

PLAY BASED INTERVENTIONS: AN IMPORTANT ACTIVITY TO REDUCE THE TENSION STAGE OF HOSPITALISED CHILDREN

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Abstract

Play is a full time occupation for the children. They must be occupied by it from their early years until their twilight years. The physical, mental and emotional needs of sick children can be strengthened and build-up when the hospital authority include the different play activities on regular basis along with regular care which can ultimately help to diminish and lower the anxiety level of sick children within the frightening, irritating and unknown atmosphere of hospital. If the child is being able to play during hospitalization, this means that they are bringing towards their normal phase of life. Through play, hospitalized child become more familiar within the unfamiliar environment of hospital. Moreover, play helps the children to feel less anxious, verbalize their emotions and concerns and also child learns how to cope-up with the treatment and with the different painful medical procedures.

Keywords: *Play interventions, Anxiety, Hospitalized children.*

INTRODUCTION

The Secret Power Of Play – when we are thinking about play, our mind quickly relate it with the children, fun and joy. But its scope of influence is so important and effective for the wellbeing of child that the United Nations recognizes 'play' as 'Fundamental right' of child. During illness, the child is eliminated from day by day habitual of home and taken into an unexpected settings, frightening and unusual surroundings of medical institution can cause fear and tension to the kids as well as to their own family contributors. The negative effect in the minds of kids might be step-up and may be accelerated whenever there is critical, long term and deadly like conditions. During the hospitalization, most hospitals paid an interest and concentrate towards the recovery of manifestations of particular disease condition. As it seems often that attention towards the play has not being paid and considered the lesser significance. However, the need and value of play is an extremely important activity for joy of child's soul and necessary facet during the stage of maturation and build out process of children.

Most of the paediatric investigators reported in their studies that the strange and unknown atmosphere of hospital, the sick child seemed stressful, lazy and frightened. Many parents express that their children who are friendly, communicative and responsive in nature within home environment and after getting admit in the hospital, these types of children become lethargic and inactive. The sick children who are admitted in the hospital needs play for the enjoyment, restoration from illness and distraction from the irritating environment.

IMPORTANCE OF PLAY DURING THE HOSPITALIZATION OF CHILDREN

The procedure of hospital admission is absolutely new event and is scary and worrying like occasion for any kid, even though they may be no longer severely unwell. However, this type of

event does no longer have poor revel in and can be made at ease via different kind of techniques and diversion healing procedures that's the most essential responsibility of a heath participants (especially Nursing officers) to make hospital ecosystem great, pressure unfastened or even to provide a high quality revel-in for the hospitalized kids. Epidemiologic proof suggests that 08% of kids between the age of 5 and 17 be afflicted by difficulties because of tension.

1. Play is an intrinsic component for the hospitalized children and it favours them to become more and more well-known within the unknown and strange surroundings of the sanatorium.
2. Play activities enables the children to become sound and strong, healthful and can ease the process of healing and encourages the child effectively to manage the stressful experience of hospitalization.
3. It plays a crucial role for sick kids to expose their emotions, concerns and also they feel ease like atmosphere and gets acquaint within the different unknown hospital procedures like vein-puncture.
4. The illness phase of children may be recovered and rehabilitated with the introduction and initiation of supervised play activities with the use of various gambling materials like puzzle video games, exclusive toys, dolls, blocks and so forth.
5. It also helps the hospital staff to engage with children who may be shy or unable to communicate, thus can encourage and motivate them easily.
6. Through play, children learn how to cope-up with the treatment and with the different painful medical procedures.
7. With the help of sharing and group experiences through playing, the sick children can be recovered gently, progressively and independently and it can also help in blooming the child's imagination and innovation.
8. The play activities also help the children to improve cognitive abilities, to increase creativity, to stimulate intellectual curiosity and to help in understanding the world.

VARIOUS PLAY ACTIVITIES FOR THE HOSPITALISED CHILD AND ITS THERAPEUTIC VALUE

S. NO.	PLAY ACTIVITIES	TYPES OF HOSPITALISED CHILD	THERAPEUTIC VALUE	PLAY INSTRUCTIONS
1.	Play with blocks	Dependent	<ul style="list-style-type: none"> • Stimulates creative thinking and exploration • Stress reduction/relief • Social interaction • Sense of accomplishment 	Ask the child to make any object with the help of the blocks/give cues, for example 'building'.
2.	Painting	Dependent	<ul style="list-style-type: none"> • Stimulates creative thinking and exploration • Promotes self-expression • Promotes self-knowledge • Regulates emotions 	Provide paper and pencils (plane and colorful) to the child and ask them to draw and paint anything/give cues, for example 'family, home.
3.	Dolls (Toys)	Dependent	<ul style="list-style-type: none"> • Stimulates creative thinking and exploration • Promotes self expression • Regulates emotions. 	Ask the child to play with the toys.
			<ul style="list-style-type: none"> • Motor and Cognitive 	

4.	Balls	Independent	<ul style="list-style-type: none"> development • Sense of accomplishment. 	Ask the child to play with the ball.
5.	Stickers	Independent	<ul style="list-style-type: none"> • Stimulates creative thinking and exploration • Stress reduction/relief 	Ask the child to stick the stickers on the wall / on papers.
6.	Puzzles	Dependent	<ul style="list-style-type: none"> • Stimulates creative thinking and exploration • Cognitive development • Regulates emotions • Self-actualization • Promotes self-efficacy • Stress reduction/relief 	Provide any puzzle game and ask the child to play.
7.	Video games	Dependent	<ul style="list-style-type: none"> • Motor and Cognitive engagement • Sense of accomplishment • Stress reduction/relief 	Ask the child to play any video game by providing mobile.
8.	Snake and ladder	Dependent	<ul style="list-style-type: none"> • Stress reduction/relief 	Ask the child to play the games with his/her parents.

CONCLUSION

In United States 6.4 million children are hospitalized in each year. About 80% of these children are either under 1-year-old of the remaining children and young children and adolescents hospitalized, the mean length of stay in the hospital is between 3.2 to 4.5 days. Hospital base therapeutic play programs are designed for those children between 3 and 13 years – old who would benefit from a psychological play intervention. During the analysis and investigating the previous related literatures, author noticed that the unfamiliar, unknown, irritating and anxious surroundings of hospital for the child can be calming down with the inclusion and introducing of play activities along with the regular and routine care.

Young & Fu (2013) conducted a study by providing needle play to the children of 4-8 years to reduce emotional distress in Paediatric unit in West Bengal. Thus the finding of the study concludes that children who received medical play therapy prior to venepuncture demonstrates less anxiety than the control group.

Doak & Wallace (2012) a randomized control study was conducted to evaluate the effectiveness of therapeutic play intervention of children following surgery in Pediatric intensive care unit in Sudan. The result of the study clearly states that the child centered play therapy is an effective intervention to demonstrate improved coping ability there by reducing emotional distress in children following surgery.

Play is a pleasurable and enjoyable aspect of child's life and essential to promote growth and development. During the hospitalization, the illness phase of children may be recovered and rehabilitated with the introduction and initiation of supervised play activities with the use of various gambling materials like puzzle video games, exclusive toys, dolls, blocks and so forth. Thus I feel that there should be inclusion of play activities in every paediatric hospitals and moreover the Nursing officers working in the paediatric units must initiate and introduce the play based interventions as diversion therapy during the training of children for surgical procedure, invasive processes, painful and unsightly procedures and also through play activities

hospitalized children can express the emotions so that they can reduce the fear, anxiety, tension and anger during their hospitalized period.

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