



THERAPEUTIC TOY: INTEGRATIVE REVIEW
BRINQUEDO TERAPÊUTICO: REVISÃO INTEGRATIVA
JUGUETE TERAPÉUTICO: REVISIÓN INTEGRADORA

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ABSTRACT

Objective: to investigate which scientific papers that were published between the years 2005 and 2011, related to the use Therapeutic Play. **Methodology:** an integrative review of the literature, which were followed for six distinct stages: identification of the topic and the selection hypothesis or research question for the elaboration of the integrative review, establishing criteria for inclusion and exclusion of studies / sampling or searching literature, defining the information to be extracted from the studies, assessment of the studies included in the integrative review, interpretation and presentation of the results of the review / synthesis of knowledge. In search of articles was used as a descriptor: Therapeutic play, and the collection ScieLO Database LILACS. **Results:** 34 articles were found, but when considering the inclusion criteria remaining 22 articles, and there are six in the Lilacs, SciELO and two in 14 in both. **Conclusion:** Therapeutic Play allows nurses to establish the child effective communication and essential in the care process. **Descriptors:** Games and Toys; Nursing; Hospitalization; Child.

RESUMO

Objetivo: investigar quais os trabalhos científicos que foram publicados entre os anos de 2005 e 2011, relacionados ao uso Brinquedo Terapêutico. **Metodologia:** estudo de revisão integrativa da literatura, para a qual foram seguidas seis distintas etapas: identificação do tema e seleção da hipótese ou questão de pesquisa para a elaboração da revisão integrativa; estabelecimento de critérios para inclusão e exclusão de estudos/amostragem ou busca na literatura; definição das informações a serem extraídas dos estudos; avaliação dos estudos incluídos na revisão integrativa; interpretação dos resultados e apresentação da revisão/síntese do conhecimento. Na busca dos artigos utilizou-se como descritor: Brinquedo terapêutico, na coleção ScieLO e Base de dados LILACS. **Resultados:** foram encontrados 34 artigos, porém quando considerados os critérios de inclusão restaram 22 artigos, sendo encontrados seis na Lilacs, dois na Scielo e 14 em ambas. **Conclusão:** o Brinquedo Terapêutico permite ao enfermeiro estabelecer com a criança a comunicação eficaz e imprescindível no processo do cuidar. **Descritores:** Jogos e Brinquedos; Enfermagem; Hospitalização; Criança.

RESUMEN

Objetivo: investigar la que los trabajos científicos que fueron publicados entre los años 2005 y 2011, relacionados con el uso de Juego Terapéutico. **Metodología:** revisión integradora de la literatura, que fueron seguidos durante seis etapas distintas: la identificación del tema y la hipótesis de la selección o pregunta de investigación para la elaboración de la revisión integradora, el establecimiento de criterios para la inclusión y exclusión de los estudios / muestreo o la búsqueda la literatura, la definición de la información que se extrae de los estudios, la evaluación de los estudios incluidos en la revisión integradora, interpretación y presentación de los resultados de la revisión / síntesis del conocimiento. En busca de artículos fue utilizado como descriptor: Juego Terapéutico, y la colección SciELO LILACS Database. **Resultados:** 34 artículos fueron encontrados, pero al considerar los criterios de inclusión restantes 22 artículos, y hay seis de las Lilas, SciELO y dos en 14 en ambos. **Conclusión:** juego Terapéutico permite a las enfermeras para establecer la comunicación efectiva niño y esencial en el proceso de atención. **Descriptores:** Juegos y Juguetes; Enfermería; Hospitalización; Niños.

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INTRODUCTION

The child is a special being that has as main feature, the ability to grow and develop. Therefore, hospitalization for the child means a stressor to stay vulnerable to change in routine and the relationship within the family, and painful procedures that associated with their immaturity may be generating traumas passengers or even permanent.¹

Hospitalization is a difficult experience to be experienced by small patient, the child's exposure to a stressful environment, and where support for coping with these feelings is very limited, so that one of the sources of security is represented by the presence of parents. In this sense, Brazil has advanced only after publication of Law No. 8069 in 1990, regulating the Statute of Children and Adolescents, which in its Article 12 requires that health facilities should provide conditions for the permanence of a parent or responsible, full-time, in case of hospitalization of children or adolescents.²

The disease causes the child a series of bodily sensations, and when it needs to be hospitalized, your reactions will depend on several factors, namely: total or partial separation of significant family, age at the time of hospitalization, physical condition and type of immediate care; quality of relationship with significant family before and during hospitalization, duration of hospitalization, previous experiences of hospitalization, amount and type of information that the child has; quality and type of support they receive from family and significant health team during hospitalization; needs attention in a particular way, considering that each child has different needs for affection and sensitivity to separation and pain.³

Hospitalization of children and adolescents may represent a positive experience from the moment that their caregivers seek help ensure continued growth and development of those through individual and joint operations that meet your needs. However, such initiatives should include also their families, considering that these are also directly affected by treatment of their children, thus requiring the support of all who are part of the hospital staff.

One measure of humanization of nursing care for hospitalized children is the use of so-called therapeutic play, which

[...] constitutes a structured toy for children relieve anxiety caused by atypical experience for age, which tend to be threatening and require more than

recreation for solving the associated anxiety and should be used whenever she has difficulty to understand or deal with a difficult experience or procedures need to be prepared for.^{4:421}

Therapeutic toy appears as a tool to make infant hospitalization less traumatic, since it gives the child the opportunity to relieve your stress, overflow of emotions, recognition of their feelings, assimilation of new situations and clarification regarding misconceptions about the hospital environment.⁵

Furthermore, the effects arising from the use of therapeutic play in promoting the development of your child's confidence, the area of your body, and the knowledge of their bodily functions and the social and intellectual development.⁶

In play, the child performs many functions during hospitalization such as: fun, relaxation, security in a strange environment. The toy decreases the stress of separation and the feeling of being away from home, thus providing a means to relieve stress and express feelings, encouraging interaction and the development of positive attitudes towards other people, providing a means for the expression of ideas and creative interests.⁷

The use of this toy as a facilitator of nursing interventions provides the practitioner with a better understanding of the needs and feelings of hospitalized children in that provides the same, the opportunity to exercise an active role in your care, projecting into the external world and their fears anxieties.⁸

Considering the benefits arising from the use of Therapeutic Play, felt the need to conduct an integrative review from the following question: what are the scientific papers were published between the years 2005 and 2011 related to Therapeutic Play and therefore objective of this work: investigate which scientific studies were published between the years 2005 and 2011 related to the use Therapeutic Play.

METHOD

This is a study of integrative literature review, which aims to build an analysis of the methods and research results, enabling a reflection that serve as input to future studies. Thus, this research method seeks to deepen the knowledge of certain phenomena, based on previous studies.

For elaboration this integrative review were followed six distinct stages: identification of the topic and the selection hypothesis or research question for the elaboration of the integrative review, establishing criteria for inclusion and

exclusion of studies / sampling or literature search; definition of information to be extracted from the studies, assessment of the studies included in the integrative review, interpretation and presentation of the results of the review / synthesis of knowledge.⁹

In search of articles was used as a descriptor Therapeutic play, and how inclusion criteria published between the years 2005 to 2011, found in the database ScieLO and LILACS in Portuguese and they were presented in their entirety.

For data collection we created a table consisting of the following items: article title, year of publication, objectives, sample, and type of study, results and conclusions. 34 articles were found initially, but when considering the inclusion criteria remaining 22 articles, six in Database Lilacs, SciELO and two at 14 which appeared in both.

After carefully reading the articles, followed then the analysis of the contents found, using the technique of analysis Temática¹⁰ which consists in discovering the meaning units that make up a communication whose presence or frequency mean something to the analytical objective pursued.

RESULTS AND DISCUSSION

During the analysis of articles appeared four thematic categories namely: therapeutic play as a facilitator of treatment adherence, therapeutic play as a strategy for stress relief before procedures; therapeutic play as an instrument that enables the understanding of the reality of the child and toy therapy as an essential instrument of care in pediatrics.

• Therapeutic toy as a facilitator in treatment adherence

The use of BT was considered in some studies an excellent resource to be used in nursing care for hospitalized children by allowing the child to externalize their feelings in situations that seems threatening, becoming more collaborative, facilitating adherence to treatment.¹¹⁻²

The importance of adherence to treatment in BT Diabetes mellitus allows the child to develop a greater acceptance treatment from an initial reaction of fear to one of effective participation at the time of the procedures.¹³

Through instructional technique was possible the child know that the procedure would be submitted and how it could participate in the venipuncture, and also establishes a relationship of trust with the team you watched. Family members also recognized the benefits of the technique. The authors also stressed the importance of a shift

in the emergency department to the child and family, as well as a greater appreciation on the part of the nursing team about that technique.¹³

The BT was also referenced as a tool used in preparing the child for surgery, being effective as a facilitator of the therapeutic relationship between the children, nurses and occupational therapy.¹⁴

• Therapeutic toy as a strategy for stress relief before procedures

The BT proved to be a great ally in preparing the child for the surgical dressing, since there was a greater adaptation and acceptability of the procedure after use of the technique, and even allowed the child stress relief after the procedure, demonstrated through lower pain scores.¹⁴

Once therapeutic play allows the child to express their feelings, relieving their tensions and developing other forms of communication with family members and staff that attends, is an instrument which empowers the human care.^{8,15-6}

• The therapeutic play as an instrument that enables the understanding of the reality of child

Through the technique of BT was possible the child effectively communicate his vulnerability, but also their strength in the face of difficult experiences being experienced.^{11-2,17}

Amid the hardships of pathology, BT constituted an effective tool because it allowed the child with asthma express their distress by school dropouts, and the need for assistance to children with severe asthma is valued formal education in hospitals to fundamental process in the development and growth as a person and citizen.¹⁸

In reality of children victimized by violence, the technique of BT enabled them to express their feelings, fantasies, desires, experiences amid criticism in family relationships, ultimately resulting in the welfare of institutionalized children.^{12,19-20}

BT sessions allowed children with cancer who were using the catheter Port-a-Cath express their experiences and concerns that permeated their daily lives. Although the use of this catheter has proven effective because it reduces the frequency of peripheral punctures, pain and adverse effects of medications, related to its use, does not prevent users from having children fear as to its use.²¹

Furthermore, therapeutic play allowed children with sickle cell anemia express their sad experiences, permeated by pain.²²

• The therapeutic play as an essential instrument of care in pediatrics.

Some authors have directed their research in pursuit of the benefits that the use of BT can bring the hospitalized child. They were unanimous in considering that BT is an effective instrument constituted human care for the hospitalized child, since it allows the caregiver to express their fears and anxieties concerning the phenomenon experienced, and still express their wishes and dreams; constituting is therefore a valuable tool in pediatric care.^{8,14-5,18-21}

Furthermore, its use has brought benefits for nurses and other professionals, since the care has become more efficient, thus bringing them coming gratification by human care and efficient, since the technique allows to establish a bond of trust between the child, the parents and the nurse, going so consider it fundamental tool in interventions aimed at children.²²⁻⁸

Because of its importance, has been proven to approach this subject in undergraduate for at least 10 years, however, other studies show the need to expand its use both in pediatric hospitals, as in others that also watch the child as a way to ensure a humanized quality.²⁹⁻³²

CONCLUSION

The use of BT in the hospital and outside has been the focus of attention of many scholars, because it is a valuable tool because it allows the child to express his emotions, desires, frustrations and experiences before the painful experiences considered by serving so, a source of stress relief, being effective in minimizing the trauma.

Also, allows nurses to establish the child with effective communication and essential in the process of care, identifying your needs and also preparing for the procedures to be undertaken, thus strengthening the bonds of trust between them.

As it constitutes an instrument as valuable for care in pediatrics, should be publicized and encouraged its use both in academia and between pediatric nurses and caregivers who assist the child.

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