# PAEDIATRICS

Just a refresher

#### **OXYGEN DELIVERY**

- Oxygen delivery has changed from regular paediatric nasal cannula to using the High Flow nasal prongs via the wall oxygen.
- Attach the high flow nasal prongs to the green tubing and attach the tubing to the wall oxygen.
- Start oxygen at 2L/min if saturations are consistently <90%.</p>
  - Discuss with doctor.
- Nasal prong sizes are based on age.

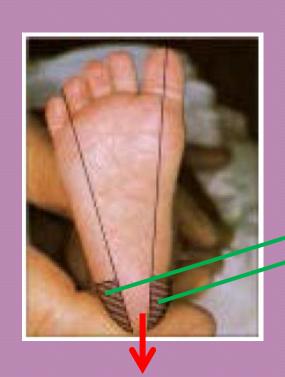
#### **OXYGEN DELIVERY DIVICES**



#### HEEL PRICK

- Blood collection for infants < 1 year of age and not walking.
- If needing more than 1ml consider finger prick collect.
- If more than one sample is needed then rotate the sample site to prevent infection.
- Consider warming the foot prior to procedure.
  - Do not use warm cloth or glove with warm water as this can cause burns.
- Consider pain relief.
  - Sucrose can be given 30-120 seconds prior to heel prick.
  - Get mother to breastfeed or skin-to-skin.
- If > 1ml is needed consider a venepuncture collect.

### HOW TO HEEL PRICK



SAFE



How to hold the lancet- 90 degree angle

Midline= at risk of nerve, tendon and cartilage damage

#### **PROCEDURE**

- Gain consent from parents.
- 2. Choose appropriate site and equipment for amount of blood needed.
- 3. Gather equipment.
- 4. Use sucrose up to 2mins prior to the procedure or other pain relief or distraction techniques.
- 5. Wrap the baby securely and leaving the foot exposed. Position comfortably for yourself, baby and parent.
- 6. Choose your site and clean with normal saline or alcohol swab.
- 7. Hold lancet at a 90 degree angle to the foot and firmly press down.
- 8. Wipe away the first drop.
- 9. Order of draw: blood gas => purple top => all others.
- 10. Hold the foot in a way that the site is facing downwards and gravity drops the blood into tubes.
- 11. Avoid "milking"
- 12. If blood stops flowing, give a wipe with gauze and a light squeeze for 2-3 drops then ease your pressure.
- 13. When blood collect is complete hold pressure to the site till bleeding stops.
- 14. Label samples.
- 15. Document.

## **EQUIPMENT**

- Heel warmer
- Gloves
- Correct lancet size
  - Lancet (Blue) for fingers
  - Heel prick (Green) if not walking
- Alcohol swab
- Blood collection tubes or capillary blood gas tube
- Gauze
- Patient label and blood form

#### **BLOOD COLLECTION TIPS**

#### Capillary Blood Collect

Inform Parents about the procedure – To obtain a Capillary Blood sample Equipment needed:

- Lancet (Blue for fingers)
  Quickheel (Green for foot if not walking)
- · Alcohol swab.
- Paediatric Blood tubes or Capillary blood gas tube.
- · Gauze swabs.
- With a gloved hand, place the Quickheel or Lancet against the site with the Quickheel logo facing you.
- 2. Place the blade slot area securely against the outside defined heel areas (see below photo) at a 90° angle to the length of the foot.
- 3. Use firm pressure when pushing the spring loaded device this will ensure you have good blood flow and prevent repeating the puncture.



- 4. If child is walking use fing
- 5. Avoid applying excessive pressure.
- 6. Use new sterile lancet if a repe puncture is required and use a diffepuncture site.
- 7. Wipe away the first drop of blood. Failure to do so may result in haemolysis 8. Hold puncture site downwards to enhance the blood flow. Drops of blood should be allowed to flow freely into the collection tube. DO NOT sccop the blood up from the surface of the skin this practice increases the chances of a
- Secure blood tube tops firmly, abel and send to Lab or place bungs on end of blood gas capillary tube for transport and use Blood gas

- Make sure the Quikheel log is facing you.
- Blood should drop freely into the tubes- not scrapped in to prevent haemolysing.

#### **BLOOD COLLECTION NEEDLES**



#### **Smallest**



Bigges

- These are the finger and heel pricks available in the department
- Pink lancet
   (premmie)= glucose
   or capillary gas.
- Green (infant)=>0.4mls required.

#### **BLOOD COLLECTION**



- Be aware that the blue finger lancet is rather large.
- It is safe to use on bigger kids (those who are walking).
- Blue lancet or the pink and green heel pricks can be used for non-walking babies' heel pricks.

# BLOOD COLLECTION !!HELP!!

• If the patient is in resus and you need blood urgently call SCBU or the PACE clinic for assistance to collect blood.