients and their families during medical procedures.

Key Points |

The Comfort Plan form includes:

- Choice for control and mastery with patient preference
- A list of appropriate comfort positions appropriate for intramuscular injections, intravenous access, and blood draws
- For additional needle-based procedures, consult a Certified Child Life Specialist for appropriate patient positioning.
- Intermountain approved pain management options
- Ideas for alternative focus

How to use the form:

- Become familiar with pain management options your facility offers
- Collaborate with your pharmacy team to provide pain management accessibility to your unit
- Work with your unit child life specialist or educator to have appropriate training and education on pain management options
- Provide form to pediatric patient or parent prior to a needle-based procedure
- Educate pediatric patient or parent on appropriate pain management options for procedure
- Review patient individualized Comfort Plan to implement coping plan and strategies for needle-based procedure

Access and ordering information:

- The patient form [Comfort Plan](#) is a standard letter size paper (8.5 x 11 inches). The Comfort Plan can be ordered through [Print It](#) in English (PM015) and Spanish (PM015S); search “comfort plan” to find.
- Pain management ePro ordering details can be found in the [Vaccine, Injection & Needle Based Procedure Emotional Support, Pediatric](#) Learning Link in the Pain Management Tools section.

Additional Resource:

- CH>[Pediatric Pain Resources](#)>Non-pharmacological Pain Management
- To learn more about the ACLP four pillars of emotional safety, view [Emotional Safety in Pediatrics](#)

About this factsheet |

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