FIVE S's TECHNIQUE – TRANQUILISE INFANTS FROM VACCINATION PAIN

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ABSTRACT

Children are the marvellous creations of God and the most valuable beings on earth. We must give more importance to them because they are the one among vulnerable groups. Vaccination pain is an unpleasant sensation for infants that cannot be felt by others. A new research was done on the pain suffered from vaccination by infants.

*The most efficacious distraction techniques are with a combination of **Five S's techniques** which are easier and more effective techniques to comfort infants and ease their vaccination pain. This comfort which is given to the babies is very significant and is called SOOTHING - reducing discomfort. The only solution for the infants undergoing this pain is to practice non- pharmacological management that is one bundle of tricks known as 5Ss.*

Keywords: *Tranquilise, Swaddle, side lying (or) stomach position, shush, swing and suck.*

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FIVE S's TECHNIQUE

It refers to the application of the five S's approach method of soothing a fussy baby which makes routine vaccination a little easier on babies without resorting to pain killers. It triggers a calming reflex and helps the baby to calm and sleep after vaccination.

1. Swaddle

It is the art of snugly wrapping a baby in a blanket immediately after immunisation for warmth and security. It may help to calm the baby after immunisation.

2. Side Lying or Stomach Position

Keeping the child in a side lying position after swaddling alleviates the discomfort and makes the baby calm after immunisation.

3. Shush

It refers to sounds that mask other sounds that might occur naturally in the environment; its echo turns on the calm reflex and helps babies transfer into nap which in turn, helps the baby to fall asleep after a few minutes of hearing the sound.

4. Swing

Holding the baby in the hand and swinging stimulate sensory systems, namely vestibular and proprioceptive systems and help to minimise pain and distress after immunisation.

5. Suck

Offering pacifier or thumb sucking is a wonderful self-soothing method and self-calming strategy. It may also help to comfort babies and reduce vaccination pain after immunisation.

Merits of Five S's Approach

- Establishes strong bond between infant and mother.
- Enables the infant to be breezy and napping.
- Controls the infant's stress by positive effects on hormones.
- Diminishes screams after vaccination shot.
- When this soothing is done parents will gain the relief of not having to soothe a child back to sleep every time the child wakes up, or rocking the child to sleep every night without breastfeeding. The father can follow this technique.
- Schedules will be easier to maintain.
- Babies will learn how to fall asleep, as well as know when it is time to fall asleep.
- One can also say that soothing is a 'BABY'S WAY OF COMMUNICATION' that mimics the womb.
- Swaddling mimics a parent's soothing touch.
- Moderates the Moro reflex.
- Helps Regulate temperature.
- Helps alleviate Colic.

The 1st S: — Swaddle**DUDU Procedure: Perfect method for newborn's Swaddle**

It is called a DUDU baby wrap which is composed of four steps that help parents and caregivers remember the steps: Down-Up-Down-Up.

The 1st D: — Down

Keep a light cotton blanket over the bed about 44-inches and fold it like a rhombus. Fold the edge at the top, top corner in middle.

The top point should end up near the centre of the blanket. Place the baby on the blanket, her neck right above the edge of the top fold.

Holding the right arm against his side, grab the blanket about four inches from her right shoulder. Then, move it down and over her body. Tuck it under her left buttock (appears to be a V-neck sweater).

Next, keep the free blanket near the infant's left shoulder. Pull it tightly to remove any looseness -- away from his body.

Now right arm must be straight and resting by his side. (This first down swaddling step is the key to calm the infant, and do it comfortably; otherwise it will untie)

Remark:

If you start this or any other swaddle technique, do not be surprised if the baby starts screaming. Babies do not realise yet that they are only seconds away from happiness.

The 1st U: — Up

Next, keeping her left hand by her side, take the bottom of the sheet straight up and keep it over the infant's left shoulder. Press the border of the blanket comfortably around the left hand. Next hold the sheets next to the infant's shoulder and pull it straight away from the body to keep it secure without loosening.

Remark:

Baby's legs must be loose but her arms must be very tight and straight. Bent arms let babies wiggle out and it makes them cry more.

The 2nd D: — Down

Pick the sheet a few inches from the left shoulder and pull it down, just in one piece. The small fold must come up to the infant's superior part of chest to form V-neck. Press the smudge lightly against the infant's sternum as if you are holding a ribbon while making a bow.

Remark:

Not to bring the sheet from down to infants feet. It has to be just brought up to the chest.

The 2nd U: — Up

Keeping the smudge on her chest, grab the last corner and pull it straight out to do away with any looseness. Then, in one smooth motion, lift that corner up and directly onto her forearm (like a belt). The blanket must be big enough to cover the whole body. Then, tighten it and tuck it in front of the "belt."

Remark:

The arms should be kept straight but the legs should be loose enough, so that the infant can bend freely at the knee and open at the hips without any discomfort.

The 2nd S: — Side or Stomach Position

Lying on the back, also called supine position is reliable and comfortable for sleeping. At the same time it is not the best for calming fussiness. It can be practised by keeping an infant on her side (or) stomach or over your shoulder position. This is also called "tummy time for your baby." Putting the baby on the floor on top of a blanket is the best way for safety.

Key points to this method:

Never leave an infant unattended on his belly as he could get into a dangerous state and suffocate. Never let the baby sleep on his stomach because this could put her at risk of dying of SIDS.

The 3rd S: — Shush

Infants are habituated to listening to different sounds, which are what we produce when we say "shh." White noise is the sound babies hear in intrauterine life. This type of sound may help infants feel more safe, secure, and close to their mother – just like in the womb.

The repetitive sound is recollective of pumping mother's arterial blood around her uterus and it makes infants stimulate calming reflex from three to four months of life by imitating uterus sound experiences in the womb, where maternal blood flow makes a shushing sound louder than a vacuum cleaner. They are much happier and are able to calm down even in a better environment. It also carries the name "HAPPIEST BABY" method for baby sleeping and soothing.

Some key points to this method:

- Do not turn down the volume - high-pitched shush noise is best for calming a fussy infant. Think of how the sound of a vacuum cleaner can calm an infant.
- Use white noise or your own voice to make shush noise.
- Put your mouth close to your baby's ear so that the sound enters directly.
- Match the volume of your shushing to the volume of your baby's cry. As they begin to settle, turn down your shushing.

BENEFITS OF SHUSH METHOD:

- It is a more effective and quicker way to help infants to get sleep.
- It is very easy to practice with a structured, ritualistic method of sleep training.

- It can be used at regular intervals to calm and reassure the infant.

Some key points to this method:

- Gentle patting on the back can help some babies settle to sleep.
- For infants, safety helps to sleep.

STEPS TO SHUSH METHOD:

Hands-on technique with rhythmic gentle patting can help infants to settle into a nap.

- Make the infant face away from you with side-lying position
- Keep one hand gently on the baby's shoulder
- Cup your other hand and pat gently and slowly on the bottom or thigh of the baby
- Assure that patting is as rhythmic as possible – for example, about the same rate as the heartbeat.
- Singing a quietening soothing song can help the infant to feel the rhythm, not making her upset. Sing or attempt to say 'shhh' with each pat.

The 4th S: — Swing

"JELL-O HEAD JIGGLE" - To carry out this, always support the head and neck motions with small moves less than 1-inch front and back to create a gentle swing motion to soothe the infant. It is a motion similar to the jiggle that infants feel in the womb.

Key points to this method:

One should never shake a baby when the head and neck are not supported as it might cause bleeding and brain damage.

The 5th S: — Suck

Most babies love to suck and feel more comfortable and secure in it. This simply means giving a pacifier or thumb to suck on. Although it is not soothing to all babies, as the baby centre pointed out, the sucking motion can bring comfort to babies, whether it is their thumb or a pacifier. If your baby is in that camp, sucking may help the baby relax and calm down.

CONCLUSION

Five S's technique is antecedent to a single non-invasive procedure that has been remarkably effective in reducing the potency of behavioural and psychological pain.

Responses of infants undergoing vaccination as well as a simple invasive procedure: Ideally, parents can be taught over the course of their routine 'well-child' visit to perform at least some of the five S's techniques. Babies are believed to bring light to the world and certainly the house and the family they go to; witnessing the pain of a child could be a really sad thing to see. But if this helps even a little bit in comforting the baby then any given parent would try these methods for sure.

We are yet to reach the peak scientific level of research for better life of the young, beautiful souls around us. All that matters is techniques and ideas like these to be the stepping stone in this field.

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