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**FACULTY OF NURSING**

# HOSPITAL ENVIRONMENT FOR SICK CHILD



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***Tushar Noel***  
***Nursing Tutor***  
***R.C.N***

# INTRODUCTION

➤ 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.

- ❖ The sick child should be supported and guided to learn and to 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.

- ❖ 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.

# **EFFECTS OF HOSPITALIZATION ON THE FAMILY OF THE CHILD**

Hospitalization of child is the break in the unit 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.



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

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

# **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 five Following categories:***

## **1.PSYCHOLOGICAL STRESS**

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

## **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.

## **4. BIOLOGICAL STRESS**

Due to pathological organisms and cross infections.

## **5. CHEMICAL STRESS**

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

# 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.

- 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.

- 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.

- 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.



- 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.

- 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**

- Surprise your sick child at home with helium balloons.
- 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.
- 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.

- 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.
- 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.

- 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.

**THANK YOU**