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Effect of swaddling technique on pain during vaccination

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I. Introduction

Swaddling is the practice of tightly wrapping a baby in a light blanket.It is an age old technique that not only calms babies but makes them portable.Swaddling Technique is used as a distraction therapy[1].Distraction therapy is ways of helping a child cope up with a painful or difficult procedure. It can also be used if a child is in pain or discomfort. It aims to take child's mind off the procedure by concentrating on something else that is happening[2]. Pain is an un pleasant, stimulus for every individual, especially for infants. There exists many non-pharmacological techniques which soothens and comforts the child during the invasive procedures. The swaddling technique is one of the such method , it is easiest and comfortable technique for both the mother and baby.

Statement of the Problem: A Quasi experimental study to assess the effectiveness of swaddling technique for pain reduction among infant during vaccination in selected hospitals of Pune.

Objectives:

- To assess the effectiveness of swaddling technique for pain reduction among infant during vaccination
- To compare the pain reduction in both control and experimental group.
- To determine the association between the level of pain reduction among the experimental group and control group with selected demographic variables.

Research Design and approach: Quasi-experimental approach and Post test only design was used in this study. The study was conducted for a period of 4 weeks from 1.7.17 to 31.7.17. The 60 samples were selected by using non-probability convenient sampling. Tool validity was done by 8 experts and reliability was determined by Spearmans Split Half Technique .

Major Findings of the Study were as Follows

- The post test mean score of the experimental group was 2.28 and the post test mean score of the control group was 6.
- The obtained 't' value for comparison of post test score of pain at ($p<0.05$) level was 13.2.
- The post test result for experimental group revealed that 25(100%) had relaxed and comfortable from pain.
- The post test score for control group revealed that 14% had mild pain, 16%had moderate pain and 70% had severe pain level.
- There was no association between post test pain score with demographic variables in both experimental and control group.

The main focus of the study was to assess the effectiveness of swaddling technique for pain reduction among infants while vaccination in selected hospitals in Pune. The mean post test score for experimental group (M=2.28) was lower than the mean post test score for the control group (M=6) and the calculated't' value is (t= 13.2) greater than the table value (t=1.960). The finding shows that the swaddling technique was effective in reducing pain among infants. So the alternative hypothesis was accepted.

Table. 1 Distribution of Statistical value of Post Test Score for Experimental and Control Group regarding Pain Reduction during Immunization among Infants.

S. No.	Pain Level	Mean	SD	't' value
1.	Experimental group	2.28	0.9173	
2.	Control group	6	1.019	13.2*

*significant at 0.05 level

Table 1 shows that the table value of t=1.960 at 0.05, calculated value of t=13.2at p=0.05, which is greater than the expected table value. This shows that swaddling technique has significant effect on reducing pain among infants during immunization.

II. Conclusion

The swaddling technique is a non invasive intervention and it can be emphasized by the staff nurses's to reduce the level of pain among children

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