

Table 4

Nurse-Driven Protocol for Procedural Pain Management

When an MD or NP writes for "PainFree Measures per Protocol" the following orders may be carried out. Protocol management means that the nurse will choose and administer pharmacologic and nonpharmacologic measures according to this guideline considering age, developmental level, type of procedure and medication characteristics. Documentation of the method chosen and the outcome should be written in the medical record.

- 1) Sucrose: 0.2-2cc (depending upon gestational age) PO \times 1 dose given 2 minutes prior to procedure for patients up to 3 months of age

Gestational age	Dose
< 28 weeks	0.2 cc swabbed into mouth
28-32 weeks	0.2-2 cc depending upon suck/swallow
> 32 weeks	2 cc

- 2) EMLA Cream: apply to skin at least 1 hour before needlestick or circumcision*

24 hour dosing guidelines

Age and Weight	Maximum Dose	Maximum Application Time
0 to 3 months OR up to 5 kg**	1 g	1 hour
3 to 12 months AND greater than 5 kg	2g	4 hours
1 to 6 years AND greater than 10 kg	10g	4 hours
7 to 12 years AND greater than 20 kg	20g	4 hours

*for infants > 3 mon or 5 kg EMLA works best when left on for at least 2 hours before IM injections.

**must be at least 32 weeks gestation to use EMLA

- 3) ELA-Max Cream: apply to skin at least 30-45 minutes prior to needlestick

May use with or without an occlusive dressing.

Age and Weight	Maximum Dose/ Application Area	Maximum Application Time
Older than 1 yr AND less than 10 kg	< 100 cm ² (4 \times 4 in)	1 hour
1 to 6 years AND 10 - 20 kg	< 200 cm ² (5.5 \times 5.5 in)	2 hours
7 to 12 years AND greater than 20 kg	< 600 cm ² (9 \times 9 in)	2 hours

- 4) Numbly Stuff: 1 cc of IontocaineTM or lidocaine 2% with epinephrine 1:100,000 by iontophoresis prior to procedure for children older than 1 year of age

- 5) Vapocoolant spray: Spray on skin (up to 10 seconds for Ethyl ChlorideTM, Fluoroc-MethaneTM, or 2-3 seconds for Fluro-EthylTM) immediately prior to needlestick.