



ANGEL AID

## TRAUMA-LESS NEEDLE POKES:

### 7 STEPS TO EASIER INJECTIONS, BLOOD DRAWS AND IVs

by Pamela Alma Weymouth, MIGHTY KIDS CAN



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## MY NEEDLE POKE PLAN FOR BLOOD DRAWS

NAME: \_\_\_\_\_

### STEP #1 PREPARE THE BRAIN:

- TIMING: The best time and day of the week for my draw is: \_\_\_\_\_
- TREATS: The REWARD I will get for my bravery is: \_\_\_\_\_
- TALK:
  - Parents/Caregivers: I've talked/listened to my child about their fears, past experience and introduced new tools/plan
  - Teens/Adults: I've talked about my fears, my past experience, and my new tools/plan with MY ALLY: \_\_\_\_\_ (name)
- TOOLS:
  - I'll use this pain blocker: Buzzy® or L.M.X.4 or EMLA (circle one, more details below)
  - I've created a toolkit (see below: small bag/fanny pack)

### #2 CALM THE BODY

- HYDRATION: I will drink \_\_\_\_\_ glasses of water/electrolyte drink\* the day before and \_\_\_\_\_ glasses the morning prior \*(if approved by my doctor)
- EXERCISE: I will do \_\_\_\_\_ for \_\_\_\_\_ minutes prior to my draw (make it do-able!)
- FUEL: (If it's not a fasting draw) the nutritious food I will eat prior is: \_\_\_\_\_
- The nutritious snack I'll pack/eat afterward is: \_\_\_\_\_ (within doctor approved guidelines)
- MEDITATION: I will meditate, listen to meditation app for \_\_\_\_\_ minutes prior (try Headspace, Spire or just count your in/out breaths)
- MANTRA: My mantra is: \_\_\_\_\_ (example: I am brave. I've got this!)

### #3 ADVOCATE: YOU ARE THE CAPTAIN OF YOUR MEDICAL JOURNEY!

- The lab I will use is: \_\_\_\_\_ Phone: \_\_\_\_\_
- Address: \_\_\_\_\_
- I've requested the "most sensitive/skilled" pediatric or adult phlebotomist. Name: \_\_\_\_\_ They work: \_\_\_\_\_ (days/hours)
- Manager's name is: \_\_\_\_\_
- Back up person? \_\_\_\_\_
- CALL AHEAD: I will call the day before/day of to confirm my preferred phlebotomist is in
- Tip: When I arrive I'll share my plan and any special requirements for my specimen. I'll remind the front desk person of my preferred phlebotomist. If need be, I'll say "stop" and take a break.

#### #4 USE THE COMFORT HOLD:

- PARENTS: Remind phlebotomist my child will sit upright on my lap or \_\_\_\_\_
- MY TWEEN/TEENS: I prefer I hold hand/ touch shoulder/ touch leg/ be hugged (circle choice)
- TEENS/ADULTS: I will bring my ally: \_\_\_\_\_
- Going solo? TWEEN/TEENS/ADULTS: I will hold my touchstone: \_\_\_\_\_  
\_\_\_\_\_ (sacred object, prayer beads, etc)
- I may call/ text my ALLY afterward at this #: \_\_\_\_\_

#### #5 BLOCK THE PAIN:

- The pain blocker I will use is the: \_\_\_\_\_ Buzzy® \_\_\_\_\_ L.M.X. 4 \_\_\_\_\_ EMLA  
I've acquired supporting materials:  
For Buzzy: \_\_\_\_\_ ice wings \_\_\_\_\_ tourniquet  
For Numbing Lotion: \_\_\_\_\_ Tegaderm or \_\_\_\_\_ Glad Press'n Seal®
- I've reviewed instructions/video on how to use my pain blocker
- I have practiced using my pain blocker

#### #6 USE ACTIVE DISTRACTION:

- The distraction I will use is: \_\_\_\_\_
- I've brought my Buzzy® DistrACTION® cards, "Where's Waldo" Books or pinwheel/bubbles,  
other: \_\_\_\_\_  
Tip: DistrACTION® cards are effective for teens & adults too. You may also count tiles,  
colors, shapes on wall or in poster.

#### #7: REWARD, REFUEL, REFLECT:

- I celebrated with my REWARD! I've earned it!
- REFUEL: I refueled with my vitamin C rich/ protein snack: \_\_\_\_\_  
(within dietary guidelines for my condition)
- REFLECT:  
What worked? \_\_\_\_\_  
What didn't work? \_\_\_\_\_  
Improvements I'll make next time: \_\_\_\_\_

#### CHECKLIST My TOOLKIT is packed with:

- |   |  |
|---|--|
| <input type="checkbox"/> My plan                        | <input type="checkbox"/> Warm Pack                   |
| <input type="checkbox"/> Water bottle/electrolyte drink | <input type="checkbox"/> Distraction                 |
| <input type="checkbox"/> Pain blocker                   | <input type="checkbox"/> Touchstone                  |
| <input type="checkbox"/> Ice wings/Cold Pack            | <input type="checkbox"/> Nutritious Snack            |
| <input type="checkbox"/> Tegaderm or Glad Press'n Seal® | <input type="checkbox"/> Reward (or plan for reward) |

Use #MightyKidsCan to share your bravery story.

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Note: Each step in this plan is backed by evidence-based research, but these are recommendations only and may need to be modified to work best for you or your child's specific medical situation. This is not medical advice and all steps you take should be reviewed with your medical provider to ensure they are appropriate and safe for you and/or your child. Talk to your doctor.