Perception of the hospitalized child's companion...



### **ORIGINAL ARTICLE**

# PERCEPTION OF THE HOSPITALIZED CHILD'S COMPANION IN RELATION TO THERAPEUTIC TOYS

### PERCEPÇÃO DOS ACOMPANHANTES DAS CRIANÇAS HOSPITALIZADAS ACERCA DO BRINQUEDO TERAPÊUTICO

PERCEPCIÓN DE LOS ACOMPAÑANTES DE LOS NIÑOS HOSPITALIZADOS ACERCA DEL JUGUETE **TERAPÉUTICO** 

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#### **ABSTRACT**

Objective: to identify the perception of the companions of hospitalized children in relation to play activities. Method: this is a qualitative, field study, descriptive and exploratory, with ten companions, using the therapeutic Toy tool. The data was collected through an interview with semi-structured script. The Content Analysis technique was used in the Categorical Analysis modality to analyze the data. Results: from the reading and re-reading of the interviews, four categories were chosen: << The toy library as an aid in the pediatric treatment >>, << Use of the Therapeutic Toy in the accomplishment of the procedures >>; << The therapeutic toy as support of the Nursing care >>, << The toy and the approach between the professional and the child >>. Conclusion: it was considered essential that professionals working in Pediatrics develop strategies for the use of therapeutic toys, improving the care offered and as a contribution, providing the most humane and qualified care in the area. Descriptors: Child, Hospitalized; Pediatric Nursing; Play and Playthings; Assistance; Pediatrics; Humanization of Assistance.

Objetivo: identificar a percepção dos acompanhantes das crianças hospitalizadas com relação às atividades lúdicas. Método: trata-se de estudo qualitativo, de campo, descrito e exploratório, com dez acompanhantes, uutilizando-se a ferramenta Brinquedo terapêutico. Coletaram-se os dados por meio de entrevista com roteiro semiestruturado. Empregou-se a técnica de Análise de Conteúdo na modalidade Análise Categorial para análise dos dados. Resultados: elegeram-se, a partir da leitura e releitura das entrevistas, quatro categorias: << A brinquedoteca como auxílio no tratamento pediátrico >>, << Utilização do Brinquedo Terapêutico na realização dos procedimentos >>; << O brinquedo terapêutico como suporte da assistência de Enfermagem >>, << O brinquedo e a aproximação entre o profissional e a criança >>. Conclusão: considerou-se primordial que os profissionais atuantes na Pediatria desenvolvam estratégias para a utilização do brinquedo terapêutico, melhorando a assistência oferecida e como contribuição, proporcionando o atendimento mais humano é qualificado na área. *Descritores*: Criança Hospitalizada; Enfermagem Pediátrica; Jogos e Brinquedos; Assistência; Pediatria; Humanização da Assistência.

# **RESUMEN**

Objetivo: identificar la percepción de los acompañantes de los niños hospitalizados con relación a las actividades lúdicas. Método: se trata de un estudio cualitativo, de campo, descrito y exploratorio, con diez acompañantes, utilizando la herramienta Juguete terapéutico. Los datos fueron recolectados por medio de una entrevista con un guión semiestructurado. Se empleó la técnica de Análisis de Contenido en la modalidad Análisis Categorial para análisis de los datos. *Resultados*: se eligieron, a partir de la lectura y relectura de las entrevistas, cuatro categorías: << La biblioteca de juguetes como ayuda en el tratamiento pediátrico >>, << Utilización del juguete terapéutico en la realización de los procedimientos >>; << El juguete terapéutico como soporte de la asistencia de Enfermería >>, << El juguete y el acercamiento entre el profesional y el niño >>. Conclusión: se consideró primordial que los profesionales actuantes en la Pediatría desarrollas estrategias para la utilización del juguete terapéutico, mejorando la asistencia ofrecida y como contribución, proporcionando la atención más humana y calificada en el área. Descriptores: Niño Hospitalizado; Enfermería Pediátrica; Juego e Implementos de Juego; Asistencia; Pediatria; Humanización de la Atención.

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#### **INTRODUCTION**

It is understood that Therapeutic Toy (TT) is an instrument that helps to reduce anxiety through therapeutic procedures to be performed in hospitalized children, which are mostly frightening, to solve the anxiety developed by the child by providing the understanding of treatment. It is then seen that the therapeutic toy should be used whenever the child, in a direct way, presents difficulty in understanding some procedure.<sup>1</sup>

The TT is used in nursing care to help reduce the suffering of children undergoing any procedure that escapes their daily lives. The TT is considered an intervention tool used to aid in procedures and helps promote psychophysiological well-being in children.<sup>2</sup>

The TT is conceived as a care model that is also related to the need to play when the child is inserted in the hospital context. Thus, it is used as an aid to unpleasant situations facilitating the acceptance of the treatment and helping in the communication between the professional and the patient.<sup>3</sup>

In this respect, it is argued that therapeutic toys are considered as structured instruments that seek to promote, in the child, relief and well-being in the face of a situation unknown to the child, such as some procedure therapeutic. 1 It is said that this item is an essential tool for health professionals working in Pediatrics, and the TT is a playful resource and that indirectly favors a more adequate communication between the child and the adult.

The TT is presented in three ways: the Dramatic Toy, allowing the emotional discharge; the Instructional Toy, helping the child to understand the treatment and the clarification of misconceptions, and finally, the Toy Trainer of physiological functions whose purpose is the development of activities in which children can improve or maintain their physical conditions according to their due needs.<sup>4</sup>

It is pointed out that the parents mentioned that when the use of the toy / therapeutic toy is necessary, it helps to minimize the tensions generated by the hospitalization and also in the change in the environment through which the child passes. Thus, it presents positive responses regarding treatment and therapeutic care.

This study was motivated by the relevance of the use of therapeutic toys in nursing care to hospitalized children, in order to emphasize the importance of care for and contribution to the relationship between

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professionals and children in a holistic way, since the hospital, for many of them, is a frightening environment, since, several times, it involves innumerable procedures to which they are not accustomed to dealing in their daily life.

In view of the above, the following guiding questions of this study are presented: How does the therapeutic toy contribute to the care of children who are undergoing hospitalization? What is the opinion of the companions in relation to the playful activity practiced by nursing professionals?

### **OBJECTIVE**

• To identify the perception of the companions of the hospitalized children in relation to the ludic activities.

#### **METHOD**

It is a qualitative, field study<sup>6</sup>, exploratory and descriptive. The interview was recorded and guided by a semi-structured script composed of objective and subjective questions.

The profile of the participants (some partner-demographic aspects) was approached through objective questions. The subjective questions were related to the perception of the companions on the use of the TT using, for the capture of the speech, a recording device (Sony CID - PX240).

The research was carried out in the infirmaries of the Municipal Hospital of Valentina (MHV). MHV is a reference for pediatric clinical care in the municipal health network. Children from the 28 th day of life and adolescents up to the age of 15 are treated 11 months and 29 days, from cases of less complexity, to those with serious, unstable and potentially fatal diseases. It is verified that this unit has in its ward 60 beds for admissions of clinical and post-surgical pediatrics, performing more than hospitalizations per month, according to the standards established by the Brazilian Ministry of Health, and also has a pediatric ICU composed of ten beds, with state-of-the-art appliances, in order to offer qualified service. Thus, care is taken from spontaneous demand during the reception, when, the classification is performed: a positive point for urgent and emergency care with a red stabilization room and a yellow room.

As a study population, the children hospitalized in the MHV were enrolled. Ten patients of hospitalized children were selected for this technique. The sample was

obtained by non-probabilistic technique for convenience.

Inclusion criteria were selected as companions of children admitted to MHV with at least two days of hospitalization. As exclusion criteria, the companions who did not respond to the interviews satisfactorily or gave incomprehensible answers and those who did not agree to participate in the research.

It is considered that any research offers risk, even if it is minimal or not predictable. In the case of this research, it was possible to expose the identity of the participants. They were identified in this case, the companions were with names of personages: Margarida, Minnie, Mônica, Dora, Jasmine, Sofia, Xuxa, Moraguinho, Cinderela and Rapunzel. The choice for this code name was given because they are children's characters known and easily memorized.

Quantitative data were analyzed on the basis of simple descriptive statistics. It was used for the interpretation of the qualitative data, the technique of Content Analysis: first stage - pre-analysis, from the floating reading of the material collected, according to the interviews. At this stage, the organization of the material occurred in order to respond to rules; Second Stage - Exploration of the material. At this stage, the practical material was classified into three categories; Third Stage - Interpretation of the results obtained, when the material involving the researcher's understanding of the subject and the analysis in the light of the literature was discussed.

It should be noted that the volunteers were previously informed of the process through which they would pass, being characterized their participation by signing the Free and Informed Consent Term.

The development of this study was followed by all the requirements set forth in Resolution No. 466/12 of the National Health Council of the Ministry of Health, especially those contained in items IV. 3 and IV.5. The data collection was started after the approval of the research project by the Research Ethics Committee of the University Center of João Pessoa through CAAE: 68097117.8.0000.5176.

### **RESULTS**

Ten participants were interviewed, of whom five were in the age group over 31 years; four, between 25-30 years and one, with age between 19-24 years, with mean age of 29.6 years. It was seen that three were single; five, married and two were in friendly relationship; in relation to the profession, two were from home; A student; two,

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autonomous; a cooker; one, watcher; one, accounting assistant; one, elderly caregiver and one, receptionist. With regard to the degree of education, one had the complete fundamental; two, the fundamental incomplete; four, the full middle; one, the half incomplete; one, the technician and one had higher education.

From the reading and rereading of the interviews, four categories were chosen. The statements were categorized by the Content Analysis technique in the Categorical Analysis modality.

Category 1: The toy library as an aid in pediatric treatment

Category 2: Use of the therapeutic toy in performing the procedures

Category 3: The therapeutic toy as support of Nursing care

Category 4: The toy and the approach between the professional and the child

#### DISCUSSION

# ♦ Category 1: The toy library as an aid in pediatric treatment

Helps distract the children, sometimes the children spend a lot of time in the hospital, lying down, I believe it is a way to entertain them when they are already tired of being always the same, is getting bored, taking medications. (Daisy)

I think it would help to pass more time and help stimulate the child's mood for later recovery. (Minnie).

I believe it contributes. Because children often no longer lie down, unable to watch or play, that is, they stop doing what they do at home, in their real world, and the toy library is going to report more to the world of it doing with that the child is more willing to help even in their treatment. (Monica)

Helps because it lowers the child's stress. She arrives already stressed because of a certain disease and the toy library will turn to the children's world taking some of the stress out of the child and making her more comfortable. Dora).

The toy library, according to the reports of the above participants, is constituted as an aid to the treatment of hospitalized children. Hospitalization for many children characterized as a time of separation from their real world because there is a departure from their family environment and in many cases there is a physical limitation and the presence of the feeling of anxiety and fear resulting in an experience very stressful and traumatic and leading to negative repercussions intense emotional discomfort.<sup>7</sup>

It is important to stress that, even when hospitalized, the child can practice playful activities according to their limitations, considering toy therapy as a positive tool for this practice.

It is essential that during the care the child can have it with the playful in front of the invasive processes and nursing procedures to be performed in the pediatrics sector, reducing their anxiety and emotional episodes before the assistance.<sup>8</sup>

It is assumed that the child, when ill, undergoes a hospitalization process and is physically weakened, feels pain, has episodes of crying and, in order to have a better acceptance of the hospitalization process, it is necessary to reduce his physical suffering by relieving your pain.

The presence of parents also has a relevant role in the care, and modify this reality for the child during hospitalization and therapeutic procedures, it is noticeable that the family experiences moments of insecurity with the child, so it is advisable to take into account this point and humanize the assistance provided.<sup>9</sup>

It is detailed that pain is considered a universal phenomenon, since it accompanies all phases of human development. However, pain cannot be understood only as a physical process, but must encompass psychological and social aspects in the infantile phase. Interventions involving pain relief and the promotion of comfort go beyond technical skill, linking it to scientific knowledge, humanized care, as well as to the ethics of nursing practice. Therefore, when the team does not have adequate preparation for the management of this pain, it is potentiated, generating stress, suffering discomfort for the child and his family.3

It is ensured by article 16 of the Statute of the Child and Adolescent - SCA, that the child has, by right, freedom, including playing, playing sports and having fun when hospitalized, since playing is directly related to child development. Thus, it is regulated by the Federal Nursing Council (FNC) and it is incumbent upon the Nursing team working in the pediatric area to use TT as an aid in the care of hospitalized children, thus complying with SCA determinations. SCA

Some authors are mentioned in a pertinent way, <sup>12</sup> when they mention that play contributes to child development and, when it is referred to the hospital environment, it is of great importance for the child to contribute to the acquisition of his self-esteem in order to create an expectation of

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being able to return to their daily activities. The games also promote a sense of well-being, pleasure and joy, transforming the hospital environment into a more cozy and pleasant place facing the world of the child.

In confirming with the aforementioned authors, it is stated that it is necessary to formulate strategies for the promotion of a more humanized and individualized care, and the toy library, together with TT, is the tool that establishes a strong transforming influence in the maintenance of health human.<sup>13</sup>

# ♦ Category 2: Use of the therapeutic toy in performing the procedures

No, I'm here for the third time with my son and I've never seen it. (Jasmine)

No. They have never used it. I think it would be even more human because there is a child who gives a scandal, especially when it is to get the vein and nobody does anything, just send the mother hold and still angry. (Sofia)

No, here are some professionals that do not look even in the face, but I'm sure it would help a lot, right, it would be even better to facilitate their work. (Xuxa).

My daughter, at least the two times I've been hospitalized with my daughter here, I've never seen them doing anything like what you said, much less explaining, just ask if you have any allergies. (Moranguinho)

It is noted, according to the statements of the participants, that it is notorious that the therapeutic toy is not used by professionals within the hospital to perform procedures when necessary for the child, but affirm the importance of the same in its utility.

Thus, a study is cited that TT is poorly used in hospital institutions due mainly to lack of professional training and lack of time, which contributes to the non-use of this instrument that provides benefits to patients who need special care to promote the improvement of their.<sup>1</sup>

It is emphasized that, in order to meet all the demands and the physiological needs of the hospitalized child, aiming at the recovery of their health, nursing professionals usually have little or no dedication to the psychological and psychosocial care of the child and his / her family.<sup>14</sup>

It is noted that, although the research identified the non-use of TT, the positivity of its use with children thus favoring the patient's communication with the team where they can listen to the professionals' explanations and doubts about the procedures to be used safety and comfort, also

establishing interaction with other children and benefiting interpersonal relationships. 15

# ♦ Category 3: The therapeutic toy as support of Nursing care

It helps the work of the professionals helping them to carry out the procedures that must be done in the children. (Cinderella)

I think it's very important, right? If the professionals did use it, in fact, it would help a lot. It would somewhat lessen the trauma of children they have from hospitals, doctors and nurses. (Rapunzel).

I think it's very important because there's a child who spends so much time in hospital that they already have trauma from a simple auscultation. So when it comes to that, when she can visualize, in another person or in a toy, what is going to be done in her, I think it would help a lot. (Daisy)

It is understood, according to the statements of the participants, that there is still a failure, by some professionals, regarding the non-use of Therapeutic Toy (TT), however, they affirm that its usefulness is a support in the rendered assistance.

It is pointed out that, following the reports of the companions16, they affirm that the children showed an improvement in their emotional state after the use of TT, as they became more cheerful, thus contributing to a greater disposition and movement. In addition, the tool provides greater acceptance of food due to the decrease of stress, better understanding of the reality lived and the maintenance of the individuality caused by the jokes.

It is mentioned, therefore, that TT is a that facilitates resource intervention.<sup>17</sup> With this, the Nursing team must recognize the need for the child to play, provide means for its realization and incorporate them in a systematic way, in the daily care provided to the hospitalized child establishing communication and relationship and contributing in the relief of tension and anxiety, besides preparing it for procedures. It should be recalled that the act of playing is a right that assists all children and is legally secured by Law No. 8,069 of July 13, 1990, which provides for the Child and Adolescent Statute. 10

It is standardized by resolution FNC 0546/2017, which regulates the Nursing Team working in the pediatric area, the use of the toy / therapeutic toy technique in the care of the hospitalized child and family.11 However, when performed by the auxiliary or technician Should be prescribed and supervised by the nurse. Some of the materials used to develop

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the therapy are: rubber doll or cloth, the material referring to the procedure, the treatment or related to the necessary instruction, printed and of multi-professional evolution.

It is necessary, however, that the nurse, as a health professional, has a preparation with a rich scientific and technical basis to apply to a given reality. However, it must be taken into account that applying TT to care is a great challenge to be overcome.<sup>18</sup>

It is believed, therefore, that the therapeutic toy is one of the ways to make the assistance more humanized to the child and becomes an integral part of the hospital care, also helping to release the child's fears and anxieties and allowing the child to expose what you feel respecting the most effective means of communication of the child.<sup>14</sup>

It is added, according to the Standard Operational Procedure (SOP) of UNIFESP, that TT aims to explain and instruct the child or adolescent about the disease, procedures and treatments to which he will be subjected using toys and other materials in games and structured jokes. Therefore, it is the responsibility of the trained nurse to apply the technique.<sup>19</sup>

# ♦ Category 4: The toy and the approach between the professional and the child

It is very important (...) because she will understand what will happen to her and also to the nurse facilitating her work, causing her to break the nurse's fear barrier. (Sofia) As I told you before, I would assist in carrying out both the procedures, as well as bringing the children closer to the professionals, since many are afraid of white clothing or gloves, thus generating a trauma. And if the professionals at least showed what was going to be done, they would understand better. (Jasmine).

It is very important because the children die of fear of the nurses, many cry only to enter the hospital. So if they use some form to conquer the children and explain what they are going to do with it, it gets a lot better. (Xuxa).

It was proved by the participants' speeches that the therapeutic toy, when in use, is a very important tool for the approach of the professionals to the children who will perform some hospital procedure. This was reported in a study that aimed to evaluate the interpersonal relationships of children through the use of TT, where it was possible to identify the evidence that, after the games, there was improvement in communication and interaction between the child and the team assisting, treatment and facilitating the assistance provided.<sup>4</sup>

It is also emphasized, through a study, the use of TT in Nursing care, since it induces the child to interact with the environment and a whole, causing a social development of the same and allowing a better interaction with the professional and the family. 13

#### CONCLUSION

The proposed goal was reached when this study was carried out. It was verified that the companions believe in the importance of the use of TT, although they have little or no knowledge and that, when necessary, the use of this tool by the Nursing team is of paramount importance, as it helps to strengthen the bond between the child, the family and the professional in the treatment and psychophysiological development of the child, well facilitates as as the accomplishment of the procedures by the professionals in the pediatric sector.

It was identified that this tool is not used by the Pediatric Nursing team due to lack of professional qualification, lack of professional interest, lack of time, reduced quantitative of professionals, prohibition of the toy library and lack of institutional incentive, which contributes to an often unsatisfactory outcome of their treatment and the childprofessional relationship.

It is considered paramount that pediatrics professionals develop strategies for the use of therapeutic toys, with institutional support for the implementation of such a tool and the toy library, since both help in the therapy of the hospitalized child, improving the care offered and making, thus, the most humane and qualified pediatric care.

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