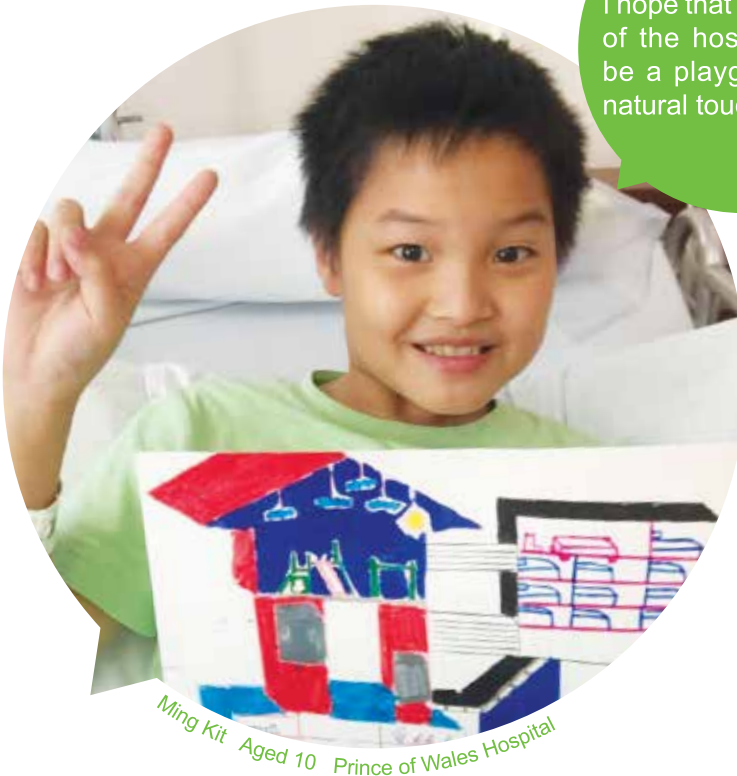


HOSPITAL PLAY NEWS

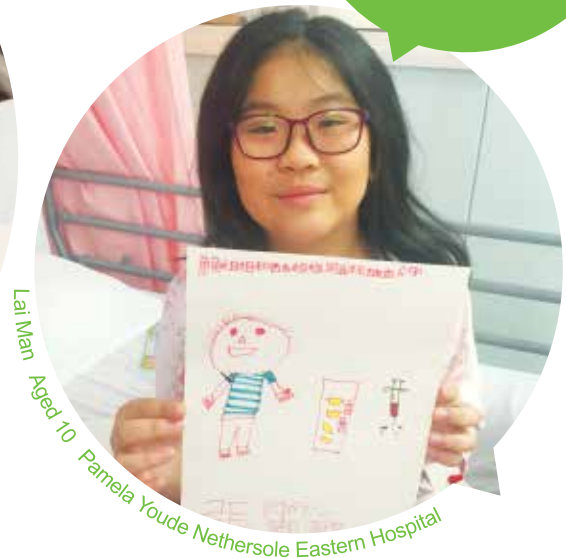
LIVE FROM THE SCENE
PREMATURE BABIES'
DO-RE-MI

JUST FOR THE RECORD
JOINING HANDS FOR
SICK CHILDREN'S
WELL-BEING



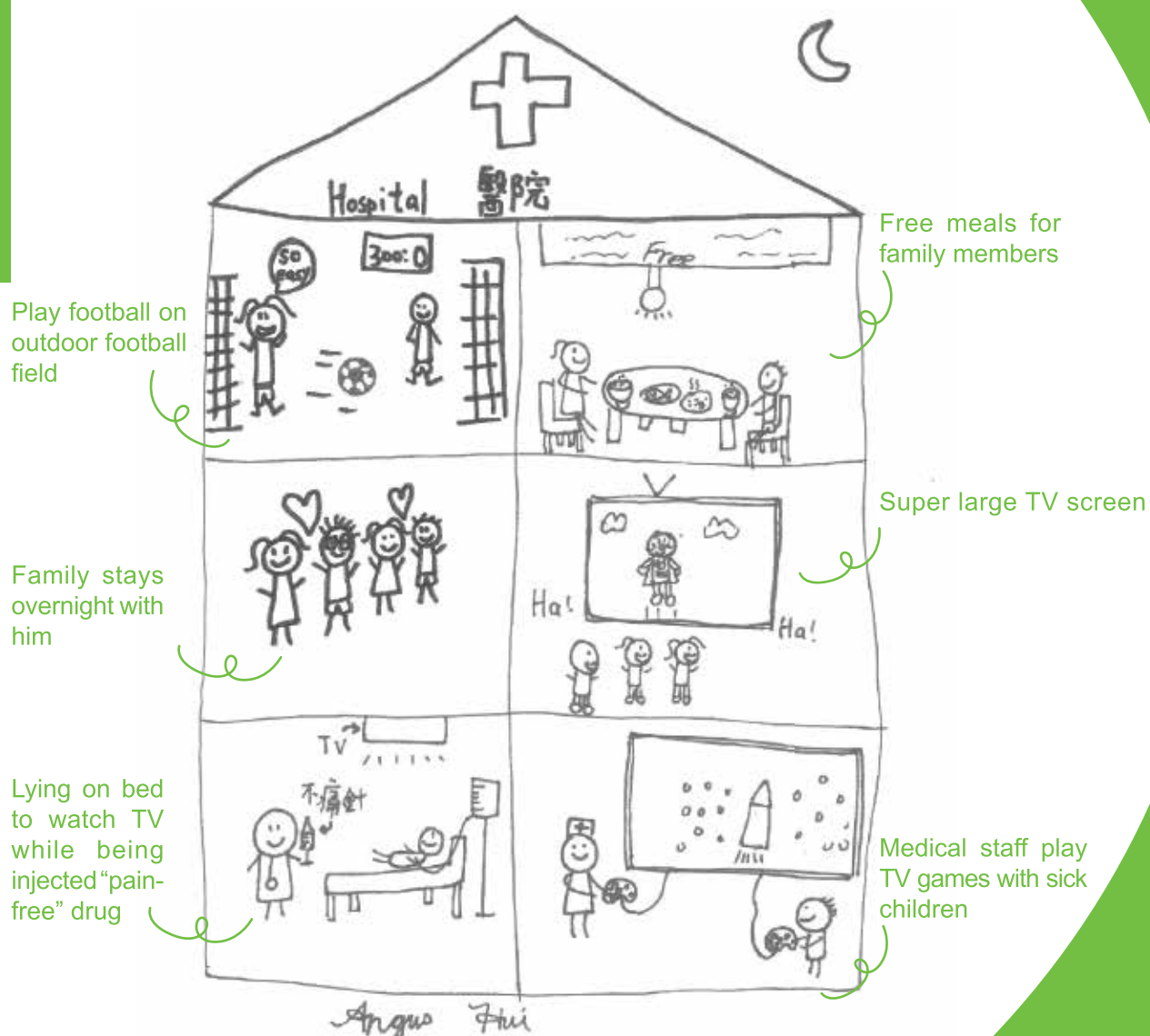
I hope that the top floor of the hospital would be a playground with natural touch.

I play the blood taking doll before every medical checkup, therefore I am not afraid anymore.



LISTEN TO CHILDREN'S HEARTS WITH YOUR HEART

Children always speak out their minds. Even when they are sick, they make no bones about their eagerness to play. Playright's Hospital Play Specialists (HPS) are amused and touched by the openheartedness of the children in their care every day. In this issue, hospitalized children's dreams and views are voiced out and addressed whole-heartedly by several "heavy-weights" in Paediatrics in Hong Kong.



Ron Aged 8 Princess Margaret Hospital

Looking closely at the drawings, Dr Lee Tsz-leung, Hospital Chief Executive of the Hong Kong Children's Hospital felt the purity of a child's heart. He said, "The children share the direction of the future Hong Kong Children's Hospital. The direction is child patient-and-parents-oriented, in the hope of bringing warmth, hope and love to sick children who are under pressure."



Dr Lee Tsz-leung, Hospital Chief Executive of the Hong Kong Children's Hospital (right) with Kathy Wong, Executive Director of Playright Children's Play Association

THE SECOND HOME

Children hope that wherever they go, play is there and every day is fun-filled. To children who are hospitalized for a long period of time, the hospital is inevitably their second home. Hence, their “dream” hospital is a home equipped with play functions, and a wonderland that is even more fun than a playground.

A trampoline and a ball pit in the ward



Ga Ga Aged 9
Prince of Wales Hospital

A Ferris wheel on the rooftop and super long slide for kids to slide down from rooftop for investigations



Star-shaped windows installed on the walls of the ward

Ka Yan Aged 10
Princess Margaret Hospital



Dr Chan Chok Wan, Chairman of the Hong Kong Paediatric Foundation and former President of the International Paediatric Association

Dr Chan Chok Wan, Chairman of the Hong Kong Paediatric Foundation and former President of the International Paediatric Association, fully understands the reasons behind sick children's imagination. He pointed out that all hospitalized children, whether they have acute or chronic diseases, would miss their families. They inevitably feel fearful, annoyed, insecure and helpless facing an unfamiliar hospital, limited space, as well as abrupt changes in daily routine.

Dr Chan, who has many years of experience in Paediatrics, thought that the solution to the above problem is very obvious. He said, “We should thoroughly understand children's physical and psychological needs in their growth and their feelings during hospitalization. Then we should tailor the design of the environment, facilities and services to their needs. As such, we can help to raise sick children's resilience against illnesses during hospitalization.”

FEAR OR NOT TO FEAR

Adult patients are worried about being hospitalized, let alone child patients whose cognitive abilities are still developing. Child patients fear injections, medication, investigations and even seeing doctors. Fortunately there is play in the hospital, working like magic to help child patients stay calm and face treatment.

He was hospitalized because of severe pain and a swollen face



Initially very anxious, he became relaxed after playing with the HPS

Little tiger Aged 8
Tseung Kwan O Hospital

Hospitalized due to dizziness, she was upset



Sitting on the bed to play despite her dizziness, she wore a smile again

Chau Yi Aged 13
The Caritas Medical Centre



Dr Chow Chun Bong, Chairperson of Playright Children's Play Association

Dr Chow Chun Bong, Chairperson of Playright Children's Play Association, was touched and encouraged by the fact that sick children play happily and that they are helped through play. He said, "The way sick children play with the blood taking doll with the HPS shows that they are able to help the doll, and in turn, help themselves. They become more co-operative in the process of treatment, and they can also build up their confidence towards treatment and rehabilitation through play."

Dr Chow fully supports the idea of collecting views from sick children, thinking that we should listen to child patients' hearts, thoughts, feelings, needs and expectations on a regular basis. He said, "Through these drawings, adults come to understand more about children. This is another way of communication apart from play, and also a great step forward for children's participation."



Staying in the hospital is boring but playing the chess with HPS is the most exciting



Ho Ming Aged 6 Prince of Wales Hospital



可以和咁嘅姐姐玩。



I found that the treasure box of the HPS resembles medical tools

Sam You Aged 8 Prince of Wales Hospital



PREMATURE BABIES' DO-RE-MI



Playright believes every child needs play and is born to like play. Children participate in any play as they like in different stages of growth and development of abilities. As for sick children, their sickness is taken into consideration when thinking about suitable play for them. For example, bed-ridden for long periods of time due to dialysis, children with renal diseases enjoy more time-consuming play such as colouring or board games. Play involving movements is not suitable for children with broken bones which are held in a plaster cast. Instead, play such as making models or playing chess may be preferred. How about premature babies? What play is suitable for them?



Day after day, Chiu keeps growing in the embrace of mother's love.

Under normal circumstances, a pregnancy should last ten months. However, Chiu was born after her mother had been pregnant for only 27 weeks. Moreover, she weighed the same as a 24-week fetus and her heart was so weak that she had to be treated at the Neonatal Intensive Care Unit. She spent her first birthday in a coma after a heart surgery. Thereafter, Chiu's right eye became blind owing to retinal proliferation. Last year, for more convenient feeding, a gastrostomy was opened on her abdomen.

INFORMATION CENTRE

Premature babies

"Premature babies" refers to babies who are born before 37 weeks' gestation. The majority of them would develop a lot of health problems as they are born with immature organs. The problems involve body temperature adjustment and/or are related to the respiratory system, circulatory system, blood system, excretory system, central nerve system, digestive system and immune system. The earlier the babies are born, the more problems they typically have. Some babies have to be admitted to a Neonatal Intensive Care Unit and some are hospitalized for a long period of time.



TWINKLE TWINKLE LITTLE STARS

Since she was born, three-year-old Chiu has spent most of her life in hospital. Her growth has been gravely different from other children. However, her life has never lacked in play. Having given a lot of thoughts to Chiu's special conditions, the hospital play specialist finally decided to choose sounds as the key element of play for Chiu.

Although the hospital play specialist learnt from the nurse taking care of Chiu that Chiu had no obvious responses to outside stimuli, she found that Chiu responded to her, a complete stranger, at their first encounter. Chiu responded by closing her eyes, blinking her eyelids and shaking her hands. After telling Chiu her roles and purposes, the hospital play specialist began to sing a welcoming song, accompanied by the ukulele.

Chiu heard the sounds and shook after listening attentively to them for a while. After this initial assessment, the hospital play specialist thought that what Chiu needed was security and calmness instead of loud songs or active responses. Therefore, she slowed down the rhythm and hummed “twinkle twinkle little stars” following the rhythm of Chiu's breathing. After repeatedly humming the melody, the hospital play specialist took a further step to pat lightly on Chiu's chest, feeling that her body gradually relaxed. The signals shown on the pulse oximeter also proved Chiu's shaking had reduced.

HUMMING BUT NOT SINGING

When people sing, they often sing aloud lyrics, accompanied with movements. When singing “twinkle twinkle little stars”, people often repeatedly open and close their palms to resemble stars' twinkling. The hand movements are considered to train small muscles, lift the mood, and demonstrate the meanings of the lyrics. Why did hospital play specialist do the opposite – just humming without singing? In fact, the true meaning of play is not about how much fun it is, but how it suits the needs of children. Chiu's case is a good example. At that moment, what Chiu needed was not the development of small muscles, but peace and security. Only serenity enabled her to build up trust towards strangers.

While the hospital play specialist was humming a melody, Chiu did not feel irritated or the urge to cooperate or to sing along. The most comforting and non-threatening of all sounds, the sound of humming makes listeners feel secure and stable. Don't you see mothers always comforting their children in their arms by humming a lullaby?

Since Chiu could not make a sound and her only visible movement was breathing, the hospital play specialist hummed a song along with the rhythm of Chiu's breathing. This demonstrated the principle of synchronizing in play: to strengthen connection with targets through imitation, making the targets feel they are listened to and their messages are fully received.



Soft humming helps greatly in soothing Chiu's emotions.



FRÈRE JACQUES

After 880 days of close monitoring in the Neonatal Intensive Care Unit, strong Chiu was finally transferred to an ordinary ward, meaning that her conditions had stabilized. As such, could Chiu play again? Of course, yes. The hospital play specialist even invited other children and their parents in the same ward to play together with Chiu. All of the children and parents moved their bodies to the music together, with some parents taking their children in their arms and some comforting their children leaning against the bedrails. Chiu's grandmother also picked Chiu up in her arms, while moving to the music.



Encouraged by mother and hospital play specialist, Chiu participates in play with a maraca in her hands.

After singing the welcoming song, the hospital play specialist guided the parents to play when singing "Row, row, row your boat" and "Frère Jacques". Singing "Row, row, row your boat" whilst dancing, parents can move quickly or slowly to the rhythms. To make the song more lively, they can also beat a "wave drum". While playing "Frère Jacques", the lyrics can be changed whenever you wish, with hands or feet moving.

Music play is a great fun with the use of different musical instruments:



Rainstick



Tambourine



Rainbow clock

The "both hands" version of Frère Jacques	Lyrics	Movements
	Open both hands, Open both hands	Cover eyes with both hands, like playing hide and seek
	Here's a baby, Here's a baby	Point at a baby
	Come quickly, Come quickly	Demonstrate with movements
	Embrace it, Kiss it	Embrace a baby and kiss it
The "spread a blanket" version of Frère Jacques	Spread the blanket, Spread the blanket	Spread the blanket
	Here's a doll, Here's a doll (Can compose your own lyrics)	Point at a doll inside the blanket
	Take it out quickly, Take it out quickly	Take the doll out
	Touch it, Touch it (Can compose your own lyrics)	Touch the doll

SMART CHIU

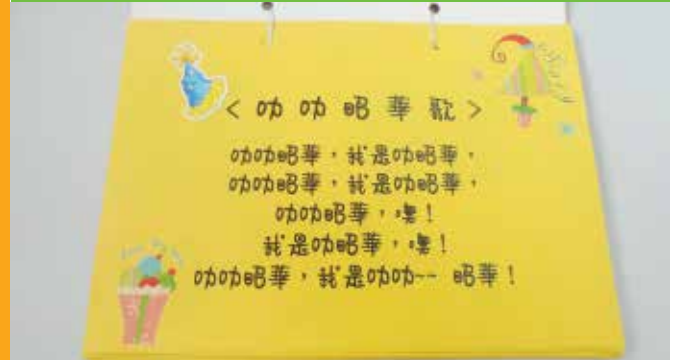
The play to “Frère Jacques” successfully connected Chiu and her grandmother. The next target of the hospital play specialist was Chiu’s parents. While Chiu’s family was singing a child song and shaking maracas, Chiu’s mother suddenly said, “Chiu has her own song. The song was composed by the whole family!”

*“Smart Smart Chiu Wah, I am smart Chiu Wah.
Smart Smart Chiu Wah, I am smart Chiu Wah.
Smart Smart Chiu Wah Oh!
I am smart Chiu Wah Oh! Smart Smart Chiu Wah,
I am Smart smart - Chiu Wah!”*

Chiu’s family created the song after Chiu’s birth to encourage and cheer up the family. Chiu’s song has a simple melody and encouraging lyrics. It is warm and comforting, with the repetition of her name being a strong recognition of the child.



Chiu’s parents take good care of their child and encourage her with songs.



Smart Chiu’s song

OLD MACDONALD HAD A FARM

Chiu finally recovered thanks to the hard work of the medical staff. On her third birthday, a party was held to celebrate and to say farewell. The theme of the party was related to music and play. The hospital play specialist had prepared animal puppets made from paper bags, and Chiu’s mother had designed a “piggy” puppet representing Chiu. Altogether, they sang a re-edited “Old Macdonald had a farm” while making interesting animal sounds – sheep’s bleating, dogs’ barking and birds’ chirping. They produced the most joyful, lively and cheerful song to compliment Chiu’s hard fight to overcome her medical challenges. The song also demonstrated how play facilitates children to express themselves, how to communicate with them, and that play is an ideal channel to understand children. What is the next song for Chiu to play in the future?



Altogether, the medical team, hospital play specialist and the family gather to celebrate Chiu’s birthday.



In a party of friends disguised as lambs and dogs, Chiu can also feel the happiness and lively atmosphere.



JOINING HANDS FOR SICK CHILDREN'S WELL-BEING

In the hustle and bustle of a high volume hospital, apart from doctors and nurses, who are the other busy working and walking uniformed staff? Are they in any way related to the sick children? How do they cooperate with hospital play specialists?

Patient care assistant – Chau Ping



At the paediatric ward of Pamela Youde Nethersole Eastern Hospital, Chau Ping receives every newly admitted child patient and the family members with a big smile on her face. As a patient care assistant, Chau Ping's hospitality brings warmth and soothes the anxiety of the children and their families. To ensure a quiet and safe environment for sick children to have a good rest, patient care assistants have to register visitors to maintain order in the ward and prevent any strangers from trespassing. Upon discharge of child patients, patient care assistants also have to ensure that the discharge procedures are completed, while expressing their blessings to the recovered children.

Friendly Chau Ping impresses all the children with her hospitality from the moment they meet her. This is very important for sick children's subsequent check-ups, medication, treatment, etc. Whenever hospital play specialists meet Chau Ping in the ward, they are reminded of the importance of keeping a smile on their faces.

Phlebotomist – Carrie



As its title implies, a phlebotomist is responsible for taking blood from patients. But why is there a need for a person specialized in the procedure? It is because blood is crucial for accurate diagnosis of diseases. Doctors cannot confirm the causes of diseases without blood tests, and over half of the information in patients' records originate from blood tests. While adults can well understand the purpose of blood taking and cooperate in the process, there is common resistance to the procedure among children. Some children may be afraid of the pain caused by the procedure; some may think that the tiny syringe may take out all their blood!

Facing such challenging cases, the hospital play specialist would use a blood taking doll to demonstrate and explain the procedure to children before the procedure. Although phlebotomist Carrie would conduct the actual procedure with great care and patience, sometimes she succeeds, sometimes she fails. However difficult the case may be, hospital play specialists would try to intervene at appropriate moments through play to ensure the important task is accomplished.

Occupational therapist – Heddy Ng



Many people may doubt why child patients need any occupational therapists as they have no “occupations” yet. In fact, occupational therapy refers to the use of different activities and therapy to help patients prevent, reduce or overcome disabilities so that they can take care of themselves. Providing suitable training to sick children according to their stages and needs, occupational therapists play a role in helping sick children to cope with daily challenges. For example, training of oral muscles is provided for toddlers with swallowing problems; and training of hand movements is provided for children with Dysgraphia. As an occupational therapist, Heddy would also tailor-make special instruments to suit children’s needs, while providing home support including home visits and advice on renovations for a better living environment.

In the seemingly boring, repetitive and difficult training sessions, the hospital play specialist would intervene by providing various play activities to divert children’s attention. Their good cooperation with the occupational therapists often results in a smoother process and better treatment effects.

Physiotherapist – Ms Cheung



Physiotherapy is a medical specialty that prevents and treats movement disorder arisen from diseases or injuries using various elements including electricity, water, coolness, heat, light and magnetic force. With the help of different equipment, tools, hand therapies and exercises, physiotherapists arouse the patients’ bodily reactions by physical stimulations so as to restore or upgrade the patients’ physical functions. When treating child patients, physiotherapists would typically provide joints and muscles training, increase the joints’ activity range, prescribe strengthening muscle exercises, use equipment and provide training in forms of play to improve their muscle strength, balance and gait.

Due to the pain caused in the process, child patients would often feel annoyed when talking about physiotherapy, not to mention about cooperating during therapy. Hence, hospital play specialists would try their best to divert the children’s attention from the pain to aid their full recovery.



- The generous donation of HK\$500,000 by Hong Kong Disneyland Resort makes it possible to continue our hospital play services for sick children and their families until September 2017.
- With a donation of HK\$418,510 by the staff of UBS, we are able to launch a musical play programme in three hospitals from October 2016 to September 2017 and support overseas training for two hospital play specialists from September 2016 to the end of 2018.
- A child-friendly hospital environment at the Pamela Youde Nethersole Eastern Hospital comes to realisation with the sponsorship of HK\$65,000 from Ms Li Wing Yin.
- Special thanks to Dr Yvonne Becher for her editorial guidance.

The above acknowledgement covers the period from October to December 2016.



The "Hospital Play Service at Princess Margaret Hospital" is supported by The Community Chest of Hong Kong.

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