

## INFANTS' VACCINATION PAIN MANAGEMENT AND EFFECT OF BREAST FEEDING, SUCKING THE PACIFIER AND MOTHER'S HUG: A RANDOMIZED CONTROL TRIAL

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Infants' vaccination pain management by using lowest side effect methods is very important. The aim of this study was to examine pain relieving effect of breast-feeding, sucking pacifier or being in mother's hug during DPT vaccination.

**Methods:** This controlled trial study, was performed on 152 healthy 2-4 months term infants, whom was brought to the health centers of west of Tehran for DPT vaccination and their parents filled in informed consent. (Year 2008-2010) By randomized collection infants divided to three intervention group (Breast feeding, Sucking pacifier and being in mothers hug, and each group had intervention 2 minutes before, during, and 15 seconds after the injection) and control group, whom lied on the examining bed as routine of clinics (38 in each group). Objective changes in appearance of Neonates were assessed by Modified Behavioral Pain Scale (MBPS) during 5 second before immunization to 15 second after it. Descriptive and inferential statistics were used. All ethical points were considered and approved by Research ethics committee of TUMS and had registered in Iranian Registry of Clinical Trials (IRCT).

**Result:** Equality of age, gender and the time of feeding prior to vaccination were controlled. There were significant differences in Behavioral Pain Scores of four groups. ( $P < 0.0001$ ) and routine group had highest pain score.

**Conclusions:** Breast feeding is more analgesic than pacifier use with maternal holding. Maternal holding had less effect, but had more significant effect than routine. It is suggested to use these simple interventions during infant's vaccination.