Use of Ice to Reduce Pain With Betamethasone Injections

Ava Cavanagh BSN RNC, Tami Chertude BSN RNC, Sofia Costas BSN RNC, Brooke Dyal BSN RNC, Cindy Kenyon BSN RNC, Mentors: Nancy Irland DNP RN CNM, Nancy Rosser MSN RN IBCLC, Marian Wilson PhD MPH RN-BC

Implications for Practice
- Our data suggests that pain reduction with ice is an individual experience. Participants varied in their perception of the helpfulness of ice to alleviate injection pain.
- Recommendation will be to educate patients about the reported benefits of using ice before IM Betamethasone injections.
- Patients will be given the option of choosing ice vs no ice prior to injections.

Limitations
- Due to a small sample size, more data is needed to assure these findings are generalizable.
- Variations in ice application time and nurses' scripting should be standardized to build confidence in future findings.

References