

and hospitalization.

Most children feel more in control when they know what to expect because the element of fear is reduced. Anticipatory preparation and provision of information help to lessen stress and increase understanding (see Preparation for Diagnostic and Therapeutic Procedures, [Chapter 20](#)).

Informing children of their rights while hospitalized fosters greater understanding and may relieve some of the feelings of powerlessness they typically experience. An increasing number of hospitals and organizations have developed a patient “bill of rights” that is prominently displayed throughout the hospital or is presented to children and their families on admission ([Box 19-8](#)).

Box 19-8

Bill of Rights for Children and Teens

In this hospital, you and your family have the right to:

- Respect and personal dignity
- Care that supports you and your family
- Information you can understand
- Quality health care
- Emotional support
- Care that respects your need to grow, play, and learn
- Make choices and decisions

From Association for the Care of Children's Health: *A pediatric bill of rights*, Bethesda, MD, 1991, Author.

Preventing or Minimizing Fear of Bodily Injury

Beyond early infancy, all children fear bodily injury from mutilation, bodily intrusion, body image change, disability, or death. In general, preparation of children for painful procedures decreases their fears and increases cooperation. Modifying