

Plan Overview

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Title: Strategies for Pain and Stress Relief in Painful and Stressful Procedures in Hospitalized Children and Adolescents: A Prospective Cohort Study

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Project abstract:

Objective: To identify the total number and specific types of stressful and painful procedures to which children and adolescents, under observation or hospitalized in a pediatric division, are exposed over a period of six to 12 hours. Additionally, to analyze the strategies (pharmacological and non-pharmacological) employed by the multidisciplinary team to relieve pain and stress during these procedures. **Method:** A prospective quantitative cohort study to be conducted at the University Hospital of the University of São Paulo (HU-USP). The study will include children aged between 28 days and less than 10 years and adolescents aged between 10 and less than 15 years, who are either in observation beds at the Pediatric Emergency Room (PER) or hospitalized in the Pediatric Inpatient Unit (PIU) and Pediatric Intensive Care Unit (PICU). Simple random sampling will be used, with the daily selection of two participants by drawing. The follow-up period is defined as six hours (PER) and 12 hours (PIU and PICU). Data collection will include sociodemographic and epidemiological information, participant characterization, stressful and painful procedures, and strategies employed for pain and stress relief during these procedures. The data will undergo descriptive and inferential analysis using statistical tests. All international ethical guidelines will be followed.

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Strategies for Pain and Stress Relief in Painful and Stressful Procedures in Hospitalized Children and Adolescents: A Prospective Cohort Study - Descrição dos Dados e Metadados produzidos pelo projeto

Data will be collected from children and adolescents in observation or hospitalized, recruited through simple random sampling, who will be observed for a period of six hours (pediatric emergency room) or 12 hours (Pediatric Inpatient Unit or Pediatric Intensive Care Unit). For data collection, a instrument was developed by the researchers, with variables related to the characterization of the participating child, the number of painful and stressful procedures, and the strategies used by the professionals of the multiprofessional team (soft care technologies; pharmacological, non-pharmacological, and physical interventions).

The sample will be constituted through the simple random sampling technique. This technique was chosen as the participant selection will not be influenced by the associated researcher. For this purpose, on the days of data collection, the researcher will arrive at the unit and follow the nurse's shift change. The number of children and adolescents in observation or hospitalized, eligible to participate, will be numbered sequentially (1, 2, 3...). Subsequently, a draw will be conducted using a website (<https://sorteador.com.br/>) programmed to randomly select two numbers within a specified range. For example: If, on the day of data collection, there are 15 eligible children and/or adolescents in the Pediatric Inpatient Unit, they will be numbered, and the website will be used to randomly draw two numbers within the range of one to 15. The result might be, for instance, the numbers one and five, and data collection will occur only for these two indicated patients. For data collection, an instrument was developed, containing variables related to the characterization of the participating child, the number of painful and stressful procedures, and the strategies used by professionals. Therefore, all painful and stressful procedures that the child will undergo within the six-hour period or twelve-hour period will be observed by the researchers. This observation aims to identify the strategies employed by professionals for pain and stress relief.
