

Minnesota Healthcare System Uses Buzzy® to Reduce Pain and Fear for Special Needs Patients

Gillette Children's Specialty Healthcare
St. Paul, Minnesota

About Gillette

Gillette Children's Specialty Healthcare was founded in 1897 by Dr. Arthur Gillette, an orthopedic surgeon driven to establish a premier institution to care for children who have disabilities. For more than 120 years, Gillette Children's mission has remained focused on caring for children with disabilities and complex needs, and their families. Their goal is to help patients improve their health, achieve greater well-being, and enjoy life. Gillette Children's cares for patients with some of the most complex and rare conditions, including cerebral palsy, epilepsy, spina bifida, and hydrocephalus. Today, Gillette Children's cares for more than 25,000 patients annually throughout its system, which includes a 60-bed facility on its main campus in St. Paul, and 10 additional facilities throughout the Twin Cities and greater Minnesota.



Child life specialists serve a critical role in providing patient care at Gillette Children's. They provide evidence-based, developmentally and psychologically appropriate interventions including therapeutic play, preparation for procedures, and education to reduce fear, anxiety, and pain. These solutions can range from music therapy and virtual reality, to tools for distraction pain management.

Treatment Challenge

Child life specialist Shannon Wier, CCLS, is always on the lookout for innovative ways to care and provide comfort for her patients. "When working with children at varying developmental levels, you need a range of solutions that can help them cope with both the fear and anxiety of the medical setting, which often has noises and equipment that is scary for adults and children alike. Not to mention, interventions such as injections and IV starts are painful. My goal is to provide patients with tools that can address both the fear and provide pain relief during interventions."



How Buzzy® Helps

One solution that Shannon uses in a variety of departments is Buzzy®, a friendly-looking, bee-shaped and palm-sized device that is clinically proven to relieve needle pain and reduce fear and anxiety. "What I love about Buzzy® is that its unique combination of high-frequency vibration and ice blocks pain on contact, making it ideal for use for IV starts or even in the clinic when patients receive Botox® injections to treat spasticity. It also effectively provides physical and cognitive distraction that meets the needs of the range of my patients' abilities. I have even found it valuable during EEG hook-ups, especially to help patients with sensory issues."



Shannon Weir,
CCLS Child Life Specialist

At Gillette, Buzzy® can be found throughout the system, in the Imaging department, Pediatric Intensive Care, the Infusion Center, and even in orthopedics to help massage muscles and support stretching during casting procedures. Shannon is dedicated to educating other team members and sharing best practices throughout the system to ensure patients receive best in class care throughout their treatment journey. Buzzy® plays a key role in providing pain relief, comfort, and enhancing patient satisfaction.

To learn more how Buzzy® can improve the patient experience at your facility, please visit paincarelabs.com or contact us



Pain Care Labs makes revolutionary science-backed therapies. Our clinically-proven products are trusted by hospitals, doctors, and patients around the world. We give people power over their pain, eliminating the unnecessary suffering and anxiety that goes with it.

Not all treatments or supplements are appropriate for all pain conditions. This list contains evidence-based interventions and physical therapy options evaluated by Pain Care Labs which may not be appropriate for every pain condition. Check with your physician to determine optimal recommendations.

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