Today's date: _____/_____/_____ (mm/dd/yyyy)

Comfort measures for (child's name): _____

How would you describe **your/your child's** experience (s) with previous needlesticks/procedures?
☐ no problems   ☐ cries   ☐ worries   ☐ very fearful   ☐ no previous experience
Comments: _____

Information:
Does the patient have a central line or port? ☐ yes   ☐ no   Can we draw labs from it? ☐ yes   ☐ no
Would the patient like (check all that apply):
☐ step-by-step instructions   ☐ to be awakened for poke   ☐ curtain pulled/privacy

People: Who would the patient like to be involved in the needlestick/procedure?
☐ parent   ☐ staff   ☐ Child Life staff member (when available)

Position: Does the patient prefer to: ☐ lie flat   ☐ sit up   ☐ be held

Watching: Does the patient prefer to: ☐ watch   ☐ not watch

Distraction: Would the patient like (check all that apply):
☐ count out loud "1, 2, 3," then poke   ☐ bubbles   ☐ book   ☐ TV
☐ other distraction ideas (specify): _____

Comfort Measures: Does the patient use any of these comfort measures? (check all that apply)

For infants:	*Children of all ages:*
☐ swaddle	☐ imagery (e.g. my favorite place)
☐ caress	☐ deep breathing
☐ pacifier	☐ my own comfort item (stuffed animal, book, music)
☐ sucrose	

Would you like to use other measures? ☐ Buzzy® (vibrating device)
☐ other (specify): _____

Additional comfort measures and notes: _____
_____
_____
_____

_____   _____
Printed name of person filling out this form   Relationship to patient

Child Life Specialist (Phone number _____) when available can assist with choosing individualized comfort measures.

If the Poke Plan does not result in a successful needlestick with minimal pokes, staff has the responsibility to seek other options to complete the procedure.

_____ **Date:** _____ **Time:** _____ **A.M. / P.M.**
Staff Signature   (mm/dd/yyyy)

To find more information about the Poke Program go to http://www.med.umich.edu/pdf/pediatric/pokeprogramflier.pdf or
contact the C.S. Mott Children's Hospital Family Center at 734-936-8253 for more information.

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