

HOSPITAL ENVIRONMENT FOR SICK CHILD

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Objective

- ❑ At the end of the session, student will be able to:
 - ▶ Identify hospitalization of sick child
 - ▶ Describe effects of hospitalization on families of child
 - ▶ Discuss nursing interventions & adoption in care of sick child.

Outline

- ◆ Sick child
- ◆ Hospitalization of sick child
- ◆ Effects of hospitalization on the family of child
- ◆ Role of nurse to help & cope with stress of illness & hospitalization of children
- ◆ Nursing intervention & adoption in care of sick child
- ◆ The strategies for adoption in nursing care
- ◆ Keep child busy & entertained during hospitalization

Sick child

- It is a state of physical or mental illness of the child. The sick child is different from sick adult.
- The differences of illness in children and adult are based on anatomic, physiologic and psychological differences between the immature child and the mature adult.
- Many illnesses are common both in children and adult like pneumonia, appendicitis, diarrhea etc but their consequences may be different.
- The older child becomes the greater chances of survival. The risk of mortality is greater in younger infants.

Hospitalization of sick child

- ❑ In spite of preventive and promotive health care, some children become sick and need hospitalization and the following concepts help to minimize the emotional trauma to the children and their parents for better adjustment during hospital stay:
- Family interactions must be understood to follow the child's behavior and reaction during health and disease.

Cont...

- The sick child should be supported and guided to learn and handle new experiences and feelings by family participation to provide love and security during illness and hospital stay.
- Needs of each child are different based on individual differences, family background , level of growth and development and degree of illness. Assessment of these needs as well as those family members forms the basis of nursing interventions.

Cont...

- The pediatric nurse seeks to promote, maintain and restore health in both children and their parents by health counseling and teaching about the needs.
- Hospitalized child should be cared by the professional nurses following scientific principles of disease process and nursing process with appropriate therapeutic and nursing interventions.

Cont...

- Within a safe environment ,the sick child needs expert physical care, emotional support, expression of feelings and combination of school education, to promote continued growth, both in acute and chronic illness.
- Family members and their child , who are under great stress, when a child is terminally ill or dying must be supported emotionally, so the child can die with dignity and with a feeling of being loved.

Effects of hospitalization on the family of the child.

- Hospitalization of child is the break in the unity of the family.
- Emotional reactions of each member of the family must be considered to help them to adjust with stress due to the hospital situation and illness.

Cont...

The specific causes of parental anxiety related to hospitalization of their children are fear of the following:

- Strange environment in the hospital.
- Separation from the child.
- Unknown events and outcome.
- The suffering of the child.
- Spread of infection to other members of the family.

Cont...

- Financial problems.
- Society will look upon the illness as a reflection of something wrong with the parents.

Role of nurse to help and cope with stress of illness and hospitalization of children.

- ❖ The Nurse may help the parents and children to feel more secure and calm in the hospital and less anxious by the following means:

1. IN FAMILY

Provide family centered care, with different approach to the specific age group.

Cont...

2. IN NEONATES

Provide continual contact between baby and parents with active involvement by rooming-in and sensory-motor stimulation as appropriate.

3. IN INFANTS

Encourage mother to balance her responsibility and minimize separation with confidence and competence.

Cont...

4. IN TODDLERS

- Provide rooming-in and unlimited visiting hours to express child's feeling. No punishment to the child.
- Home routine can be continued especially regarding sleeping, eating, bathing.
- Familiar toys and article can reinforce the child's sense of security. Allow play and choice whenever possible and arrange physical setting to encourage independence.
- Parents should provide love and understanding to help the child to restore trusting relationship.

Cont...

5. IN PRESCHOOL CHILDREN

- Minimize stress due to separation by providing parental presence and participation in care.
- Plan to shorten the hospital stay, as possible.
- Set limits for the child and provide opportunity to verbalize the feelings.
- Careful preparation for all procedures by privacy and explanation according to level of understanding.

Cont...

- Encourage the child to participate in self-care and hygiene as appropriate.
- Remove fears by adequate explanations.
- Reassure the child that no one is to blame for the illness and hospitalization.
- Parents should not encourage negative feelings to the child, e.g: “If you are not listening to me, I shall leave you here.”

Cont...

6. IN SCHOOL CHILDREN

- Help the parent to prepare the child for elective hospitalization.
- Respect the child's need like privacy during examination.
- Thorough nursing history should be obtained to plan the care.
- Help the child to identify the problems and to ask questions.

Cont...

- Use treatment rooms whenever possible to perform painful and invasive procedures.
- Explain the procedure and its purpose.
- Encourage the child in self care, play and to continue school work when the condition permits.
- Assist the family member to understand child's reaction to illness and hospitalization.

Nursing interventions and adoptions in care of sick child

❖ Hospitalization may have positive psychological outcomes for the children who have been well prepared for their experiences.

❖ **The source of stress included the following five categories:**

1. Psychological stress

Due to separation from home, parents, family members and friends.

Cont...

2. PHYSIOLOGICAL STRESS

Due to loss of sleep, diagnostic and treatment procedures, trauma, burns, surgery, immobilization and physical restraints.

3. ENVIRONMENTAL STRESS

Due to loss of daily routine, unfamiliar noise, strange odor and stimuli especially in intensive care unit.

Cont...

4. BIOLOGICAL STRESS

Due to pathological organisms and cross infections.

5. CHEMICAL STRESS

Due to drugs, toxic substances, reactions to blood transfusions and anesthesia.

The strategies for adoption in nursing care

- Welcome the parents and child with respect during each nursing interventions.
- Call by name and touch the child gently with love.
- Explain the interventions in simple sentences according to the level of understanding and tell about the event, what will exactly happens.
- Ask for co-operation and its benefit.

Cont...

- Encourage to express the feelings, allow to verbalize and answer questions.
- Demonstrate the interest and empathy to the child and family members.
- Explain and reason out any unpleasant experience of the past which will reduce anxiety level and help to obtain co-operation.
- Discuss about cultural and religious belief of the family.

Cont...

- Allow parent or significant other during any treatment and nursing procedures.
- Maintain privacy and gentle handling of the child during nursing care.
- Provide physical comfort by appropriate positioning, warmth, bladder evacuation, etc before and during interventions.
- Take opinion of the parents and the child during any decision making regarding the treatment plan, diagnostic procedures and nursing interventions.

Cont...

- Maintain eye to eye contact during conversation.
- Divert the child's attention by toys or by telling story or talking with them.
- Restraints should be used only if there is no alternative.
- Skillful and confident approach to be practiced throughout the procedure.

Cont...

- Protect the child from physical injury and infections.
- Assure about confidentiality of the information's whenever required especially for older children.
- Never tell lie and negative statement to the child, honest explanation is important for positive approach.

Cont...

- Praise the child for co-operation, never threat or blame the child for co-operation.
- Establishment of rapport and friendly approach are a key points to gain co-operation.

Keep child busy and entertained during hospitalization

- o Surprise your sick child at home with helium balloons.
- o If your child is young then you can play them kids love to play as doctor and provide them with band-Aids, stethoscope, dolls, empty pill bottles, play syringes etc...
- o Teach them about secret code letters.
Eg: if you write words backwards and give the child a mirror to read the words, it will be fun for them to read the secret messages written reversely.

Cont...

- o Kids love to open the gifts and they will feel more fun when the gifts wrapped with colored paper. Either you can buy new toys or even choose toys, which your child has not used for along time.
- o Write secret notes to your child with invisible ink. Take a paper and write back and forth with toothpick dipped in lemon juice. Take the shade off their bedside lamp so that they can use their warm light bulb to read the message.

Cont...

- o Give your child a **get-well-soon card**. Make all his class friends and other friends sign the card and fix it on his study table.

Taking medicine

- Giving medicine to your sick child is a tough job.
- If your child is having a hard time to take their pills then you can use some trick to make them to take their medicine without letting them realize it.
- If it is a pill you can hide them in pudding or desserts for liquid medicines try adding it to juice or milk.

Taking food

- Keep the sick child to rest is more difficult than giving him medicine.
- Feeding during hospitalization is very tough, so feed the children with different(if not contraindicated) and in attractive manner.
- Try to serve variety of finger foods or feed them with unique kitchen utensils like a pie server or salad plates.
- Act as a waitress and write a menu for your child and take his order.

RELAX!!!