

COMPARISON OF AUDIOVISUAL DISTRACTION AND ACTIVE DISTRACTION DURING VENIPUNCTURE AMONG SCHOOL-AGED CHILDREN: A META-ANALYSIS

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ABSTRACT

Background of the study

Painful invasive medical procedure such as intravenous insertion is a widely used procedure in the hospital today. Non-pharmacological interventions in the form of audiovisual and active distraction are being used to manage pain caused by this procedure. Looking into the effectiveness of these modalities would enhance pain management among pediatric patients.

Objective

This study aimed to compare active and audiovisual distraction as pain management intervention during venipuncture among school-aged children.

Methods

The investigators utilized the meta-analysis as research design. Extensive search of literature using public and private libraries, as well as the internet was done. The keywords used in the internet search were: school-aged children, active distraction, audio-visual distraction, watching television, pain and venipuncture. A total of seven journals were retrieved but only two passed the inclusion and exclusion criteria set by the investigators. The pain scales used in the two studies were subjected to statistical analysis for pooling of results.

Results

From this meta-analysis, the investigators concluded that both active and audiovisual distraction were effective interventions in pain management during venipuncture among school-aged children as reflected from the pain level scores obtained through the reconciled Oucher Pain Scale and Visual Analogue Scale. Between the two interventions, however, audiovisual distraction was more effective than active distraction.

Keywords: Meta-Analysis, audio-visual distraction, active distraction, venipuncture, school age children