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THE EFFICACY OF ORAL GLUCOSE FOR RELIEVING PAIN FOLLOWING INTRAMUSCULAR INJECTION IN TERM NEONATES

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Abstract:

Pain in neonates can be associated with various risks and it seems essential to find a simple and acceptable method for relieving pain. Pharmacologic agents are not recommended in neonates for pain relief in minor procedures but orally administered glucose solution is found to be effective. The objective of this study was to assess the efficacy of oral 30% glucose during intramuscular injection in term neonates. Sixty-four healthy term neonates were recruited for this study during 1 month. The inclusion criteria were gestational age 37-42 weeks, birth weight 2500-4000 gr, and Apgar score > 7. The intervention consists of administration of either 2 ml of oral 30% glucose or 2ml of sterile water 2 minutes before injection. The primary outcome measure was the cumulative Neonatal Infant Pain Scale (NIPS) score at 3 minutes after injection. Thirty-two neonates received 30% glucose and 32 neonates received sterile water. The cumulative NIPS score at 3 minutes after injection for neonates given 30% glucose was significantly ($P = 0.000$) lower than for neonates given sterile water. The heart rate immediately after injection for neonates given 30% glucose was significantly ($P = 0.002$) lower than for neonates given sterile water. Oral 30% glucose given 2 minutes before injection was effective in reducing neonatal pain following injection. It is a simple, safe and fast acting analgesic and should be considered for minor invasive procedures in term neonates.

Keywords:

Pain relieving . term neonates . intramuscular injection . oral glucose

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