

# Effect of Shotblocker on Venipuncture Pain among Blood Donors: A Randomized Controlled Trial

Ali A. Hussein, MscN\* Al-Jubouri, Mohammed Baqer, Ph.D\*\*

## ABSTRACT

**Background:** Blood donation is process obtaining, analyzing, preparing, and preserving blood and its many components essential for life-saving that enhances health and lowers mortality rates. Despite the fact that giving blood is frequently demonstrated to be a voluntary service, certain studies highlight a number of factors that affect blood donations such as Gender, past donor experiences including syncopal reactions, venipuncture pain, anxiety, and donor satisfaction, all have an impact on the decision to donate blood. In addition, one of the main reasons donors reject to donate blood is pain associated with venipuncture.

**Aim:** Evaluate the effectiveness of shotblocker on pain during venipuncture in adult blood donors compared to control group.

**Methods:** A randomized control trial (one control group and one study groups) conducted on 50 blood donors were selected randomly by simple random sampling at mean blood bank center during 2023. Data were collected by using visual analogue scale (VAS). Descriptive and inferential statistics were used in data analysis.

**Results:** Showed that there are statistically significant differences between (shotblocker and control groups) regarding pain score with venipuncture among blood donors. The study concluded that shotblocker have an effect in reducing pain resulting from venipuncture procedure for adult blood donors compared with control group.

**Conclusion:** The study concluded that shotblocker has an effect in reducing pain resulting from venipuncture procedure for adult blood donors compared with control group. Also, concluded there is no significant statistical difference between shotblocker and demographic characteristic regarding pain resulting from venipuncture procedure in adult blood donors. The researcher recommends to conduct future studies to apply shotblocker in one group, so the effect of each technique can be assessed in each blood donors. This will help to reduce the bias regarding the subjectivity of pain sensation among study groups. In other hand, it is recommended to use shotblocker before the needle insertion among blood donors to reduce the pain.

**Keywords:** shotblocker, venipuncture, blood donation.

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\* Academic Nurse, Ministry of Health, Diyala Health Directorate, Iraq.  
E: mail: Ali.Hussein2102m@conursing.uobaghdad.edu.iq.

\*\* Professor, Adult Nursing Department  
College of the Nursing /University of Baghdad, Iraq.  
E: mail: maaljubouri@conursing.uobaghdad.edu.iq.