

could be crushed or a liquid medication substituted (always review medication to ensure that crushing is acceptable before giving this instruction).

Assess the treatment and medication schedule to determine whether it is reasonable for a home situation. Although an every-6-hour or every-8-hour schedule is reasonable for hospitals, a parent would have difficulty getting up once or twice nightly. Instead the patient could take a medication during the day at times that would be easy to remember.

Behavioral strategies are designed to modify behavior directly. Nurses can use several effective strategies with children to encourage the desired behavior. Positive reinforcement is one strategy that strengthens the behavior. One example of this is the child earning stars or tokens, which can be exchanged for a special privilege or gift. At times, however, disciplinary techniques, such as time-out for young children or withholding privileges for older children, may be needed to improve compliance.

Skin Care and General Hygiene

Maintaining Healthy Skin

Maintaining an IV line, removing a dressing, positioning a child in bed, changing a diaper, using electrodes, or using restraints have the potential to contribute to skin injury. General guidelines for skin care are listed in the [Nursing Care Guidelines](#) box. (Specific guidelines for skin care of neonates are provided in [Chapter 7](#) under Skin Care.)

Nursing Care Guidelines

Skin Care

- Keep skin free of excess moisture (e.g., urine or fecal incontinence, wound drainage, excessive perspiration).
- Cleanse skin with mild non-alkaline soap or soap-free cleaning agents for routine bathing.