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Hospitalised Child and Family-Centred Care

Child Health Nursing

Effects of hospitalisation, separation anxiety, play therapy, therapeutic communication, preparation for procedures, pain assessment and psychological support for children and families.

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CHAPTER 22 / CHILD HEALTH NURSING 22. Hospitalised Child and Family-Centred Care

1. Effects of hospitalization

Unfamiliar environment, pain, separation, loss of control, interrupted routines and peer/school separation can cause anxiety, regression, sleep disturbance or withdrawal. Young children may show protest, despair and detachment in historical separation descriptions; responses vary and are not fixed stages. Adolescents may be concerned about privacy, identity and peers.

2. Family-centred and atraumatic care

Respect family knowledge and preferences, share accurate information, facilitate caregiver presence and participation when safe, provide interpreters and shared decisions. Maintain child privacy and assent, prepare for transitions and avoid deception. Atraumatic care reduces physical and psychological distress while completing necessary treatment.

3. Preparation and therapeutic play

Age	Helpful methods
Infant	Familiar caregiver, swaddling/comfort when safe, soothing voice and feeding-related comfort as appropriate.
Toddler	Short concrete explanation just before procedure, simple choices, familiar objects.
Preschool	Play with doll/equipment, simple explanations; correct belief that illness is punishment.
School age	Explain sequence, encourage questions and participation, support school contact.
Adolescent	Privacy, autonomy, accurate information, involve in decisions and peer connection.

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B.SC. NURSING / CHAPTER-WISE STUDY NOTES

Therapeutic play uses safe materials to express emotions, teach and rehearse procedures. Avoid making play punitive or sharing contaminated toys without cleaning.

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4. Pain and psychological support

Use self-report when developmentally able (faces or numerical scale); FLACC in appropriate non-verbal children, neonatal tools in newborns. Combine analgesia with distraction, comfort positioning, caregiver support, breathing and procedure preparation. Monitor pain and adverse effects, reassess. Identify caregiver stress, provide accommodation and practical resources/referrals.

5. Important Examination Questions

Long Answer Questions

1. 1. Explain psychological effects of hospitalization and family-centred care.

Short Answer Questions

1. 1. Describe therapeutic play
2. 2. explain procedural preparation by age
3. 3. list pain assessment scales.

Very Short Answer Questions (with answers)

1. 1. What does FLACC stand for? - Face, legs, activity, cry, consolability.
2. 2. Is pain scale chosen by development? - Yes.

6. Quick Revision

- Prepare honestly and developmentally.
- Support caregiver presence.
- Reassess pain and coping.

7. Conclusion

Prepare honestly and developmentally. Support caregiver presence. Reassess pain and coping.

Practice questions

Choose one best answer. The answer key and explanations follow the questions.

1. Which preparation method suits a toddler before a procedure?

A. A detailed abstract explanation several weeks ahead
B. No explanation until after the procedure
C. A promise that every procedure is painless
D. A short concrete explanation just before the procedure

2. Which pain tool may be appropriate for a non-verbal child?

A. FLACC
B. Numerical rating scale requiring self-report
C. Visual analogue scale requiring self-report
D. Faces scale requiring the child to select a score

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3. What is the purpose of therapeutic play in hospital?

A. Punish refusal of treatment

B. Express emotions and rehearse procedures safely

C. Replace all analgesia

D. Test obedience under stress

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Answer key and explanations

1. D - A short concrete explanation just before the procedure

Toddlers benefit from immediate, simple explanations and limited choices.

2. A - FLACC

FLACC is a behavioural pain tool for appropriate non-verbal children.

3. B - Express emotions and rehearse procedures safely

Therapeutic play can support emotional expression and preparation.

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