

BUZZY HEALTHCARE
NEEDLE PAIN RELIEF STANDARD OPERATING PROCEDURE


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Approved By <i>Name: Fionnuala O'Neill</i> <i>Title: Nurse Practice Development Coordinator</i>	<i>Signature</i> <i>Fionnuala O'Neill</i>
Authorised By <i>Name: Tracey Wall</i> <i>Title: Director of Nursing</i>	<i>Signature</i> <i>Tracey Wall</i>
Author/s	<i>Name: Emma Fratangelo</i> <i>Title: Play Specialist</i>
Location of Copies	<i>On Hospital Intranet and locally in department</i>

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Document Change History

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Children's Health Ireland at Crumlin		
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1.0 Introduction and background

- The Buzzy – needle pain relief device is for the purpose of providing non-pharmacological pain relief and distraction during clinical procedures using a needle such as injections, blood draws, and IV placements.
- Buzzy is intended to be used by clinical staff as a means of providing children with a pain control option during needle procedures.

2.0 Purpose of Buzzy

- To provide a non-pharmacological option for pain control during a needle procedure including, injections, blood draws, and IV placements.

3.0 Uses of Buzzy

- The Buzzy can be used by any patient undergoing an injection, venepuncture, or IV cannula insertion.
- Buzzy is FDA approved to Control pain associated with injections, venepuncture, IV cannulation, cosmetic injections and the temporary relief of minor injuries (muscle or tendon aches, splinters and bee stings). Also intended to treat myofascial pain caused by trigger points, restricted motion and muscle tension.

4.0 Applicable to

- Clinical nursing staff
- IV Team
- Phlebotomist
- Play Specialist (when supporting a clinical procedure)
- Physicians

5.0 Objectives of the Guidelines

The objectives and guidelines have been taken from the Buzzy manufacturer's website and are intended to act as a guide for use of the Buzzy device.

6.0 Guidelines

Uses of Buzzy

6.1 Taking bloods

- Switch on to activate Buzzy's vibration, then place Buzzy and ice wings proximal to the lab draw or IV area.
- Do not place directly on site of access.
- The rounded bottom end of Buzzy should be 3-5cm proximal to the site.
- Turn Buzzy on and leave in place and vibrating throughout access.
- Immediately prep area and cannulate as usual.


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Image taken from Buzzy Helps webpage: <https://buzzyhelps.com/pages/buzzy-boot-camp>

6.2 Injections

Pain control is maximized by placing Buzzy with ice pack on the site of injection, leaving in place 30 – 60 seconds. The ice wings cool and numb the area and the vibration desensitizes the area. Next, move Buzzy just proximal (toward the head or spine) during the injection. When injections burn, the pain can be relieved by rubbing Buzzy's cold and vibration over the area after the medicine is administered. There is no risk of shrinking blood vessels.

6.3 IV Placement

For an IV cannula insertion or lab draw don't put Buzzy directly on the site at all due to the possibility of vasoconstriction. Instead, place him 2-3 cm proximal (toward the person's head) and begin cleaning and the process of drawing blood immediately after placement.


7.0 Cleaning of Buzzy

From manufactures website

- Buzzy and healthcare wings are reusable.
- They should be cleaned with alcohol based cleaning wipes or by following your facility's infection control protocol for non-critical equipment such as stethoscopes or patient monitors.
- Do not autoclave.
- Do not immerse in liquid.
- Healthcare wings are the only wings that can be cleaned between patients.
- Soft-sided wings should be disposed after use.

Infection control policy

- Per infection control cleaning policy the Buzzy device would be deemed a 'non-critical' item i.e. 'Items in contact with intact skin but not mucous membranes or not in contact with the patient. Similar to blood pressure cuffs, oximeters, ECG leads. Stethoscopes, examining table, baby scales, and dopplers.'
- Non-critical items can be processed by cleaning (and low level disinfection where necessary). Please refer to the following steps per infection control cleaning policy.
- Clean with a damp cloth soaked in detergent and warm water. Dry thoroughly. Wipe clean with 70% alcohol or 1000 ppm av chlorine and rinse with a damp cloth. Dry thoroughly.

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Please note when the Buzzy device is used on a patient who with precautions for CRE, VRE, MRSA or MSSA the device will be required to be cleaned, swabbed and quarantined pending results.

8.0 Placement of Buzzy

8.1 Treating an ache or injury

Buzzy should go directly where it hurts.

8.2 Injection

Buzzy should go directly on the intended needle site, then be moved proximally during the procedure.

8.3 IV Access / Blood draw/Finger Stick

When using Buzzy for IV access or a blood draw or finger stick, just place Buzzy proximally immediately prior to and during the procedure.

8.4 Arm Placement

To place “proximally” for IVs and during the actual painful procedure (splinter removal, cleaning a wound, injection, IV, etc.) means Buzzy needs to go “between the brain and the pain” to be effective. In other words, Buzzy should be placed along the path of the nerve to best interrupt the pain signals' journey from your skin to the brain. The nerves travel in territories called “dermatomes”. This picture shows Buzzy optimally placed to decrease pain in the C6 dermatome. (Refer to image below)

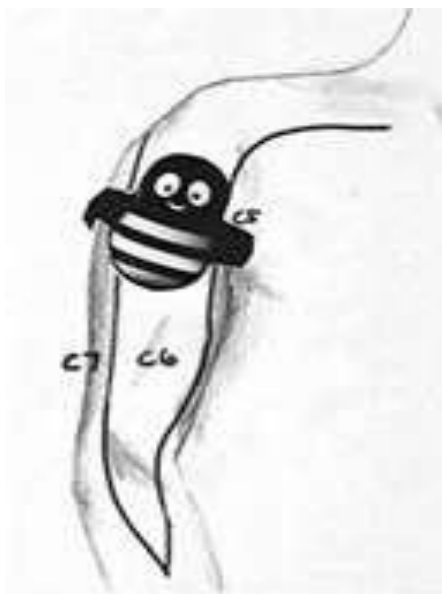



Image taken from Buzzy Helps webpage: <https://buzzyhelps.com/pages/buzzy-boot-camp>

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8.5 Abdominal Placement

Dermatome pathways are fairly straightforward on the hands and arms, as they go straight down from the shoulder. Other places on the body, the regions get a little more complicated. The diagram below, shows the positioning of Buzzy for a procedure on the line between T10 and T11. Imagine the nerves coming out from the spine and wrapping horizontally around the stomach and chest. The Buzzy can be placed near the bellybutton. The skin on the stomach is thinner than the back or upper arm, so Buzzy® may only need to be in place 15-30 seconds before moving and doing the procedure. (Refer to image below)



(Image taken from Buzzy Helps webpage: <https://buzzyhelps.com/pages/buzzy-boot-camp>)

8.6 Thigh Placement

This shows where Buzzy would go for an intramuscular procedure on the mid-thigh. First place Buzzy directly on the intended site to desensitize the area. Leave in place up to 60 seconds as it's a more muscular area, then move toward the brain/spine a few centimeters up and lateral. Keep Buzzy vibrating in place while the shot is given. Thighs are a bit tricky, because the dermatomes curve from backside toward the knee. Again, place on the area where the shot will go, but then slide a little toward the hip/spine rather than straight up and down. Buzzy's motor is at his larger rounded tail end away from the switch, so the bigger rounded end should be closer to the shot, and Buzzy's "head" should be closer to the actual head or spine. Leave the ice pack in place for this whole process if tolerated: ice adds about 60% of the pain relief. (Refer to image below)



Image taken from Buzzy Helps webpage: <https://buzzyhelps.com/pages/buzzy-boot-camp>

8.7 Gluteal Placement

For gluteal injections, the nerve pathways are very tilted and fairly narrow. Buzzy XL may be better for this, as it is slightly larger and covers more area. For a gluteal injection in the upper outer quadrant of the buttock, after desensitizing the area 60-90 seconds, Buzzy will be angled and slightly closer to the spine. (Refer to image below)



Image taken from Buzzy Helps webpage: <https://buzzyhelps.com/pages/buzzy-boot-camp>


8.8 Foot Placement

Placement of Buzzy for injections in the foot also may be more complicated. In general, imagine the foot divided lengthwise into three stripes, and place Buzzy closer to the leg in the same stripe. (Refer to image below)



Image taken from Buzzy Helps webpage: <https://buzzyhelps.com/pages/buzzy-boot-camp>

8.9 Facial Placement

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Facial dermatomes come straight from the back of the skull up and over, so Buzzy placement would be directly vertical for Botox or eyebrow procedures. For upper lip or mandible procedures, placement slightly above and lateral would be correct.

9.0 Implementation Plan

- The Buzzy Healthcare – needle pain relief device will be placed in the procedure room of the ward that has a unit for use and will be accessible to all clinical staff.
- Clinical staff will be provided an education on the proper use, cleaning, and storage of the Buzzy device.
- Clinical staff will be encourage to offer the Buzzy device to patients and families as a means of pain control during needle procedures.

10.0 References

- Buzzy® Boot Camp. (n.d.). Retrieved November 13, 2019, from <https://buzzyhelps.com/pages/buzzy-boot-camp>
- Infection Prevention and control team Crumlin (2019) Infection prevention and control guideline on Cleaning and disinfection Crumlin

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