Introduction
Invasive medical treatment is a major class of stressful life event. Studies stated that patients express moderate to high degrees of fear or anxiety, such as fear of pain, discomfort and worry on the use of medical equipments during the invasive procedures. Psychological preparation before invasive medical treatment was said to be effective in reducing psychological stress. Studies found that children who viewed videos of the process of the invasive event were subsequently more cooperative and less anxious than those who did not view the video. With preparation such as explaining the effects of procedural information about the invasive events and demonstration of the invasive process, fearful avoidance behaviors could be reduced. In our ward, nearly all paediatric patients need to face the blood taking or nasopharyngeal aspiration invasive procedure for diagnosis and the patients and parents were scared by the invasive procedures Therefore, application of the psychological preparation is necessary.

Objectives
To reduce fear of patients and increase their compliance by pre-procedure preparation.

Methodology
Since October in 2014, we had provided a 5 minutes’ video and educational posters to parents and patients before the invasive procedure. The video was a demonstration of the whole process of the two invasive procedures. The posters had explained the reasons and the outcomes of these two invasive procedures. A questionnaire was given to patients or parents for collecting feedback.
Result
1. There were total 41 feedback collected. From the 41 participants, 19 were having experience of hospitalization while 22 were firstly hospitalized. 3. Total 28 (68.3%) of the participants agreed that the video could enhance the understanding of the aim of the invasive procedures. 31 (75.6%) of the participants agreed that the video could help them recognize the invasive process. There were 25 (61%) participants showed that their worry on the invasive procedures were reduced. In conclusion, this psychological pre-procedure preparation was effective for the patients for both with or without hospitalization experience. It could reduce their fear towards the procedures and parents could encourage their children to watch the video so that they could be more cooperative during the invasive process.