



LIVE FROM THE SCENE

Acquire coping skills through the safety net of play

JUST FOR THE RECORD

Playful, practical printed resources

Medical Play Experiential Box — Get Children Prepared



Playright's mission to promote children's play is rooted in The United Nations Convention on the Rights of the Child, which came into force in 1989. The Convention promotes children's right to play (Article 31), the "best interests of the child" (Article 3) and the "respect for children's views" (Article 12). According to the Life Course Theory adopted by the Hong Kong Paediatric Society and the Hong Kong Paediatric Foundation in their "Child Health Policy Proposal for Hong Kong" (2015), the earlier the attention is paid to the challenges and needs of children, the better their overall physical and mental development will become. While children make up only about 14% of Hong Kong's population today, they constitute 100% of our future. Providing adequate care for children's holistic health is therefore imperative.

One vital key to healthy development lies in the provision of medical treatment as well as physical and emotional care. "The Power of Play", a 2018 paper published by the American Academy of Pediatrics, reiterates the importance of play in children's development, and even recommends "play" as the latest prescription by doctors in facilitating children's health.

Primary Healthcare in a three-tier System

We believe in play, and that children should be entitled to play even when they are sick. To actualize our beliefs, we commenced our hospital play service in 1994, gradually integrating ourselves into Hong Kong's three-tier healthcare system—children's hospitals, district hospitals and primary care. Over the years, we have strived to provide quality hospital play to child patients regardless of their ailment, catering for their cognitive, physical and emotional needs throughout different stages of illness, as well as those of their families.



Playright's services under Hong Kong's three-tier healthcare system

Hong Kong Children's Hospital - since Dec. 2018

Provide hospital play services in wards, specialist outpatient clinics and radiology departments for children with severe, complex, rare diseases, as well as those in need of multidisciplinary specialist treatment.

District Hospital - since 1994

Serve children in five hospitals across four clusters, namely Pamela Youde Nethersole Eastern Hospital, Tseung Kwan O Hospital, Caritas Medical Centre, Princess Margaret Hospital and Prince of Wales Hospital.

Primary Care - since 2005

Serve pre-school children in Kwai Tsing and Sham Shui Po Districts via the Little Star Project since 2005; In partnership with the Kwai Tsing and Sham Shui Po District Health Centres through the "Medical Play Experiential Box" initiative since November 2020.

For primary care (see bottom of chart), we have been running the Little Star Project since 2005 to serve pre-school children in Kwai Tsing and Sham Shui Po districts. In November 2020, we launched the pilot project "Medical Play Experiential Box" to deliver correct information on illnesses and treatments in a child-friendly manner, in an effort to prepare children psychologically and cognitively for future hospitalization.

Launching ceremony during the COVID-19 pandemic



With the ongoing COVID-19 pandemic and resurgence of asymptomatic cases, anyone is at risk of getting infected and hospitalized. In this period of uncertainty, we consider the “Medical Play Experiential Box” a playful and effective means to get children well prepared ahead of time.

To promote this concept among the healthcare sector, we held a launching ceremony on 21 November 2020. It was our great honour to have Dr Lam Ching-choi, a specialist in Paediatrics and a non-official member of the Executive Council of Hong Kong, as our Honourable Guest of Honour to witness the birth of the “Medical Play Experiential Box”, along with representatives from the healthcare sector, social services sector and guests participating online.

Other Guests of Honour included Dr Lee Tsz-leung, Hospital Chief Executive of Hong Kong Children’s Hospital; Dr Patrick Ip Pak-keung, President of The Hong Kong Paediatric Society; Ms Chan Yim-fan, Vice President of Hong Kong College of Paediatric Nursing; Ms Chan Yuk-ming, President of Hong Kong Paediatric Nurses Association; Dr Chow Chun-bong, Honourary Advisor of Playright Children’s Play Association; Ms Anita Ma Wai-man, Chairperson of the Executive Committee of Playright Children’s Play Association; and Dr Victor Koong Hing-yeung, Co-Vice Chairperson of the Executive Committee of Playright Children’s Play Association.

We were also deeply encouraged by the support of many doctors and nurses, who took time out of their fight against the pandemic to attend the ceremony online. Their positive response once again reaffirmed the value of the “Medical Play Experiential Box”.



Dr Lam Ching-choi, Paediatrician and a non-official member of the Executive Council of Hong Kong, attended the ceremony as our Honourable Guest of Honour.



Dr Chow Chun-bong, Honourary Advisor of Playright Children's Play Association, shared the experience of looking after his grandson during a medical visit.



(Middle) As the Honourable Guest of Honour at the ceremony, Dr Lam Ching-choi, Paediatrician and a non-official Member of the Executive Council of Hong Kong, posed with guests to show his support. (From left) Dr Victor Koong Hing-yeung, Co-Vice Chairperson of the Executive Committee of Playright Children's Play Association; Ms Chan Yuk-ming, President of Hong Kong Paediatric Nurses Association; Dr Lee Tsz-leung, Hospital Chief Executive of Hong Kong Children's Hospital; Dr Chow Chun-bong, Honourary Advisor of Playright Children's Play Association; (From right) Ms Kathy Wong Kin-ho, Executive Director of Playright Children's Play Association; Ms Chan Yim-fan, Vice President of Hong Kong College of Paediatric Nursing; Dr Patrick Ip Pak-keung, President of The Hong Kong Paediatric Society; Ms Anita Ma Wai-man, Chairperson of the Executive Committee of Playright Children's Play Association.



The ceremony featured an exhibition, in which hospital play specialists introduced the "Medical Play Experiential Box" to guests.

"Medical Play Experiential Box" Launching Ceremony short video (Chinese only)



Aims for advocacy

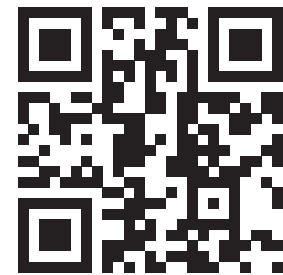
Developed by Playright's Hospital Play Service team, the "Medical Play Experiential Box" consists of picture books, videos and playpacks which present correct information about illnesses and treatments in a child-friendly manner. Together, these measures represent a comprehensive package that assists children with psychological and cognitive preparation, reducing their anxiety and establishing a positive impression of hospitalization.

To promote the "Medical Play Experiential Box", we have been actively seeking recognition from various sectors. We were privileged to have Dr Patrick Ip

Pak-keung, President of The Hong Kong Paediatric Society, to feature in our video to offer his endorsement to our programme from his professional viewpoint as a doctor.

We also had the full support of Dr Maggie Koong May-kay, an early childhood education specialist, who made an appearance in another video to analyze the benefits of the "Medical Play Experiential Box" to children from child development perspectives. In the same episode, Dr Alan Wong Yan-ho and his wife Rendy Ng Ka-man gave highly relatable remarks on parents' anxiety about children's sickness.

Endorsement Video by Dr Patrick Ip Pak-keung (Chinese only)

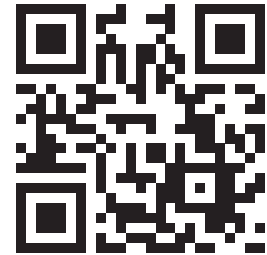


Sharing by Dr Maggie Koong May-kay and Dr Alan Wong Yan-ho (Chinese only)



Unbox the unique, useful content

Unboxing Video
(Chinese only)



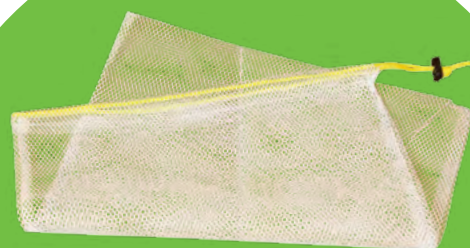
The box adopts a portable, all-in-one design, with item details and friendly reminders clearly shown on the front and top faces respectively.



The picture book can be used together with the packaging carton box. Lay the box flat open and put the book in, then it will turn into a three-dimensional "Playful Hospital".



The box consists of a total of 6 playpacks, all of which are easily identified, individually packed in clear plastic bags with respective stickers.



Play materials in the box are reusable. Each box comes with a large mesh bag for easy storage, enabling children to play again whenever they feel like it.



Children may gain first-person experience by pretending to be a houseman, Little Bear, or other medical professionals. Younger children may engage together with parents.



The picture book "Playful Hospital: I am a Houseman" depicts the hospital, admission steps and common medical procedures through a childlike drawing. It also features fun play activities, where children can even play on the wall in the ward.



The picture book contains a number of QR codes for children to scan and watch real-person demonstration videos, in which Dr Patrick Ip Pak-keung, President of The Hong Kong Paediatric Society, and Playright's hospital play specialists introduce various basic medical procedures.

Support from wider sectors benefits more children

In addition to the backing and guidance from professional organizations and partners in the healthcare sectors, we are thankful for our sponsors Lions Club of Tsing Ma Hong Kong and parents from Arts Plus, whose generous support enables more children to benefit from the “Medical Play Experiential Box” programme.

Beneficiaries of the programme include children openly recruited from the community and different patient groups. Through our partnership with Children’s Kidney Fund, Children Chiropractic Foundation, Youth Diabetes Action, Little Life Warrior Society and Children’s Heart Foundation, children with various illnesses are able to access the “Medical Play Experiential Box”.



Dr Victor Koong Hing-yeung (1st from left), Co-Vice Chairperson of the Executive Committee and Chairperson of Resources Mobilization & Fundraising Committee of Playright Children’s Play Association, together with Horace Ho (1st from right), Chairperson of Lions Club of Tsing Ma Hong Kong, presented the “Medical Play Experiential Box” to Ms Tam Siu-fong (2nd from right), Executive of the Children’s Chiropractic Foundation, and Nurse Ms Tsang Chi-kam (2nd from left), committee member of the Children’s Kidney Fund.



Through inter-organizational collaboration, we are able to reach out to more children in need. By presenting right information about illnesses and treatments in a child-friendly way, we can heighten their awareness and psychological preparedness in case of hospitalization.

Response exceeds expectations

The “Medical Play Experiential Box” represents an explorative step for our further development in primary healthcare. Developed from zero by Playright, it is a campaign that extends beyond our regular scope of service. Faced with difficulties in securing corporate donations under COVID-19, along with the fact that most parts of the box had to be manually produced, only a limited number of boxes were available. Among over 2,000 applications received, only 100 boxes were available to give away. While it is impossible to cater for the needs of all children in Hong Kong on our own, through this small-scale experiment, we hope to collect people’s feedback about the “Medical Play Experiential Box” and our primary healthcare initiatives.



Medical professionals and guests showed their support in a playful manner.



PlayrightHK



The Facebook likes, shares and comments demonstrated parents' tremendous support for the idea of "Medical Play Experiential Box". In particular, their real-life stories, stated reasons for use and user feedback constituted a huge motivation for us to strive even harder in our future endeavor.



RE: Make A Wish

1月10日 · 🌐



阿哲三歲前曾入院三次，幸好不是長手尾，但眼見人仔細細要打豆豆、釣鹽水，阿媽好難受。智樂為病童設計的「醫療遊戲體驗盒」，正是為他們入院作心理準備而設的遊戲盒。

小哲愛玩當中的木製醫生用具，周圍到人探熱、打針，估不到他連量血壓都識，似模似樣！從整醫院超人到MRI機，阿哲睇醫院遊戲師的教學自己搞定。

玩遊戲學模擬入院，我家就覺是百無禁忌，小哲覺得是好好玩的role play，對阿哲則是學校或書本接觸不到的常識。

孩子就是這樣，遇強越強，反而家長越說「別怕」，孩子就會越怕。

#Playright Children's Play Association

#醫療遊戲體驗盒

Some parents remarked about their children's fear of disease and treatment, and the misconceptions and myths they were holding. Running out of ideas to help their child, parents were left feeling powerless. We recognize the growing importance of play in supporting primary healthcare. This can only be achieved by actively seeking connections, external funding, and support from government departments and social organizations, so that we can reach out to the community and join hands to promote the holistic health of children.

Special thanks to...

Advisors

Dr The Honourable Lam Ching-choi, SBS, JP

Dr Chow Chun-bong, BBS, JP

Dr Maggie Koong May-kay, BBS, JP

Dr Patrick Ip Pak-keung



Supporting Medical & Nursing societies

The Hong Kong Paediatric Society
Hong Kong Paediatric Nurses Association
Hong Kong College of Paediatricians
Hong Kong College of Paediatric Nursing

Supporting Medical & Nursing professionals

Dr Stephen Chan Cheong-wai

Ms Shirley Chan Lai-kuen

Dr Louis Chan Tsz-wang

Ms Ada Chan Yuk-ming

Dr Daniel Chiu Cheung-shing

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Dr Huen Kwai-fun

Dr Ko Po-wan

Dr Mike Kwan Yat-wah

Ms Tany Kwong Kam-yuk

Dr Lam Ping

Dr Kevin Lau Chung-hang

Ms Rebecca Law Yuk-ching

Dr Lee Kwok-piu

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Ms Susanna Lee Wai-ye

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Dr So King-woon

Dr So Lok-ye

Dr Euan Soo Tsung Liang

Ms Connie Tse Ching-han

Dr Alan Wong Yan-ho

Dr Wilson Yeung Kwan-ye

Dr Aaron Yu Chak-man



Acquire coping skills through the safety net of play

Play is a common language for children. It provides a safe and familiar haven for thoughts and feelings, facilitating the communication of delight and relief of tension. Appropriate play intervention not only enhances child patients' understanding of physical conditions and medical procedures, but also opens the door for release of emotions and development of self-coping skills, thereby enabling them to face further treatment with a positive attitude.

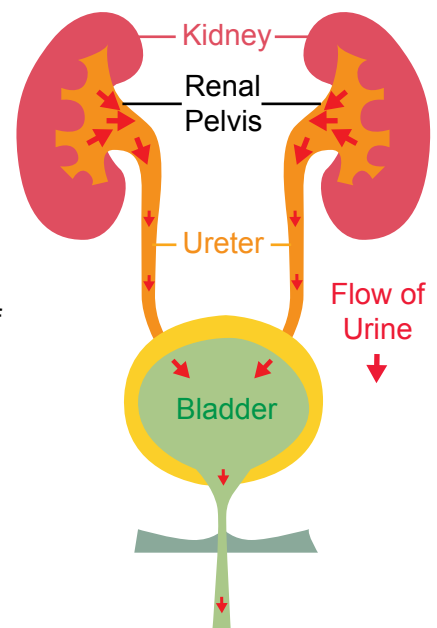


Chi-kwan is born with a medical condition called UPJ (see details below) where the kidney is blocked which requires regular medical visits for monitoring. Unfortunately at the age of 4, she experienced complications triggering symptoms such as vomiting and blood in her urine. After emergency treatment, Chi-kwan was admitted to Prince of Wales Hospital for further examination and treatment.

Although Chi-kwan had become used to hospital settings, in the face of sudden physical discomfort and intensive treatment, like anyone else, she would encounter mood swings.

Ureteropelvic Junction (UPJ) Obstruction

- The renal pelvis is a funnel-shaped space in the innermost part of the kidney that connects the ureter.
- UPJ obstruction is the blockage of urine flow from the renal pelvis to the ureter. In severe cases, it may lead to other kidney diseases such as abdominal pain, hematuria, urethritis and nephritis (kidney inflammation).
- The disease is caused by congenital factors, and the incidence rate is about 1 in 1000. With early treatment, most patients can recover. To ensure normal functioning of kidneys, patients have to go for regular medical check-ups. In case of kidney damage, long-term treatments would be required.
- Depending on the conditions, patients would first undergo tests such as CT scan, blood urea nitrogen (BUN) test, intravenous pyelogram (IVP), MAG3 Renogram (kidney imaging) scan, etc, followed by treatment of surgery or medication.



First encounter

During the first meeting in the ward of Prince of Wales Hospital, the hospital play specialists found Chi-kwan idling on the bed, looking sullen and unhappy. To break the ice, the hospital play specialists introduced themselves, making Chi-kwan comfortable to join in and make crafts.

During the activity, Chi-kwan became relaxed, lively and smiley. With the change in atmosphere, the hospital play specialists probed further to understand Chi-kwan's conditions and feelings. Yet, when they started asking questions, Chi-kwan became withdrawn and quiet. To establish a better relationship and trust, the hospital play specialists decided to take a step back and switched back to play.

Day in and day out, the hospital play specialists engaged Chi-kwan in play activities of her choice to calm her. Gradually, Chi-kwan became more and more acquainted with the hospital play specialists, eagerly sharing her preference on craft making and fondness for Doraemon cartoons. Before discharge, Chi-kwan even told the hospital play specialists about an upcoming surgery, expressing her wish to see them at that time.



Reconnect

At the next hospital visit, Chi-kwan gleefully greeted the hospital play specialists like buddies, who had brought along her favourite craft materials. While playing, Chi-kwan opened up about her feelings, saying she was not worried about the surgery, as she would not feel pain under anesthesia. Instead, she was more concerned about the blood taking procedure before the surgery.

In response to her needs, the hospital play specialists introduced a range of relaxation methods, including deep breathing, fantasizing and playing games, and let her choose what she was most comfortable with. In the end, she settled for the company of her favourite Doraemon cartoon during the procedure.

The hospital play specialists then communicated with the medical professionals to allow for some more room and borrow equipment for her selected options, while offering encouragement and comfort from time to time. In the end, the blood taking process was completed smoothly, giving her an immense sense of triumph.



Play eases anxiety

The hospital play specialists further considered that positive experience with blood taking would be helpful for further intervention, allowing them to understand Chi-kwan’s worries or misunderstandings about the surgery. During the procedure play, Chi-kwan stretched and slapped the simulated doctor doll, indicating her hidden anxiety and anger towards the upcoming surgery. Through this, the hospital play specialists were able to uncover a source of Chi-kwan’s stress and fear.

The hospital play specialists invited Chi-kwan for procedure play again, switching her role to being the patient. During the process, the hospital play specialists guided Chi-kwan to come up with different ways to relax, and recalled her remarkable performance during the blood taking to reinforce her sense of success towards this medical procedure. The hospital play specialists also emphasized the necessity of the surgery and its benefits to her health, so as to reinforce her positive impression towards surgery.



Procedure Play

After playing for the second time, Chi-kwan was able to stay calm and proceed to other play activities. To support her recovery, and let her stay relaxed in the hospital, the hospital play specialists constantly accompanied her and let her choose the play activities she liked.

After Chi-kwan was discharged, the hospital play specialists kept in touch with her mother for follow-up. Recounting the positive experience, Chi-kwan’s mother noted how her daughter missed the hospital play specialists, so much that she put their business cards and the photos taken together on the bedside.

Resurgence of fear

Shortly after knowing that Chi-kwan was going to have another test— an MAG3 Renogram (kidney imaging) scan, her mother contacted the hospital play specialists for encouragement and support, saying that Chi-kwan was feeling anxious to the extent that triggered unfavorable physiological responses.

INFORMATION CENTRE

MAG3 Renogram (kidney imaging) scan

A MAG3 scan is one type of imaging test that uses special equipment to assess the kidney functions, such as blood flow and urinary excretion. Before the examination, a radiopharmaceutical called Mercurioacetyltriglycine (MAG3) will be administered through intravenous injection. It is a form of tracer to make the scanned images clearer and it can be excreted from the kidneys through urine.



Blood-taking simulation play

During the telephone conversation, the hospital play specialists came to understand that Chi-kwan’s greatest fears were blood taking and intravenous injection. Although Chi-kwan was experienced and had previously learned about the procedure through medical simulation play, when fear struck, she would still require hospital play intervention.

Triggering coping mechanisms

In response to Chi-kwan's situation and needs, the hospital play specialists developed a specialized play programme:

- ♥ revisit the previously successful experience to overcome fear with a sense of achievement
- ♥ make an appointment to replay her favourite crafts to cultivate a positive impression towards hospital visits
- ♥ accompany her throughout the whole treatment to put her mind at ease and feeling supported in a clinical environment.

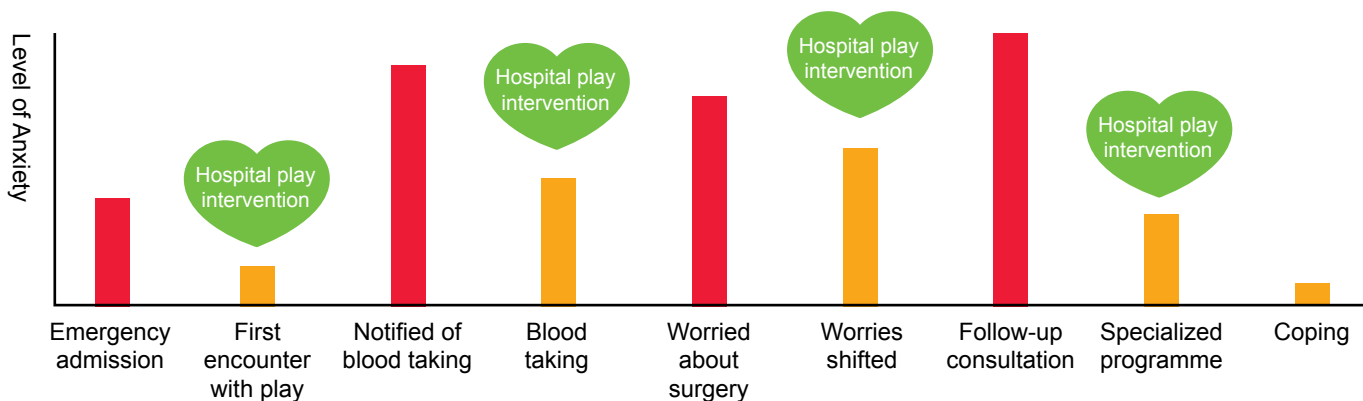
On the day of the checkup, Chi-kwan was so worried that she did not say a word. As promised, the hospital play specialists brought her colourful handicraft materials. Knowing that the hospital play specialists had kept the promise, Chi-kwan's fear quickly subsided. Together, they made an interesting hat, which she put on and took the lead in some role-play. Everyone was having a good laugh.

Before the examination, the hospital play specialists seized the chance to brief Chi-kwan about the upcoming procedures, suggesting her to choose her own coping strategies. Options included accompaniment by the hospital play specialists, watching Doraemon cartoons and breathing exercises. The hospital play specialists also made several recommendations of how to relax during pain. After some preparation, Chi-kwan confidently entered the treatment room with the hospital play specialists.

During the intravenous injection process, instead of crying like she used to, Chi-kwan lay down on the bed by herself, put her hands in place and followed the medical professionals' instructions. The whole procedure went completely smooth.

As small as the action might seem, it warmed the hearts of the hospital play specialists to see this little girl overcome her psychological barriers and face her fears. What she won was not just the stickers and panda dolls from the hospital play specialists, but also the confidence and sense of accomplishment that ushered her through the ups and downs in illness.

Chi-kwan's emotional states in the treatment process:



My dearest Angels in Orange,

Thank you for your emotional support during my daughter's stay in hospital! Whenever she was in the ward, she couldn't wait to see you!

Your company took away her fear of surgery!

Your play activities brought her great comfort, so we could see her innocent smile again!

As much as she enjoyed playing with the toys we bought, nothing compared to the moment she spent playing with you!

Every time my daughter came back to the hospital for follow-up consultations, she would ask, "Will I get to meet the hospital play specialists?"

Thank you so much!

Chi-kwan's mother

Playful, practical printed resources

Hospital play specialists would first conduct an assessment of the hospitalized child based on his/her age, physical and psychological conditions, required treatments and treatment progress. Once completed, they would develop individualized play programmes to help the child respond to treatment in positive ways, and thereby speed up the recovery process and achieve physical and mental well-being.

In addition to a wide range of play activities, our play programme comprises printed leaflets that present complicated medical procedures in a child-friendly manner, making information graspable for children and parents.



Commonly used versions

Depending on their medical needs, child patients are required to undergo corresponding treatment and common procedures such as blood taking, Magnetic Resonance Imaging (MRI) and/or Cardiac CT Scan. To accommodate their needs, the hospital play specialists have illustrated the rationale and steps of individual procedures through integrating text with pictures. This enables child patients to acquire basic knowledge of the procedures in case there is no hospital play specialist present in the ward, or when they get hospitalized due to an emergency. To enhance the psychological preparation and support for child patients, parents are encouraged to read the leaflet together with their child.



Blood taking



Magnetic Resonance Imaging (MRI)



Cardiac CT Scan

Simple leaflets, thorough consideration

A leaflet does not merely provide information, it helps create a positive impression that can take the fear away from children. To this end, hospital play specialists incorporate play elements into the leaflet, allowing children to assimilate the procedures through play, and hence cultivate a positive mindset towards treatment.

Apart from serving child patients, the leaflets cater for the needs of parents. They feature correct information that is easy to explain to children, as well as offer diversified support approaches and practical advice for parents.

In order to provide correct and appropriate information, the hospital play specialists first consult some medical professionals — doctors, nurses and various allied health staff such as radiotherapists — about every step of each medical procedure. After digesting the details, they would figure out possible reasons for child patients' worries, in addition to analyzing the issues faced by parents. Each leaflet is the end result of a solution with empathy.

Despite having the same procedures, each hospital has its own mode of operation. Accordingly, hospital play specialists would make adjustment to the leaflets, with the aim of keeping child patients and parents abreast of the latest procedures.

The content uses simple and concise wordings which even young children can follow.

Complicated procedures are illustrated with interesting and easy-to-understand graphics.

The incorporation of play elements enhances a positive impression.

Actual photos are inserted to facilitate children's realistic understanding of the procedure.

Provision of a wide range of support effectively addresses parents' needs.

Help in time of need under COVID-19

In response to COVID-19, we have not only distributed a variety of playpacks, but also come up with medical procedure leaflets to ensure some minimal support for child patients and parents when the hospital play specialists cannot be on site.

One special feature of the medical procedure leaflets and booklets is that they can be used on a regular basis. Some also contain a poster which can be displayed in a prominent place for child patients and parents who do not have the leaflets in hand.

The blood taking leaflets and booklets allow children to play and simulate the procedure. The booklets also come with reusable stickers for stress relief.

While waiting for MRI examination, children can read the related poster with an embedded QR Code video for psychological preparation.



Our heartfelt gratitude



Thanks to the donation of HK\$32,630,000 from the Hong Kong Jockey Club Charities Trust, we have been implementing the 5-year “Jockey Club Playright P.L.A.Y. for Child Health” project from February 2019 to March 2024.

The Community Chest of Hong Kong generously donated HK\$1,523,156 to support the provision of hospital play services in the Department of Paediatrics & Adolescent Medicine of the Princess Margaret Hospital in 2020/21.

Thank you to philanthropists Mr and Mrs Lawrence Ho who generously donated HK\$5,000,000 to support our 5-year “Hospital Play Service @ Caritas Medical Centre” project from April 2020 to March 2025. The project will benefit child patients of the Department of Paediatrics and Adolescent Medicine and the Developmental Disabilities Unit of the Caritas Medical Centre.



Lichi Charitable Foundation Limited continuously supported child patients from the Department of Paediatrics and Adolescent Medicine of the Pamela Youde Nethersole Eastern Hospital. The donation of HK\$400,000 has sponsored our Hospital Play project from April 2021 to March 2023.

With the matching grant from the Partnership Fund for the Disadvantaged, we have been carrying out the “Hospital Play Service in Pamela Youde Nethersole Eastern Hospital” project from April 2021 to March 2023 to increase play provision for child patients in the Department of Paediatrics and Adolescent Medicine of the hospital.

We specially thank Dr Yvonne Becher for her editorial guidance.



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

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看重孩子 看得起遊戲
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