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THE IMPORTANCE OF PLAY IN THE CONTEXT OF CHILD HOSPITALIZATION A IMPORTÂNCIA DO LÚDICO NO CONTEXTO DA HOSPITALIZAÇÃO INFANTIL LA IMPORTANCIA DEL LÚDICO EN EL CONTEXTO DE LA HOSPITALIZACIÓN INFANTIL

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ABSTRACT

Objective: to analyze the importance of play in the context of child hospitalization. Method: this is a bibliographic, descriptive, integrative review type study. Articles published in the period from 2010 to 2016 were used and the searches in the databases VHL, MEDLINE, LILACS and BDENF were carried out selecting the articles published in full, in Brazilian Portuguese. Data was analyzed using the Categorical Thematic Content Analysis technique. Results: the categories "Play activities and their benefits for the hospitalized child", "View of the companions in relation to the play activities" and "Vision of the Nursing team in relation to play activities" were identified. Conclusion: it was evidenced that, in fact, play has its importance within the context of the child hospitalization, since it brings benefits not only for the hospitalized child, but also for the family and the health team, besides enabling a more humanized care. Descriptors: Hospitalized Child; Nursing; Ludic Therapy; Humanization of Assistance; Nursing Team; Socialization.

Objetivo: analisar a importância do lúdico no contexto da hospitalização infantil. Método: trata-se de estudo bibliográfico, descritivo, tipo revisão integrativa. Utilizaram-se artigos publicados no período de 2010 a 2016 e realizaram-se as buscas nas bases de dados BVS, MEDLINE, LILACS e BDENF selecionando-se os artigos publicados na íntegra, em língua portuguesa. Analisaram-se os dados por meio da técnica de Análise de Conteúdo Temática Categorial. Resultados: identificaram-se as categorias "Atividades lúdicas e seus benefícios para a criança hospitalizada", "Visão dos acompanhantes em relação às atividades lúdicas" e "Visão da equipe de Enfermagem com relação às atividades lúdicas". Conclusão: evidenciou-se que, de fato, o lúdico tem sua importância dentro do contexto da hospitalização infantil, uma vez que traz benefícios não somente para a criança hospitalizada, mas, também, para a família e a equipe de saúde, além de possibilitar um cuidado mais humanizado. Descritores: Criança Hospitalizada; Enfermagem; Ludoterapia; Humanização da Assistência; Equipe de Enfermagem; Socialização.

RESUMEN

Objetivo: analizar la importancia del lúdico en el contexto de la hospitalización infantil. Método: Se trata de un estudio bibliográfico, descriptivo, tipo revisión integrativa. Utilizaron los artículos publicados entre 2010 a 2016 y se realizaron búsquedas en las bases de datos BVS, MEDLINE, LILACS y artículos seleccionando BDENF publicados en su totalidad, en portugués. Se analizaron los datos por medio de la técnica de Análisis de Contenido Temática Categorial. Resultados: se identificaron las categorías "Actividades lúdicas y sus beneficios para el niño hospitalizado", "Visión de los acompañantes en relación a las actividades lúdicas" y "Visión del equipo de Enfermería con relación a las actividades lúdicas". Conclusión: se evidenció que, de hecho, el lúdico tiene su importancia dentro del contexto de la hospitalización infantil, ya que trae beneficios no sólo para el niño hospitalizado, sino también para la familia y el equipo de salud, además de posibilitar un cuidado más humanizado. Descriptores: Nino Hospitalizado; Enfermería; La Terapia de Juego; Humanización de la Asistencia; Equipo de Enfermeira; Socialización.

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INTRODUCTION

It is known that child hospitalization is a process that has a significant impact on the child's psychological health, by changing his daily routine, representing the loss of social life, their toys and fantasies. 1 Play is associated with games, toys, fun, with something that provokes laughter, funny, providing autonomy to invent, to discover and to lead to the resolution of problems, not only importing the result of the play activity, but the moment lived.²

is believed that play has great importance for the development of the child and facilitates the process of socialization, as also enables the development and improvement of self-awareness and creativity. the With play in context hospitalization, it aims to reduce stress, release affection and expose the emotions of the hospitalized child, being an effective strategy because the child releases their creativity, reinvents the world and explores their limits.3

It is added that, Leisure Therapy allows the stay of the hospitalized child to be less painful, identifying their fears and working their feelings in a way that induces them to express worries, to understand situations of stress or new learning and, therefore, to favor the realization of treatment.4

Nursing is linked directly with the care and the humanization of the care provided, not restricted to a curative assistance. Leisure Therapy is considered as a tool that assists the Nursing team in the provision of a humanized service, favoring communication between the team, between the team and the family, allowing the accomplishment of the treatment to be more successful.⁵

Feelings such as fear, anguish, anxiety and stress are caused by the hospitalization of the child, and the use of play aims to minimize the trauma caused by this process, seeking to provide physical and emotional improvement.6 It is essential to use play, since it makes it possible to minimize the negative points that a hospitalization entails for the child, allowing it to continue its development, distancing, to certain extent, the illness hospitalization and, thus serving as a refuge and offering a sense of control and freedom for the hospitalized child.7

OBJECTIVE

• To analyze the importance of play in the context of child hospitalization.

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METHOD

It is an integrative review of Literature, which constitutes one of the methods of analysis of relevant research, for providing support for decision making and improvement of clinical practice, enabling the synthesis of the state of knowledge of a particular subject, in a systematic and orderly manner, aiming to contribute to the deepening of the knowledge of the subject investigated.8

This study was based on the guiding question: "How important is play in the hospitalization?". context of child publications were located in the Virtual Health Library (VHL), Medical Literature Analysis and Retrieval System Online (MEDLINE), Latin American and Caribbean Literature in Health Sciences databases (September-October 2017) (LILACS) and Nursing Database (BDENF).

In order to carry out the research, six distinct stages were adopted: identification of the theme; the definition of the criteria for inclusion and exclusion of studies and the search in the literature; the categorization of studies (critical analysis of the findings identifying differences and conflicts); the analysis of the selected studies for the integrative review; the interpretation of the results and the synthesis of the evidence found in the studies.

The following descriptors were used in the data collection: hospitalized child, Nursing, Ludoterapia, humanization of care, Nursing team and socialization. The descriptors used in the study according to the Medical Subject Headings (MeSH) and the Descriptors in Health Sciences (DeCS) were selected using the Boolean operator "AND" to cross the different descriptors.

The primary articles, published in full and free of charge, were considered eligible for the study object, the linguistic parameter of works in Portuguese, in the period from 2010 to 2016. It is noteworthy that, after a careful reading, only the published works that responded to the guiding question remained. Excluded from the selection were those works that presented themselves in duplicate and those that had no relation with the proposed theme, besides theses, dissertations and editorials.

extraction of information, the asummary table (Table 1) was elaborated with the following variables: authors, work title, year of publication, periodical and level of evidence. The aim of this paper was to

present, in a systematic way, the articles that were used in the discussion of this work.

The analysis of the results was accomplished by means of the Categorical Thematic Content Analysis technique, after successive readings, carried out by two evaluators, in which it was proposed to evidence the knowledge produced on the subject in question, permeating a critical analysis of the achieve the objective of the proposal in question.⁹

It should be highlighted, as far as the level of evidence of the selected articles is concerned, that only one presented level I (study from a systematic review or meta-analysis of all relevant randomized controlled trials or from clinical guidelines based on systematic reviews of randomized controlled

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clinical trials); only one presented level V (evidence originating from a systematic review of descriptive and qualitative studies) and eight articles analyzed presented level VI (evidence derived from a single descriptive or qualitative study). 10

RESULTS

After the identification and analysis of the 2,894 works, 2,884 papers were excluded, and ten articles were selected related to the importance of play in the context of child hospitalization. The screening process and the number of publications obtained in each step are shown in the diagram shown in figure 1.

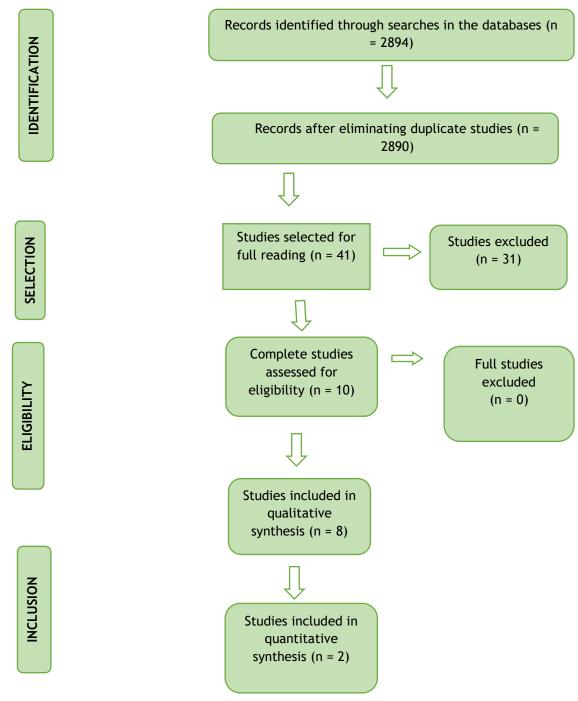


Figure 1. Flowchart of study selection according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyzes (PRISMA 2009). Paulo Afonso (BA), Brazil, 2018.

It is inferred, as far as the place of publication of the journals where the articles were published, that 80% were from the Southeast region, 10% from the Northeast Region and 10% from the South region. Table 1

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summarizes the manuscripts included in this

review integrative.

Title and year	Authors	Journal	Level of evidence
Understanding nurses' awareness of the use of therapeutic toys in child care practice. 2011.	Maia, Ribeiro, Borba. ¹¹	USP Nursing School Journal	VI
Routine use of therapeutic toy in the care of hospitalized children: nurses' perception. 2012.		Acta Paulista Nursing Journal	VI
Play as a communication strategy for the promotion of humanized care with hospitalized children. 2013.			٧
Play activity as a tool for nursing care for hospitalized children. 2014.	Lima, Barros, Costa, Santos, Vitor, Lira. 14	Mineira Journal of Nursing	I
Play care to the hospitalized child: perspective of the familiar caregiver and nursing team. 2014.		Care is Fundamental	VI
Hospital clowns as a strategy to alleviate the experience of child hospitalization. 2014.		Psico Journal - USF	VI
Play as a strategy in the care of the child with cancer. 2015.	Lima, Santos. ¹⁷	Revista Gaúcha de Enfermagem	VI
Play in the hospital context in the view of the companions of hospitalized children. 2015.	Sousa, Vitta, Lima, Vitta. ¹⁸	Brazilian Journal of Human Growth and Development	VI
Play Therapy and hospitalized childrem from the parents' perspective. 2016.	Fioreti, Manzo, Regino. ¹⁹	Mineira Journal of Nursing	VI
Repercussions of the clown therapy in the process of hospitalization of the child. 2016.	Martins, Silva, Fernandes, Souza, Vieira. ²⁰	Care is Fundamental Research Journal	VI

Figure 1. Articles, title, year, author, periodical and level of evidence. Paulo Afonso (BA), Brazil, 2018.

DISCUSSION

♦ Play activities and their benefits for hospitalized children

It is necessary, when it comes to a hospitalized child, to have the perception that it is not so easy to have a conversation with her, since it is not developed to the point of understanding what is happening, so it is important to create strategies to establish this communication between the professional and the child, and it is at that moment that the importance of play enters and can provide adequate assistance, better acceptance of treatment and better understanding by both parties.¹³

It is exposed, the existence of several strategies of play activities that health professionals can use to promote a better interaction of the child with the environment in which the hospital is located.¹⁴ The main activities of the playwrights were clown theater, reading circle, creative therapy with art, virtual interactive playground, puppets, playgrounds and, finally, the therapeutic puppet. Through each activity, direct benefits for the hospitalized child are promoted, them, reduction among of depressive behavior, pain complaints, nausea, anxiety and fear, as well as facilitating communication and interaction with the health professional, making the child more active and communicative, and thus promoting well-being.

addition to these activities, intervention strategy with the hospital clown or clown therapy, which also aims to reduce the hospitalization damages to the child, and to demonstrate and involve it with respect to procedures, materials, routine and hospital practices in a way that understands what is happening and among the advantages of this strategy are the reduction of boredom and, consequently, waiting time, greater collaboration invasive procedures and or treatment and the child's entertainment, leading to the state of joy. 13

Through Leisure Therapy the child is able to "accept" the health professional who is assisting him because the fear of the same in relation to the white coat is diminished thanks to an approximation between both. Through these activities, it is easy to perceive that the environment changes, going from hostile to cheerful and more childish, the children's facial expressions become more cheerful, with laughter and smiles, and the waiting for the return of the clowns brings one more positive point: the euphoria and the improvement of the relationship with the Nursing team.¹⁴

The importance of the Therapeutic Toy is also emphasized, benefiting children beyond those already mentioned with well-being, the reduction of fear, when it refers to the hospitalization process, the interaction of the

same with the environment and, the promotion and continuity of the child's development.¹¹ The environment and the way of care can be transformed with the use of this play.

It is considered the use of electronic equipment as an important strategy of Leisure Therapy for children who are unable to leave the bed, with some equipment that makes it impossible to move, that are fatigued or without mood, preferring to do activities that are easier, that do not require physical effort and there is no need to leave the bed, especially in the case of cancer patients. ¹⁵ It is also warned, if these electronic devices are not available by the institution, that children can bring them from their homes, as it was noted in this study that they used the devices as a form of fun.

Activities can be carried out in the bed for the more limited children, but when it is not, it is also important to take them to the playground, called a toy library or, in some cases, a library. It is possible, in these spaces, in addition to performing the play activities, to promote the interaction of the children who are hospitalized there, establishing a socialization between them, with companions and also with the team, bringing them as close as possible, of a more familiar environment. You can help them by allowing them to bring their own toys, DVD's or computer, to deal with this process, entertaining them and distracting them more easily. 15

♦ View of the companions in relation to the play activities

a study, the parents' perception regarding the use of play during the hospitalization was pointed out in a study, where it was clear that, for parents, it is of great importance, since it promotes the reduction of stress caused by hospitalization, helps the child to become more comfortable with the hospital and the hospital routine and reduces the negative impact of the hospital.¹⁸ The parents' bonding with their hospitalized children is narrowed, as many of the activities can be performed between the same as paintings and the use of toys in general. Through the use of play, a combination of benefits is provided, from the promotion of understanding, participation and communication, such as reduction of stress and fear.

According to a study carried out with mothers of hospitalized children, 96.8% reported that the preferred place of their hospitalized children was the toy library. 19 It was reported by the mothers as positive points

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related to the use of games, that there is a relieving of suffering and tensions that are generated by the hospitalization, leaving the child calmer, reducing the negative effects and helping in the development of the child, since some pedagogical activities offered help both with learning and in the development of physical and psychological abilities and they also favor interaction, where children know each other and play with each other. It is also believed that play serves as a palliative in the hospitalization situation, besides offering positive points related to the disease, allowing the child to live situations common to their daily life. In terms of participation, most attendees (63.1%) enjoy participating in the child's activities, 21.5% prefer to watch without participating, and 10.8% believe that they do not make a difference your participation.

♦ Nursing team vision regarding play activities

It is demonstrated that the interviewed professionals are aware that play is a facilitator for a more humanized assistance and that it is of great importance for pediatric patients, helping children feel safer and more confident even with the relationship with the team and at the moment of performing some procedure, the child remains calmer, less stressed and accepts the situation that is happening.¹⁵ It introduces the play gradually, in the first moment, and the professionals begin to try to create a bond with the child so that they begin to trust and to become familiar, besides treating them with affection, of a more humanized way, explaining what will be done, finding out what is happening and establishing an initial conversation that will facilitate care in the future.

It is also complemented, according to the aforementioned study, that the professionals make use of the colored vest as a way to reduce the panic that the children have at the moment of the procedures, and another strategy used, after the venous punctures, is the realization of drawings by professionals who are willing to interact with them in this way.

According to one study, according to one study, regarding the use of the therapeutic toy, most (90%) had some contact with the subject, however, only 20% have already participated or participate in this type of play activity. ¹² It was observed by the professionals who have already used this practice, that the benefits were the better interaction between the child and the adult, a better cooperation on the part of the child in the course of the procedures and the reduction of anxiety.

however, it was also observed that the child's needs were better met, as the child began to express themselves better and, as a consequence, there was an acceleration in their recovery time.

In another study, the nurses' sensitivity regarding the use of the therapeutic toy at the time of care was mentioned. 11 It was also mentioned by the same ones, the moment in which one becomes aware of what the child is going through and, understanding his needs, the suffering he is going through, only then does one realize that there is a need to provide the child something that makes you feel good, transforming the environment and making it more conducive to the play. It was reported by the nurses that the use of this strategy is able to establish a more intimate relationship with the family and the child, each one becoming better understood.

It is verified, however, that applying Leisure Therapy is not easy, therefore, professionals report some difficulties. It was reported by the professionals, that there is a lack of knowledge and also of preparation, since only the most technical care and the procedure itself is needed that needs to be performed. 15 They also described the lack of time and the high daily demands that end up being priorities at the time of assistance and, in addition, some children are more difficult to learn the play, since they are more closed and introverted making it difficult, the applicability of the strategy. It was also reported that the family also becomes an obstacle, because it often hinders the procedures, the recovery of the child, because he is very anxious and, in some cases, does not follow the guidelines or does not collaborate. Finally, it was described as a difficulty, that the recreation room was not open during the 24 hours, thus leaving the children and relatives more stressed.

It is also reported that the difficulty of the professionals involves the lack of time, the other activities that must be developed, the lack of preparation regarding the therapeutic toy and the insecurity, and the fact that they are interrupted by other professionals at the time of application of play.¹²

It should be noted in a study, as difficulties, the fact that the hospital does not help, that is, it does not support these strategies, in addition to not having the support of the colleagues of the Nursing team, who often do not sensitize to perform this type of practice. 11

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CONCLUSION

It was evidenced that, in fact, play has its importance within the context of child hospitalization, since the use of the same brings benefits not only for the child who is hospitalized, but also for his companion and the team health care that is rendering the assistance, thus providing more humanized care not only for the technique during the care and the performance of procedures.

It is clear that there are several play strategies and through them it is possible to provide for the continuity of the child's development, to promote well-being, reduce the stress, anxiety, feelings anguish, guilt and revolt that can arise in the as well as improving communication, making the child calmer, more cheerful and more collaborative with the treatment, making the child aware of what is happening, and making within experience, the hospital environment, less traumatic. Positive effects are provided throughout the hospitalization, benefiting also the caregivers, the health team and the hospital itself, since the hospitalization time can be reduced thanks to the child's better adherence to treatment, together with the cooperation of all involved.

It was clarified in this study that Leisure Therapy aims to supply the child's need within the hospital environment, when it comes to playing, expressing, creating and inventing, leaving him freer to deal with the situation which they are going through. It is added, with regard to the assistance itself, that, with the child contributing, there is a greater facility for carrying out procedures and treatments, as it becomes more accessible collaborative, more seeing professional environment and the less threatening and understanding who is there to treat himself and then return to his routine.

It is demonstrated that the nurse who introduces the play and the humanized care, in their daily care, has a greater knowledge regarding their patient knowing how to deal with it, having a better facility during the accomplishment of procedures and in the moment of understand what the child needs and how to help them, in a more efficient way, because they will have a bond of trust generated at each moment of conversation, games and other play activities.

Parents and companions are also benefited, who, in addition to seeing their participatory, cheerful and more communicative children, have reduced their stress, besides allowing a greater approximation and improving the relationship, play provides an interaction of

parents to their children, since there are activities that are done by both parties.

It is concluded that it is certain that there are difficulties that are installed at the moment when trying to incorporate an atypical practice in the routine of the Nursing team, therefore, there is a need for new studies that discuss more about this subject in order to open new forms of exposing ways that facilitate this practice even with more evidence of how important is Leisure Therapy.

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