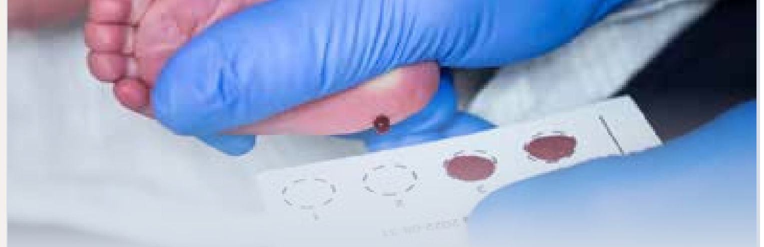
HELPING YOUR CHILD COPE WITH BLOOD DRAWS



Bloodwork can often be a stressful experience for many children/adults. There are ways to help your child cope with bloodwork.

1. Develop a coping plan: Prior to the blood drawn, come up with a plan with your child. Some helpful strategies include deep breathing, distraction with a child's favourite toy or stuffed animal, singing, counting in a calm tone, playing a game or watching a video on a phone or tablet, or comfort positioning. EMLA cream may be prescribed by your doctor to help numb the area for the collection, contact your doctor for more information. Try and remain calm, especially when your child is not.
2. Use a comfort position when possible: For young children, sitting on a caregiver's lap in a safely implemented comfort position can add a sense of security, comfort, and support. Your phlebotomist can help you determine the best way to hold your child to ensure everyone's safety and success of the blood draw. In severe cases, the phlebotomist may ask you to use a wrapping technique using a sheet to ensure the safety of your child.
3. Describe sensations: Children can become anxious during any stage of a blood draw – from tourniquet placement to cleaning with an alcohol swab. Try to help your child know what to expect by describing sensations. For example, you can describe a tourniquet as a "tight squeeze" and cleaning as "cold and wet".
4. Give an appropriate opportunity for control: Ask your child if they would like a countdown to the poke or if they would like to look away and be distracted instead. This provides the child with a sense of control over an experience that they have very little control over. Also empower your child by giving them a job – to remain still so that the blood draw can go as smoothly as possible. This will also give the child a sense of autonomy over their own body.
5. Be honest with your language: Honesty is an important component when speaking to your child about bloodwork. Try to avoid saying "it won't hurt!" or "this will be quick!" It's important that your child trusts you and the medical team to be honest with them. Try saying, "this will feel like a pinch or a poke" instead. Be careful not to say "all done!" until the blood draw is truly complete – that means the needle is removed and a bandage is placed. Using this language prepares the child for a sensation that they can relate to and provides realistic expectations, which can lead to a greater ability to cope positively with a blood draw.

The age of your child will determine the specifics on how the blood will be drawn.

If your baby is a newborn it will likely be a heel prick. As they get older it will most likely be from the inner elbow.

WHAT TO BRING

Make sure you have your ID, medical aid information, and the doctor's referral to get the blood work.

Other things to bring include food and drinks. If you have a long wait make sure your child has plenty to drink. Keeping them hydrated is important to help the veins pop out.

Plan for your baby to wear a short-sleeve shirt. You want it to be easy to access their arm without having to undress them.

THE BLOOD DRAW

When the phlebotomist is ready for you, you will go to a room with your baby (or toddler). You will sit in a chair, with your child sitting on your lap. The phlebotomist will check both arms, looking for the best location to perform the blood draw.

During this time try to keep your child happy. Continue to talk to them and try not to restrain them yet. Once they are ready for the blood draw, the phlebotomist will instruct you on how to hold your child.

Often there will be two phlebotomists in the room. One will do the draw while the other helps keep the arms as still as possible. Your job as the parent is to handle the rest of their body.

Hold them tight – it is better if they are still, as the more still they are the less painful it is and more quickly it will be over.

Speak to your child throughout the process. Your child knows your voice and recognises your tone. If you speak to them and reassure them that everything is ok and that they are doing a good job it can only help.

During this time they will be filling vials with blood. Once they are done they will put a plaster on the site and you are on your way.

PROBLEMS

If for any reason you are having a problem with the phlebotomists, speak up. Ask if they can get someone more senior in the room. If they are taking multiple attempts, it is ok to speak up and ask for someone else. You are the advocate for your child.

AFTER THE BLOOD DRAW

Once the blood draw is done, you will leave the room. Find a quiet spot and give your child love and hugs. Have their special items such as a blanket handy. Perhaps they need a moment to calm down with a quick snack and a drink.

After being restrained they may not like being quickly forced into a car seat and buckled in.

Give them time to calm down a bit.

And finally, after the blood draw, expect your child to need a good nap. If they fought you they will be exhausted.

Should you require any further information, our friendly and knowledgeable staff are ready to assist you.

Contact Details

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Port Elizabeth	T 041 391 5700
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Somerset West	T 021 852 3144
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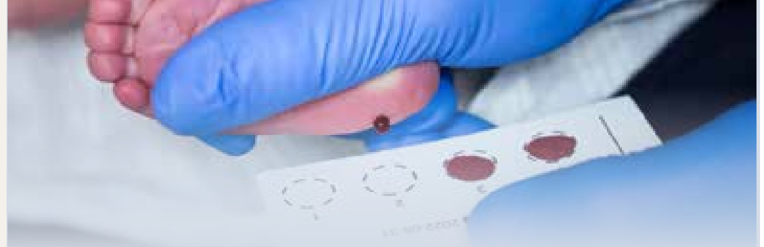
HELP JOU KIND OM BLOED TREK TE HANTEER



Om bloed te trek kan vir baie volwassenes of kinders 'n spanningsvolle ervaring wees. Daar is maniere om jou kind te help om bloed trek beter te hanteer.

1. Ontwikkel 'n plan om dit te hanteer: Beraam 'n plan saam met jou kind voordat bloed getrek word. 'n Paar dinge wat kan help, is om diep asem te haal, jou kind se aandag met 'n gunstelingspeelding of teddiebeer af te lei, te sing, kalm te tel, 'n speletjie op 'n foon of tablet te speel of 'n video te kyk, of om jou kind vertroostend vas te hou. EMLA room kan deur u dokter voorgeskryf word om die area te verdoof voor die prosedure. Probeer kalm bly, veral wanneer u kind nie is nie.
2. Hou jou kind vertroostend vas wanneer dit moontlik is: As jong kinders vertroostend op hulle versorger se skoot vasgehou word, kan dit 'n gevoel van geborgenheid, vertroosting, en ondersteuning skep. Die flebotomis kan jou help vasstel wat die beste manier is om jou kind vas te hou om almal se veiligheid te verseker en seker te maak dat die bloedtrekproses suksesvol is. In ernstige gevalle kan die personeellid u vra om 'n toedraaitegniek te gebruik deur 'n laken/kombers te gebruik om u kind se veiligheid te verseker.
3. Beskryf wat jou kind voel: Kinders kan op enige stadium van die bloedtrekproses angstig raak – van die tyd wat die toerniket geplaas word tot wanneer die bloedtrekplek met 'n alkohollappie skoongemaak word. Beskryf hierdie sensasies sodat jou kind sal weet wat om te verwag. Jy kan byvoorbeeld 'n toerniket as "'n band wat styf vasdruk" en die skoonmaakproses as "koud en nat" beskryf.
4. Gee toepaslike geleentheid vir beheer: Vra jou kind of hy/sy wil tel tot die naald ingesteek word, en of hy/sy wil wegkyk en eerder sy/haar aandag afgelei wil hê. Dit gee vir die kind 'n gevoel van beheer oor 'n ervaring waaroor hy/sy min beheer het. Bemagtig ook jou kind deur vir hulle 'n werkie te gee – om so stil as moontlik te sit sodat die proses so glad as moontlik kan verloop. Dit sal jou kind 'n gevoel van selfbestuur oor hulle eie liggaam gee.
5. Wees eerlik: Eerlikheid is belangrik wanneer jy met jou kind oor bloed trek praat. Moenie sê "dit gaan nie seer wees nie" of "dit gaan gou verby wees" nie. Dit is belangrik dat jou kind jou vertrou en dat die mediese span eerlik met jou kind is. Sê eerder "dit gaan voel of iemand jou knyp of met iets steek". Wees versigtig om nie "als klaar!" te sê totdat jou kind se bloed werklik klaar getrek is nie – dit beteken totdat die naald verwyder en die pleister geplak is. Deur hierdie woorde te gebruik, berei jy jou kind voor vir 'n sensasie wat jou kind kan verstaan, en dit bied realistiese verwagtinge wat dan daartoe kan aanleiding gee dat jou kind bloed trek positief hanteer.

Jou kind se ouderdom sal die presiese besonderhede bepaal van hoe bloed getrek gaan word.

Dit sal heel waarskynlik 'n prik op die hakskeen wees as jou baba pasgebore is. Soos kinders ouer word, sal dit heel waarskynlik in die binnekant van die elmboog wees.

WAT OM SAAM TE BRING

Bring jou ID, mediesefondsinligting en die dokter se aanvraagvorm saam sodat bloed getrek kan word.

Jy kan ook ander goed saambring, soos eet- en drinkgoed. Maak seker jou kind het genoeg om te drink as julle lank moet wag. Dit is belangrik dat jou kind genoeg drink om te help dat hulle are bult.

Beplan dit so dat jou baba 'n kortmouhempie dra. Dit moet maklik wees om jou baba se arm in die hande te kry sonder om eers klere te moet uittrek.

As jou baba 'n fopspeen suig en daarvan hou, hou die fopspeen byderhand en maak dit aan jou baba se klere vas.

BLOED TREK

Wanneer die persoon wat die bloed trek (flebotomis) reg is vir julle, sal jy en jou baba (of kleuter) na 'n vertrek geneem word. Hier sal jy op 'n stoel sit met jou kind op jou skoot. Die flebotomis sal na albei arms kyk om te besluit waar die beste plek is om die bloed trek.

Probeer in hierdie tyd jou kind gelukkig hou. Praat met jou kind en probeer om jou kind nie nou al vas te druk nie. Sodra die flebotomis gereed is om bloed te trek, sal hy/sy vir jou sê hoe om jou kind vas te hou.

Daar sal dikwels twee flebotomiste in die vertrek wees. Een sal bloed trek, en die ander een sal jou kind se arm so stil as moontlik probeer hou. Jou werk as die ouer is om die res van jou kind se lyfie stil te hou.

Hou jou kind styf vas – dit is beter as jou kind nie beweeg nie, want hoe minder jou kind beweeg, hoe minder pyn sal daar wees, en hoe vinniger sal als verby wees.

Praat gedurende die proses met jou kind. Jou kind ken jou stem en herken jou stemtoon. Dit kan help as jy met jou kind praat en hulle gerusstel dat alles in orde is en dat hulle goed vaar.

Die flebotomis sal gedurende hierdie tyd buisies met bloed volmaak. Sodra die bloed getrek is, sal die flebotomis 'n pleister op die bloedtrekplek plak, en dan kan julle gaan.

PROBLEME

Sê iets as jy om enige rede 'n probleem met die flebotomis het. Vra of hy/sy 'n persoon met gesag kan roep. As hy/sy 'n hele paar keer probeer om bloed te trek, sê dat jy wil hê iemand anders moet probeer. Jy is jou kind se kampvegter.

NADAT BLOED GETREK IS

Julle sal die vertrek verlaat sodra die bloed getrek is. Soek 'n rustige plekkie en gee jou kind liefde en drukkies. Hou jou kind se spesiale goedjies byderhand, soos 'n kombersie. Jou kind sal dalk 'n bietjie tyd nodig hê om met 'n peuselhappie en iets te drinke te kalmeer.

Jou kind sal dalk nie gou in 'n karstoeltjie gedwing en vasgemaak wil word ná hy/sy vasgedruk is sodat bloed getrek kon word nie.

Gee jou kind 'n rukkie kans om bietjie te kalmeer.

En laastens, verwag dat jou kind 'n sal wil slaap nadat bloed getrek is. Jou kind sal pootuit wees as dit 'n gestoei was.

Ons vriendelike en ervare personeel is daar om jou te help as jy meer inligting nodig het.

Kontakbesonderhede

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