INFANT VACCINATION PAIN MANAGEMENT: COMPARING THE EFFECT OF MOTHER'S HUG AND BREAST FEEDING, TEHRAN, 2009-2010

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Infant's nervous system is much more sensitive to pain than adult and cause more complications. Health professionals must consider the best and low risk pain management.

Aim: To compare the effect of breast feeding with being in the mother's hug on infants' immunization pain.

Material and methods: This is a controlled trial study, which was performed on 76 healthy term infants with 2- 4 months years old, during DPT vaccination in public clinics in west of Tehran (Year 2009). After signing informed consent by infants' mothers, samples by randomized collection divided to two groups (1- Breast- fed group, 2 minutes before, during, and 15 seconds after the injection, 2- Group were in their mother's hug 2 minutes before, during, and 15 seconds after the injection). Tools of this study had two main parts of personal characteristics and Modified Behavioral Pain Scale (MBPS), which assess objective changes in appearance of neonates (facial expression, cry and movements) during 5 second before immunization to 15 second after it. The scores for each behavior were calculated and compared in two groups.

Results: There was no difference between ages, gender, and time of breast feeding prior to the procedure, therefore two groups had equality. Regarding to MBPS there were significant differences in behavioral pain scores of breast- fed group (4.6 ± 1.8) and mother's hug (6.7 ± 1.2). Also there were significant differences between each facial expression ($p=0.032$), cry ($p=0.0001$) and movements ($p=0.0001$) of MBPS.

Conclusion: Breast- feeding may have an analgesic effect during immunization injections in healthy neonates.