Comfort Positioning for Procedures for Pediatric ED Patients
Process of a Comfort Hold

Explanation & Preparation

Rapport building & Rehearsal

Staff communication

Positioning (comfortable for everybody)

Procedure (Each person plays a role)

Feed back and questions from family

Post-procedural support and processing

Procedure (Each person plays a role)
Techniques for Swaddle/Snuggle

Maximize contact:
The caregiver laying by the side of the child maintains contact with each other.

Minimize movement:
Lay side by side. Cover the child’s feet and arm with a blanket.

Sufficient immobilization; Secure the child’s lower body by using a blanket and the holder’s arm. Hold the child’s shoulder and extremity of the iv area and stabilize the holder’s hand using bed.
Swaddle & Snuggle

Comfortable position: Laying on bed

Immobilize: The child’s feet and arm is covered with a blanket

Staff

Family

Holder

Touch, Calm talk, Pacifier and Sweet Ease

Holder’s hand stable on bed
Techniques for Bear Hug

Maximize contact:
Chest to chest contact allows the child and the caregiver to hug each other.

Minimize movement:
Hug the child’s upper body and hips. Minimize the child’s arm movement by placing the caregiver’s arm over the child’s arm. The child straddles the caregiver to minimize the movement of legs.

Sufficient immobilization:
Stabilize the holder’s elbow and hand using bed
Bear Hug

Comfortable position: Leaning on chair

Holder’s hand stable on bed

Immobilize: Straddle child’s legs around caregiver’s waist

Touch & Securing by mom’s arm over child’s arm

Family

Child Life

Staff
Techniques for Kangaroo Hug

Maximize contact: Chest to back contact allows child to be hugged by caregiver from back.

Minimize movement: Hug child’s upper body and below waist. Cross caregiver’s legs over child’s feet, or wrap a blanket around child’s legs.

Sufficient immobilization: Stabilize the holder’s elbow and hand using bed or the caregiver’s thigh.
Kangaroo Hug

Immobilize: Cross caregiver’s leg over child’s feet, or wrap a blanket around child’s legs.

Comfortable position; Leaning on bed

Holder’s hand stable on bed

Staff

Child Life

Family

Touch & Securing
Techniques for Comfort Touch

Maximize contact: Contact on hand and arm. The Caregiver can gently pat, rub, or massage the child’s body (head, face, arm, feet)

Minimize movement: Chair: When the child is sitting up on a chair and hand is on the bed, the child’s feet will be out of the way.

Bed: Allow the child and the caregiver to focus on breathing and relaxation techniques. Be sure to create relaxing posture for the child using a pillow, blanket, head rest or back rest.

Sufficient immobilization: The staff performing IV will hold the child’s hand on the bed. Use the holder as needed.
Comfort Touch (bed)

Breathing together & Calming talk

Comfortable position; Leaning on bed

Child Life
Family
Staff