

The Child's Experience of Hospitalization

Chapter 21

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Pediatric Nursing

Pediatric Nurse



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Health Care Delivery Settings

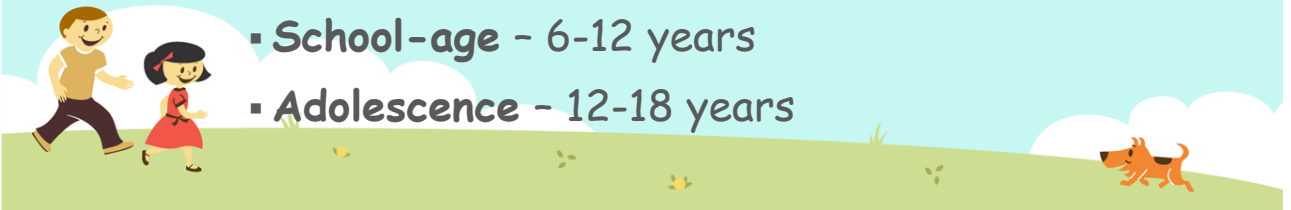
- Types
 - Acute care hospital
 - Extended or long-term care facility
 - Urgent care center
 - Outpatient clinic or office
 - Pediatric research center
 - Outpatient surgery center
 - Home



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Stages of Growth and Development

- **Fetus** - 9th gestational week to birth
- **Neonate** - Birth to 4 weeks
- **Infant** - 4 weeks to 1 year
- **Toddler** - 1 to 3 years
- **Preschool** - 3-6 years.
- **School-age** - 6-12 years
- **Adolescence** - 12-18 years



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Preparing the Child for a Treatment or Procedure

- Infants
- Toddlers and Preschoolers
- School-Age Child
- Adolescents

Box 21.1



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Children's Hospital Unit

- Parents are encouraged to room-in
- Strive for consistency with caregivers
- May wear own clothes/bring toys
- Flexible schedules
- Designed to meet the needs of growing children
- Familiar rituals and routines must be incorporated into the plan of care
- Communicate at eye level



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Factors that affect a child's reaction to hospitalization

- Child's age
- Amount of preparation given
- Security of home life
- Previous hospitalization experience
- Support of family and medical personnel
- Child's emotional health



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Separation Anxiety

Occurs in infants 6 months or older

Most pronounced in toddler

3 Stages

1. Protest
2. Despair
3. Denial or Detachment



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Protest

- Infants - crying, screaming, looking for parent
- Toddlers - verbally or physically attacks strangers, continuous crying, try to escape



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Despair



All ages -
Withdraws from
others, sad,
uninterested in
environment,
uncommunicative,
regresses to earlier
behavior.



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Detachment/Denial

All ages - Increased interest in surroundings, interacts with caregivers and strangers, appears happy.

These behaviors represent a superficial adjustment to loss

Children are adaptable so permanent issues are possible but rare



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Pain Assessment (Children)

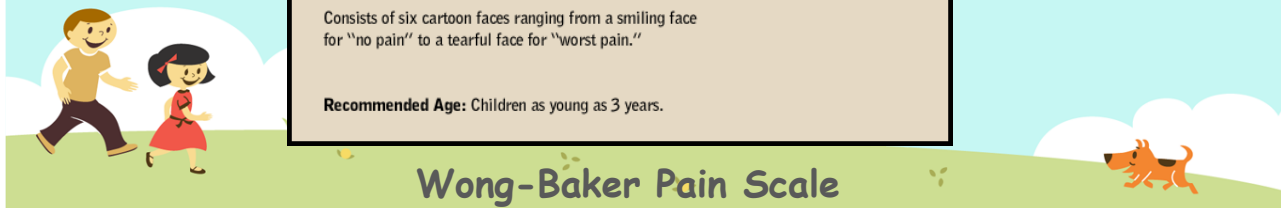
Faces Pain Rating Scale



Consists of six cartoon faces ranging from a smiling face for "no pain" to a tearful face for "worst pain."

Recommended Age: Children as young as 3 years.

Wong-Baker Pain Scale



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Pain

- If untreated, pain can increase healing times and/or compromise wound healing
- The nurse should be an advocate for adequate pain relief in children

Relief Measures:

- Drawing
- Distraction
- Guided Imagery
- Relaxation
- Thought-stopping
- Music therapy
- Medications



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Pain Medications

- NSAID's
- Opioids
- Local anesthetics - EMLA
- PCA
- Conscious Sedation



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Cultural Concerns (may affect compliance)

Differences may include:

- Diet
- Reactions to illness
- Interaction with staff members
- Expectations

*Need to bridge the gap, if necessary, by taking extra time, using translator and exhibiting a caring attitude



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Reaction to Hospitalization Parent/Family

- May be very emotional, panicked
- May feel guilty
- May not understand diagnosis, treatment
- May have to plan (work, childcare, lodging) - RMH
- Siblings may feel left out
- When a child is in the hospital every family member is affected



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Hospital Admissions – Nurses Role

- Encourage family to prepare (if able)
- Remain calm, matter-of-fact, flexible.
- Explain admission procedure
- Orient to unit – routines, location of items
- Take history (family, developmental level, nickname, communication skills, previous medical/hospital experience)
- Treatment room
- Develop a nursing care plan – focus on child



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Clinical Pathways

- Interdisciplinary or Multidisciplinary plan of care
- Displays progress of the entire treatment plan.
- Broader focus than the nursing care plan



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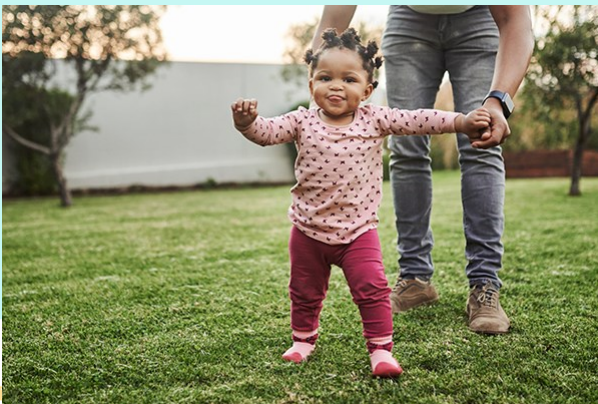
Reaction to Hospitalization Infant

- Routine is upset
- May need to assist with the parent-child attachment process
- Can serve as a role-model to family
- Liberal visiting
- Consistency in caregivers



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Reaction to Hospitalization Toddler



- Separation anxiety at its peak
 - regression due to anxiety
 - Displays intense emotions
- Speak to them in terms they will understand
 - They have no sense of time
- Need structure, rituals, familiar items
- May have negativism/temper tantrums.
- Reactions worse with prolonged illness
- After discharge child may be "clingy"



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Reaction to Hospitalization Preschooler



- Egocentric
- Concrete thinkers which can combine with "magical" thinking
- May think hospitalization is a form of punishment
- Afraid of bodily harm
- Need to explain in realistic terms - be honest
- Be concise.



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Reaction to Hospitalization School-age



- May be depressed, hostile or frustrated
- Forced dependency, loss of control
- Allow to make simple choices.
- Need: consistency, continuation of education, outlet for feelings



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Reaction to Hospitalization Adolescent

- Early (age 10-13) - threat to body image
- Middle (age 14-16) - peer group important, trying to emancipate from family
 - Keep in contact with friends
- Late (age 17-21) - threat of postponement of career/future plans.



May respond by withdrawal, anger, noncompliance

Staff may characterize as difficult



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Confidentiality and Legality

HIPAA regulations

Emancipated Minor

Receiving medical care without parental consent

- STI's
- Contraception
- Drug abuse



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What are the stages of separation anxiety in the toddler?

- A. Protest, Despair, and Denial
- B. Denial, Dependence, and Submission
- C. Protest, Sadness, and Despair
- D. Despair, Anxiety, and Regression



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Assessment of pain is considered the fifth vital sign. Which does the nurse understand about pain in the infant?

- A. Cannot be reliably assessed
- B. Will not be remembered by the infant
- C. Can be assessed by observation of behavior
- D. Is usually caused by fear and anxiety



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Which statement by the parent of a hospitalized 4-year-old child indicates an understanding of the child's needs?

- A. "I am going to buy him a box of new toys to keep him busy while in the hospital."
- B. "I am going to bring some of his favorite toys from home for him to play with while in the hospital."
- C. "I'm glad there is a television in the room for him to watch all day."
- D. "I will stay every day until he falls asleep and then I will go home."



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A 4-year-old hospitalized child wets his bed. The parents tell the nurse that the child was completely toilet trained. What should the nurse understand?

- A. The parents are denying a problem exists
- B. The child may be developmentally delayed
- C. The child may be experiencing regression
- D. The child is probably punishing the parents



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