An estimated 10% of the population suffers from needle phobia and an unspecified number are anxious about IV placement. Although there are methods available to decrease the pain of IV insertion, they are not used with consistency by health care providers for various reasons, placing the patient at risk for unnecessary pain with IV insertion, known to be one of the biggest fears of patients coming into a hospital setting. The work done by this author reviewed the literature on needle phobia, current practice recommendations by the American Society for Pain Management Nurses, recommendations of the Intravenous Nurses Society and applied concepts to practice by developing a study based on the implementation of an Intravenous Placement Information Sheet. Data was collected prior to the intervention and compared with data collected from those who had participated in the project. The goal was that by normalizing the anxiety related to IV insertion, providing the patient with the information that the site would be numbed and including them in choosing other comfort measures for IV insertion, the anxiety related to IV insertion, as well as pain, would be reduced.

Outline:

1. Needle Phobia
   a. Definitions
   b. Distinguishing factors
   c. Etiology
   d. Prevalence
   e. Severity
   f. Consequences

2. Surgical Environment
   a. Realities of environment
   b. Production pressure
   c. What patients notice

3. Disparities in Health Care Providers
   a. IV insertion
   b. Barriers
   c. Knowledge, attitude, skill

4. Current Recommendations
   a. American Society of Pain Management Nursing Clinical Practice Guidelines
   b. Cochrane report
   c. Non Pharmacologic measures
   d. Pharmacologic measures

5. Capstone Overview/Study Results
   a. Concept for study
   b. Development of intervention
   c. Results
References

Andrews, G. J. 2011. I had to go to the hospital and it was freaking me out: Needle phobic encounter space. Health & Place, 17, 875-884.


