



EFFECTIVENESS OF SKIN TAP TECHNIQUE ON PAIN RESPONSE DURING PENTA VACCINE AMONG INFANTS

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ABSTRACT

Children are precious to their family. Parents want their child to be safe from diseases. For this reason, they select immunization as a preventive measure. Routine immunization is almost universal experience for children. Quasi experimental nonequivalent post-test only control group design is used. Sample size is 40. 20 in experimental group and 20 in control group. Experimental group response of pain mean score is 4.45 and in control group is 8.15, and calculated 't' value 10 at df 38 which is higher than the tabulated 't' value at 0.05 level of significance. The present study helped to assess the skin tap technique on pain response in infant.

KEYWORDS : Effectiveness, Skin tap Technique, Pain, Penta Vaccine, Infants

INTRODUCTION

Today's society is complex and ever changing; children grow and learn not only to cope with current demands but also to prepare with many unexpected events they will face in their tomorrows. Every human being is born with the responsibility to protect one's own health and that of others. This responsibility cannot be carried out if one is ignorant. Injections can be administered through a variety of routes such as intramuscular, intravenous subcutaneous and intradermal. Procedural pain is an important source of discomfort for patients in nursing care settings. The nurse uses a variety of interventions to bring relief. Distraction is a non-pharmacological intervention. The distraction appears to offer significant promise in the control of pain. Conscious attention is necessary to experience pain. Distraction helps the child to focus attention on something other than the pain.

IN DEC 2018, Ms. Hemangi Chaudhari and Mr. Vipin Vageriya conducted a study on Assess the Effectiveness of Helfer Skin Tap Technique on Pain During Vaccination among Infants. The aims of this study are to reduce the pain. The Quasi experimental research design was used for the study. 60 children below age of 1 year who were receiving pentavalent vaccination in selected pediatric hospitals of Gujarat were selected by non-probability convenient sampling technique and then randomly allocated to experimental and control group (30 each). Data was collected by using FLACC scale. There was statistically significant difference found between the level of pain among experimental and control group calculated by Mann Whitney test 6 at the p-value <0.001 level of significance. Study concluded that there was significant difference between the level of pain among experimental and control group.

OBJECTIVE

- Assess the level of pain among infant receiving PENTA vaccination experimental group.
- Assess the level of pain among infants receiving PENTA vaccination control group.
- Assess the effectiveness of skin tap technique on level of pain among infants receiving PENTA vaccine in experimental group.
- Find out the level of pain among infant and their selected demographic variables in experimental group.

HYPOTHESES

H1- Their will be significant difference between level of pain among infant in experimental group and control group.

H2- Their will be significant difference between level of pain among infant in experimental group with their selected demographic variables.

METHODOLOGY

A quantitative, quasi-experimental non-equivalent post-test only control group design was used in this study. Target population consists of all infants aged 3½ month. The sample size is 40. 20 sample in experiment group & 20 samples in control group. The investigator adopted the purposive sampling technique. Data was collected with the help of FLACC scale and demographic variable.

The tools consist of 2 sections.

Section 1: Demographic characteristics – demographic data of

Infant would include age, sex, family member accompanying.

Section 2: Standardized pain assessment scale

FLACC scale which includes facial expression, leg movement each of the five categories (F) face (L) legs (A) activity (C) cry (C) consolability is scored from 0-2, which results in a total score between 0-10. Interpretation will be done as follows.

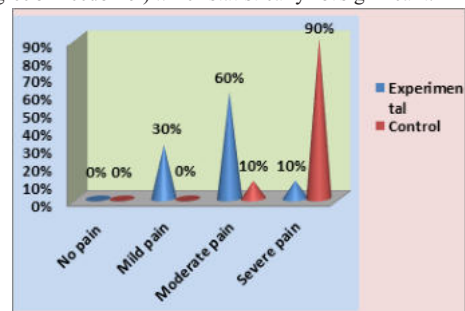
SCORE	RESPONSE
0	Relaxed and comfortable
1-3	Mild discomfort
4-6	Moderate pain
7-10	Severe discomfort or pain or both

RESULT

Association of data between pain response on among infant and their selected demographic variables in experimental group

S.no	Variables	Total	df	Chi value	P value	Infer-ence
1.	Age					
	3-6 week	0	9	26.4	0.05	S
	7-10 week	0				
	11-14 week	14				
Above 15 week	6					
2.	Sex					
	Male	12	3	0.8	0.99	NS
	Female	8				
3.	Family member accompanying					
	Mother	11	9	13.2	0.7	NS
	Father	3				
	Grand parents	6				
	other	0				

The association between the age of infants and response of pain. The chi square value calculate is 26.4 ($p < 0.05$ at the degree of freedom 9) which statistically most significant, sex of infant and response of pain the chi square value calculate is 0.8 ($p < 0.05$ at the degree of freedom 3) which statistically not significant, family members accompanying of infants and response of pain the chi value calculate is 13.2 ($p < 0.05$ at the degree of freedom 9) which statistically not significant.



Cone Diagram Showing Percentage Distribution Of Subject According To Control Group And Experimental Group Pain Score

In experimental group out of 20 sample the majority of sample 60% moderate pain 30% have mild pain and 10% severe and none of them 0% no pain score. In control group out of 20 sample the majority of sample 90% severe pain and 10% moderate pain and none of them mild pain and no pain.

DISCUSSION

Present findings indicate that in experimental group response of pain mean score is 4.45 and in control group is 8.15, mean difference of response of pain 3.6 with standard deviation 1.27, standard deviation error 0.40 and calculated 't' value 10 at df 38 which is higher than the tabulated 't' value at 0.05 level of significant hence research hypothesis is accepted.

The finding is supported by the **Parvati Negi**, conducted a study on Effectiveness of Helfer skin tap technique on pain reduction during intramuscular injection among infants. The objectives of the study are to assess the pain level among infants during intramuscular injection both control and experimental group. In this research Quasi-experimental design used in this study Comprised of 60 infants selected by purposive sampling technique, 30 in experimental & 30 in the control group came in Immunization clinic in IGMC & hospital, Shimla. HSTT used in experimental group & routine technique in the control group. The pain was assessed by the FLACC pain scale. The result revealed that 66.7% of the infants in the experimental group had mild pain, only 23.3% perceived moderate and no anyone perceive severe pain during IM injection by using Helfer skin tap technique. 40% of the infants in the control group had severe pain, 46.7% perceived moderate pain, only 13.3% perceived mild pain during IM injection by using a routine technique. The present study findings supported that there is a significant difference in pain score in the IM administration with Helfer skin tap technique. The conclusion of the study proved that Helfer Skin Tap Technique was effective than the Routine Technique in administering IM Injections. It was concluded that the perception of pain intensity is less when intra muscular injection is administered by using Helfer Skin Tap Technique.

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