

# Distraction methods during blood draws have similar effectiveness

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distraction methods during phlebotomy in children; however, no statistically significant difference was observed," conclude the authors.

**More information:** [Abstract](#)  
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(HealthDay)—Three different distraction methods are not significantly different in terms of pain and anxiety reduction in children having their blood drawn, according to a study published online April 26 in the *Journal of Clinical Nursing*.

Diler Aydin, Ph.D., from Bandirma Onyedi Eylul University in Turkey, and colleagues conducted face-to-face interviews with 120 [children](#), their parents, and an observer before and after the children's blood was drawn to assess whether three distraction methods (squeezing a soft ball, balloon inflation, and distraction cards) provide pain and [anxiety](#) relief.

The researchers found that there was no difference among the groups in the self-, parent-, and observer-reported procedural pain levels. There were also no significant differences among the groups in procedural child anxiety levels as reported by the parents and observer.

"Pain and anxiety relief was seen in all three

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