

Abstract

Over a period of three months, the Buzzy® thermomechanical device was offered in a Prague general practitioner's office for children and adolescents as a relief from pain and fear associated with vaccination. Of the group of children and parents (n-34) studied, the majority were interested in learning more about the product and using it during vaccination. It was confirmed that both children and parents were interested in some form of pain and fear relief during the invasive procedure. The device was held on the arm by the children themselves or their parents at the point above the needle insertion. After the Buzzy® vaccination, the children rated their perception of pain during the injection and application of the vaccine as "does not hurt" or "hurts a little" according to the five-point VAS scale. Most children found the device effective. On the same VAS scale, the vibration and coolness of the Buzzy® ladybird were mostly rated favourably by the children. Some children were not comfortable with the vibration and coolness of the aid. Due to individual perceptions of pain and fear, the Buzzy® cannot be considered a guaranteed "cure" for children who are sensitive and anxious. However, within a sensitive, empathic and individualized approach to both young and older patients, Buzzy® can effectively relieve some of them and serve as a functional distraction. Any patient for whom we can reduce pain and fear is a significant achievement and a step towards fulfilling individualized nursing care.

Key words: Buzzy®, VAS, distraction, individualized nursing care, the gate theory of pain