

care for infants and children should consider the potential acute and long-term effects of pain on their young patients and be advocates in treating and preventing pain.

Common Pain States in Children

Painful and Invasive Procedures

Procedures that infants and children must experience as part of routine medical care often cause pain and distress. For example, infants and children experience a substantial amount of pain due to routine immunizations. The [Evidence-Based Practice Box —Reducing Injection Pain During Childhood Immunizations](#) provides interventions that can minimize pain during these procedures.

Translating Evidence into Practice

Reducing Injection Pain during Childhood Immunizations

By Rebecca Njord

Introduction

Infants and children experience a substantial amount of pain due to routine immunizations. Recent evidence shows that infant and childhood pain is not only immediately distressing to both the infant and the caregiver, but it can have lifelong consequences. Recent evidence has shown that infants who exhibit vaccine-related pain early on in life are more likely to do so at subsequent injections ([Campbell, Pillai Riddell, Garfield, et al, 2013](#)). There exist many simple, scientifically grounded strategies that reduce injection pain in infants ([Taddio, Chambers, Halperin, et al, 2009](#); [Taddio, Ilersich, Ipp, et al, 2009](#)). This section examines the current evidence supporting strategies to reduce vaccine-related pain among healthy infants and children (birth to 18 months old) receiving routine immunizations.

Ask the Question