

trauma to the walking surface of the heel can cause fibrosis and scarring that may interfere with locomotion.



FIG 20-9 Puncture site (colored stippled area) on the sole of an infant's foot.

No matter how or by whom the specimen is collected, children (even some older ones) fear the loss of their blood. This is particularly true for children whose condition requires frequent blood specimens. They mistakenly believe that blood removed from their body is a threat to their lives. Explaining to them that their body continuously produces blood provides them a measure of reassurance. When the blood is drawn, a comment such as, “Just look how red it is. You're really making a lot of nice red blood,” confirms this information and affords them an opportunity to express their concern. An adhesive bandage gives them added assurance that the vital fluids will not leak out through the puncture site.

Children also dislike the discomfort associated with venous, arterial, and capillary punctures. Children have identified these procedures as the ones most frequently causing pain during hospitalization, and an arterial puncture as being one of the most painful of all procedures experienced. Toddlers are most distressed by venipuncture followed by school-age children and then adolescents. Consequently, nurses need to institute pain reduction techniques to lessen the discomfort of these procedures (See Pain Management, [Chapter 5](#).)