



# Hospital Play News

7300 Days

## Hospitalized children on TV, once a month

In today's network and portable phone era, "on TV" is no longer a luxury. However, for those who live in wards to be exposed, to occupy just a few minutes on screen, is a precious occasion.

Playright Channel regularly sends this gift to hospitalized children on a monthly basis. This is one of the special projects of Playright's hospital play service. Through video devices connecting different wards, a live broadcast programme once a month lasting 45 minutes allows child patients in wards who are unable to come to the scene to enjoy a variety of performances through the TV in the wards. They can also play interactive games with on-site staff, volunteers and other child patients and even be captured by camera. Say "Hi" on the big TV screen to everyone!

### Fruit of SARS

The passion to say hello on the Playright Channel originated from the SARS epidemic in 2003. During that critical period, hospitals strictly enforced quarantine measures, declining all visits. HPSs, who usually could play with child patients in wards, were no exception. Though families could call to send regards, they often could not soothe their child's heart and mind. Hospitalized children seemed totally cut off from the rest of the world and the HPSs felt most uneasy about the situation.

An HPS's overseas visit soon after the SARS period laid the prototype for Playright Channel. The idea for it was formed, but large sums of capital were still missing to acquire professional equipment and technical specialists. There were also issues like venue, communication network, treatment arrangements of hospitalized children and other issues, which needed to be discussed with the hospital. Not to forget the issue to recruit volunteers

who were willing to serve on a Thursday during office hours.

After two years tremendous effort, finally, Playright Channel was officially launched in 2006, being Hong Kong's first interactive TV channel, providing a real "programme" once a month for the paediatric ward and isolation wards of the Infectious Disease Centre at the Princess Margaret Hospital.

### Many funny screens

A volunteer on the stage holds his fists high on both sides of the head, moving along his head; in the ward, children were guessing and finally locked in the answer: "Mouse!" Volunteer: "Yes!" The allied cheers from the child patients filled the ward instantly with lots of joy!

On the stage, the host says: "Paper, scissors, stone!". The volunteer's fingers open and show "paper"; in the ward, a child patient in bed has two fingers stretched out - "scissors". Victory! Of course, it is great to win, but what is even more exciting is to



witness heroic individuals appear on the big screen. No doubt the happy memory will last for many days!

Volunteers invite mobile child patients on stage to imitate swimming movements in front of a large blue screen; children in the isolation ward are surprised and excited to see the child patients on stage appearing to swim with fishes in the ocean. Maybe they can try it soon, too.

Seeing Playright Channel brings lots of fun to hospitalized children, Playright extended the programme to the Caritas Medical Centre in 2008. Due to tight resources, it was forced to cease after operating for two years. Currently, Playright Channel only runs at Princess Margaret Hospital.

## Playright Channel from April 2006 to now

- Live broadcast over 100 times
- More than 10,000 child patients participants
- Support from more than 2,000 volunteers

Numerous performances, including singing, playing musical instruments, dancing, storytelling, puppet theater, magic show, talent show, juggling, handcraft, group games, etc.



# We celebrated 8<sup>th</sup> Anniversary together

Kick off in 2006



2<sup>th</sup> Anniversary  
in 2008

5<sup>th</sup> Anniversary  
in 2011



8<sup>th</sup> Anniversary in 2014

## Let's congregate interactive happiness

Hospital has been the home for Yan-yan, aged 9, since her birth. Playright Channel gives a rare chance for this little patient to interact with other people on Earth besides doctors, nurses and supporting staff in hospital. Over time, Yan-yan has become a big fan of the programme. She even can remember and sing its theme song.

There are so many children hospitalized every day. Why should beneficiaries be just in one hospital? This interactive platform bears such a great number of benefits for all involved: broadening the hospitalized children's horizons; letting them feel direct contact with the outside world; making them active not just passive participants; allowing the community to show their care and concern through two-way communication. It also brings positive energy and joy to the entire paediatric wards, including its staff. A win-win-win solution. A new Children's Hospital will be completed in 2018, can interactive happiness for all be achieved by then?

## Ward information

There are all kinds of wards for patients who require treatments in a hospital. Patients under the age of 18 will be placed in paediatric and adolescent wards. When a child patient is clinically diagnosed with any infectious disease, such as hand, foot and mouth disease, chicken pox, infectious measles, scarlet fever, tuberculosis, infectious meningitis, rotavirus infection, gastroenteritis, hepatitis, whooping cough and influenza etc, he/ she will be transferred to Infectious Disease Centre for isolation care.

To ensure efficient quarantine, isolation wards are equipped with negative pressure system. Most child patients in the ward can receive relatives' and friends' visits but those who come in and out are required to wear personal protective equipment. Child patients can receive physical contact only through latex gloves and masks. Only after the disease is no longer contagious, i.e. transmittable to another person, the child patient is discharged from the 24-hour-a-day closed, lonely space.

## Immobile Hin-hin overcomes fear of MRI



6-year-old Hin-hin is suffering from epilepsy. In order to further understand the little patient's condition, the doctor decided to conduct a magnetic resonance imaging (MRI) examination. This scan does not cause pain, but the patient needs to remain very still for up to 30 minutes. To ensure a successful inspection, medical staff will usually sedate young patients.

During the preparation for the injection for sedation, Hin-hin unexpectedly saw the doctor holding something like a syringe and fainted. The doctor gauged that the injection was necessary but should not be forced. Consequently, the Hospital Play Specialist was asked for support.

### Here comes the Hospital Play Specialist

The Hospital Play Specialist (HPS) was aware of Hin-hin's situation and concluded that he lacked psychological preparation and that a simulation of the upcoming medical procedures (Preparation Play) should help. The HPS greeted the troubled Hin-hin with a big smile. He was sitting in his bed with his father beside him, also looking worried. The HPS had brought along a lovely big-eyed doll which started to "talk" with Hin-hin. In just a little while, Hin-hin's worried looks turned into a smile.

During the chat, the HPS realized that Hin-hin had no idea of MRI at all. Instantly, the HPS came up with a wooden model of an MRI scanner from her magic bag of play: "This looks like a big doughnut, and inside there are even multi-cameras installed to take pictures for us!" Hin-hin was very interested in this small model, pushing the miniature bed

in and out, and playing with it for a while. The HPS then went further to invite Hin-hin to be upgraded to a radiographer, conducting an MRI for a doll. He quickly learned that the following steps were necessary for a successful MRI.



### For Your Information

Magnetic resonance or MRI (Magnetic Resonance Imaging) is an accurate and safe procedure, involving no radiation or pain. The image scanning technology uses magnetic field and radio waves to clearly view a body's internal structure. It can help to display the location, shape and area of lesions.



During the examination, the patient needs to lie on an electric bed, which slides into a giant circular magnet. During the scan, the patient is required to lie completely still and the machine produces a rumbling sound. The procedure takes around 30 minutes or more.

Some patients will have a feeling of claustrophobia. In order to relieve anxiety, medical staff will sedate young patients before scanning. However, sedatives can bring side effects such as dizziness, fatigue, visual confusion and muscle weakness, etc. If the patient can finish the inspection in an unsedated state, it not only eliminates the side effects of drugs, but the time to stay in the hospital can be significantly shortened.

## Use the "big doughnut" effectively

1. Check if there are metal objects on the doll as metal will affect the quality of imaging.
2. Put special uniforms on the doll, including earmuffs, for taking the photos.
3. Let the doll lie on the model bed and slowly push it into the "doughnut".
4. To avoid blurry photos, remind the doll to keep the body completely still.
5. Explain to the doll that the "doughnut" camera body is so vast that the voice from it will be great too.
6. Final reminder, to ensure getting the highest quality imaging, it will take a long time to take pictures, so a lot of patience is needed.

Hin-hin imitated very well what the HPS showed him. The HPS then took this opportunity to ask: "Does it hurt to take pictures?" "No pain!" She further enquired: "Anyone afraid to take pictures?" "Not afraid!". Then the

HPS simulated the sound from the "big doughnut", Hin-hin followed. The rumbling sound they made was so strange and funny, they both could not help laughing.



# Live From The Scene!

## Mission completed

The more Hin-hin got involved into the play, the more apparent the change of his emotions became. The HPS also handed Hin-hin a MRI booklet, explaining the procedure again in detail, and appointed Hin-hin that he was going into space to execute an important mission called "close your eyes and don't move". Astronaut Hin-hin then closed his eyes immediately and remained stationary -1,2,3,4,5,6 ..... 15! He stayed still for 15 seconds, an excellent performance which won the strong appreciation of the HPS. Hin-hin's father, who had been listening carefully the entire time to understand the medical procedure himself, seemed psychologically more relaxed too. By witnessing the change in Hin-hin, he was much relieved rather than worried.

The intervention by the HPS was immediately followed by the actual medical procedures. Accompanied by his father and the HPS, Hin-hin entered the Radiology Department. The HPS again encouraged Hin-hin: "Now it's time to perform the space mission, and when the mission is completed, you will receive a certificate of appreciation, we wait for you!"



About an hour later, the MRI was done. Since no sedative injection was needed, Hin-hin returned immediately to the ward, happily looking at the certificate of appreciation and enjoying a delicious lunch, without the slightest anxiety on his face, without any discomfort on his body. He could be discharged the same day, taking home a feeling of a conquered fear, personal accomplishment and greater understanding of MRI.



As the name suggests, "Hospital Play"™ refers to play projects in hospitals, targeting to serve primarily children. Up to this date, those who have been providing related services in hospitals in Hong Kong are all voluntary organizations.

The Hospital Authority currently manages 42 public hospitals and institutions, 47 Specialist Out-patient Clinics and 73 General Out-patient Clinics. These are organised into 7 hospital clusters based on locations. On Hong Kong Island, there are 2 clusters: Hong Kong East and Hong Kong West. In Kowloon, there are 3 clusters: Kowloon East, Kowloon

Central and Kowloon West. In the New Territories and the outlying islands, there are 2 clusters: New Territories East and New Territories West.

Playright currently provides hospital play services in 5 hospitals in 4 clusters, namely Pamela Youde Nethersole Eastern Hospital in the

Hong Kong East Cluster, Caritas Medical Centre and Princess Margaret Hospital in the Kowloon West Cluster, Tseung Kwan O Hospital in the Kowloon East Cluster and Prince of Wales Hospital in the New Territories East Cluster.

Princess Margaret Hospital

Prince of Wales Hospital

Tseung Kwan O Hospital  
(Launch service from October 2014)

Caritas Medical Centre

Pamela Youde Nethersole Eastern Hospital

# Heartfelt Gratitude

- The generous donation of around HK\$3,300,000 from Kuenflower Management Inc. (in honour of Kwong Sik Kwan and Kwong Hui May Kuen) to the UBS Optimus Foundation enables us to run our project of 'Hospital Play Service at Prince of Wales Hospital' for 3 years to April 2017.
- A continued generous donation of HK\$1,578,500 was received from philanthropists Mr. and Mrs. Lawrence Ho to fund Playright's project "Hospital Play Brings Vitality and Development" in the Department of Paediatrics & Adolescent Medicine & Developmental Disabilities Unit of Caritas Medical Centre for two more years to May 2016.
- Lichi Charitable Foundation donated HK\$700,000 to our project of "Hospital Play Service at Pamela Youde Nethersole Eastern Hospital" for 1.5 years to December 2015.
- Art Dreaming Association through a charity drawing competition about children's play donated HK\$4,140 to support our hospital play service.
- ItsMagical, the Spanish toy and lifestyle brand, raised HK\$1,860 in July 2014 for our hospital play service. They also donated high-quality toys to hospitalized children.

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Tel: +852 2898 2922 Website: [www.playright.org.hk](http://www.playright.org.hk)  
Fax: +852 2898 4539 Email: [info@playright.org.hk](mailto:info@playright.org.hk)



Playright Children's Play Association