



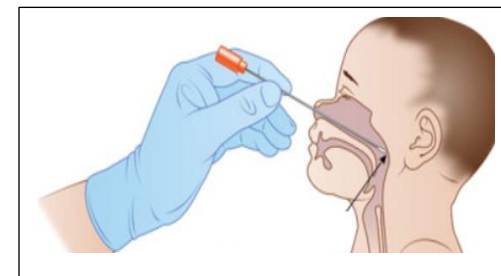
Tips for COVID 19 Specimen Collection for Pediatric Patients

Technique:

- Use the same technique to swab a pediatric patient as an adult
- Specimen collection guidelines for respiratory viruses are applicable (i.e. influenza)

How to collect a Nasopharyngeal Swab:

1. Tilt patient's head back 70 degrees.
2. Insert swab into nostril. Swab should be inserted until resistance is met. Tearing by patient is common and to be expected.
 - **The anatomical reference for the depth of the swab is the length from the nostril to ear**
3. Leave swab in place for several seconds to absorb secretions.
4. Slowly remove swab while rotating it.
5. Place tip of swab into sterile viral transport media tube snap/cut off the applicator stick. Do NOT lay swab down on surface at any time.



Explain the test to the child/caregiver:

"We will take a small swab like a Q-tip and rub the deep inside one nostril. It is a bit uncomfortable but we will be gentle. It is important to stay still to make it go faster and easier. Our staff is wearing special gear to help keep everyone safe by preventing the spread of these germs."

Explain to the child that it is important to relax during the test:

- 'Stay still, like a statue' or 'Freeze, like freeze tag'
- Have the child count and take a deep breath

Distraction after the swab:

- For infants: have the caregiver give the baby a bottle, pacifier, or breastfeed
- Toddler: blow bubbles, give favorite toy, sing a song
- Preschool: give child favorite toy or provide an activity to engage child in

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Tips for positioning pediatric patients:

Comfort positioning/holds can be very helpful when working with pediatric patients. The type of hold and position will depend on the age of the child. Options include swaddling, back to chest, and chest to chest positioning.

Infants

- Swaddle the infant and either place the patient on a safe firm surface or have the caregiver hold the patient
- Have the parent hold the infant in their arms

Toddlers

- Have the child sit on the caregiver's lap, facing out
- Have the parent hug from behind to hold the child's arms down. Then, have caregiver cross legs over child's legs to prevent child from kicking.
- Have the child lean back, close eyes, and sing or count to provide support to child

Preschool

- Use the back to chest hold
- Have the child lean back, take a deep breath and count

