



Jockey Club Playright
PLAY for Child Health
 賽馬會智樂遊藝樂童行

proudly presents:



PLAY for Child Health Seminar

11 Feb 2023

Booklet



Seminar Supporting Organizations



Seminar mini page:





Playright Children's Play Association (Playright) was established in Hong Kong in 1987. Playright is a charity which has been advocating children's play for over 30 years, as we "Value Children · Value Play". Our vision is building a society that respects, protects and fulfils a Child's Right to Play, where children can enjoy their childhood. We have the mission to promote the value of play and seek societal commitment to meet the play needs of every child at policy, planning and provision. Playful City is our focus for our future generation.



"Jockey Club Playright P.L.A.Y. for Child Health" project is funded by The Hong Kong Jockey Club Charities Trust, which supports our hospital play service in Hong Kong Children's Hospital, Prince of Wales Hospital and Tseung Kwan O Hospital. Through therapeutic play, leisure and arts activities, we help paediatric patients face treatment and alleviate unhealthy negative emotions. We see play as one of the main pathways towards paediatric patients' recovery and growth.



Welcome Message



Ms Anita MA Wai-man
Chairperson, Playright

Today's "Play for Child Health Seminar" is a celebration of many like-minded individuals and institutions coming together to promote the integration of hospital play services into children's holistic care pathway in Hong Kong. Playright is a non-profit organization established in 1987 to carry out its mission of promoting children's right to play, including children requiring hospitalization due to illness and injury. We believe in the common language of play to create a safe haven for children to express emotions resulting from life altering events, including but not limited to sudden admission to hospital, and/or long-term or frequent hospitalization. Play interventions by hospital play specialists also teach children to develop self-coping skills that empower them to face their treatment with confidence, strength and resilience.

Integration of hospital play services in Hong Kong is an ambitious project that has been in the making over the last three decades. From our humble beginnings in 1994 at Queen Mary and Queen Elizabeth hospitals, we now provide direct play services at six public hospitals – Caritas Medical Centre, Hong Kong Children's Hospital, Pamela Youde Nethersole Eastern Hospital, Prince of Wales Hospital, Princess Margaret Hospital, and Tseung Kwan O Hospital. Given that hospital play services are yet to be regularized in every hospital with a Paediatric department in Hong Kong, we believe there is room for development. The focus of this Seminar centres around the essential role of play as an integral part of the paediatric patient's journey. Research and evidence-based practices of hospital play services in Hong Kong and internationally will be showcased, and serves to inspire and inform ongoing collaborations and new partnerships. The sustainable development of hospital play services is our ambition and we invite you to also dream big.

We are honoured to have your presence at this seminar, and hope you will join us in advocating for hospital play services in Hong Kong. A special thank you to the Hong Kong Jockey Club Charities Trust for their generous funding, the Hong Kong Children's Hospital for being our seminar collaborating partner, and all our stakeholders for supporting this meaningful cause for Hong Kong children. Once again, thank you for your trust and walking with us on this journey over the years.

About the Seminar

In this seminar, participants would learn how Hospital Play (Child Life):

- ☀ is practiced in the United States of America, the United Kingdom & Hong Kong
- ☀ is an integral part of the paediatric patient's journey
- ☀ could be adapted to the COVID-19 "New Normal"
- ☀ could be sustained through our joint effort



Time	Content	Speakers
12:15 – 12:45	Registration	
12:45 – 13:00	Seminar Introduction	Host
Session 1: Opening		
13:00 – 13:30	Welcome & Opening Ceremony	
13:30 – 14:30	Child Life: Standard of Care for Paediatric Healthcare	Ms Lindsay HEERING , President, Association of Child Life Professionals
14:30 – 14:50	Child Life Services at Boston Children's Hospital	Ms Christine DUMAIS , Child Life Specialist II, Boston Children's Hospital
14:50 – 15:10	East meets West – the Uniqueness of Child Life in Hong Kong	Ms Candy LO , President, Hong Kong Child Life Association
15:10 – 15:40	<p>Panel Discussion: Hospital Play (Child Life) Service for Health Care Delivery in Hong Kong</p> <p>Moderator: Dr Bill CHAN, Consultant Paediatrician, Hong Kong Children's Hospital</p>	<p>Prof. Simon LAM, President, Hong Kong College of Paediatricians</p> <p>Dr Genevieve FUNG, President, Hong Kong Paediatric Society</p> <p>Dr Alan SO, Co-Chair, Co-ordinating Committee (Paediatrics), Hospital Authority, Hong Kong</p> <p>Ms Janice MA, President, Hong Kong College of Paediatric Nursing</p> <p>Ms TANG Sze-kit, President, Hong Kong Paediatric Nurses Association</p>
15:40 – 15:50 Break		

Session 2: Breakout session (TOTAL 100 mins)

15:50 – 16:35	A1	Dr Joanna TUNG , Consultant (Endocrinology), Hong Kong Children's Hospital & Dr Diva D. De León-Crutchlow , Chief of the Division of Endocrinology and Diabetes & Director of the Congenital Hyperinsulinism Center, Children's Hospital of Philadelphia
	Let's Gear up for the Adventure – Hospital Play (Child Life) for Endocrinology Patients	
	B1	Dr Alison MA , Service Head (Nephrology), Hong Kong Children's Hospital Dr Fanny HO , Associate Consultant (Nephrology), Hong Kong Children's Hospital Dr Helen JONES , Consultant Paediatric Nephrologist, Evelina London Children's Hospital & Ms Grainne M. WALSH , Paediatric Advanced Nurse Practitioner, Evelina London Children's Hospital
	Hospital Play (Child Life) Service for Nephrology Patients	
16:35 – 16:50	A2	Dr Patrick IP , Immediate Past President, Hong Kong Paediatric Society
	The Impact of COVID-19 Pandemic on the Socio-Emotional Development of Children and the Role of Quality Parent-Child Interaction and Lifestyle Modifications	
16:50 – 17:05	B2	Dr Mike KWAN , Consultant, Paediatric Infectious Diseases, Department of Paediatrics and Adolescent Medicine, Princess Margaret Hospital
	Children & their Families in the Pandemic – How the Disease and the Isolation Impact on their Well-being	
16:50 – 17:05	A3	Dr Elaine KAN , Chief of Service, Department of Radiology, Hong Kong Children's Hospital
	Hospital Play (Child Life) for Radiology, Hong Kong Children's Hospital	
	B3	Dr Vansie KWOK , Associate Consultant (Anaesthesiology), Hong Kong Children's Hospital
	Hospital Play (Child Life) for Anaesthesiology, Hong Kong Children's Hospital	
17:05 – 17:20	A4	Dr HO Pak-cheong , Chief of Service, Orthopaedics & Traumatology, Prince of Wales Hospital
	Budding Well Project – Play, Leisure and Arts as healing elements in Children born with Upper Limb Anomalies.	
17:20 – 17:30	B4	Dr Mandy MAN , Associate Consultant (Palliative Care), Hong Kong Children's Hospital Ms KWOK Ting-fong , Advanced Practice Nurse, Hong Kong Children's Hospital
	Hospital Play (Child Life) for Paediatric Palliative Care	
17:20 – 17:30	A	Moderator: Prof. Janet WONG , Dean of Nursing & Health Studies, Hong Kong Metropolitan University
	Q&A	
	B	Moderator: Prof. LI Chi-kong , Professor, Department of Paediatrics, The Chinese University of Hong Kong
	Q&A	

15:40 – 15:50 Break

Session 3: Sustaining Hospital Play (Child Life) Service with Training & Good Practices Sharing

17:40 – 17:55	Training of the budding Child Life Specialists in Hong Kong	Dr Bill CHAN , Consultant Paediatrician, Hong Kong Children's Hospital
17:55 – 18:10	Sharing of Good Practices in Hospital Play (Child Life) for Sustainable Development	Ms Chiko CHONG , Certified Child Life Specialist, Playright

Session 4: Conclusion & Closing

18:10 – 18:15	Closing remarks	Dr CHOW Chun-bong , BBS, JP, Honorary Advisor, Playright
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Organizing Committee

Honorary Advisor

Dr Chow Chun-bong, BBS, JP

Organizing Committee

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Ex-officio Ms Pony Kong Siu-ping

Ex-officio Mr Potato Yu Kai-yin

Ex-officio Ms Chiko Chong Yuen-chi



Best Practice of Hospital Play (Child Life) in Playright*



Endocrinology



Nephrology



Radiology



Anaesthesiology



Orthopaedics



Palliative Care



COVID-19 Pandemic

**These practice included the service funded by “Jockey Club Playright P.L.A. Y. for Child Health” project as well as other service provided by Hospital Play team from Playright*



Hospital Play (Child Life) at Endocrinology



1



Assessment focus



Difficulties in accepting & understanding a lifelong physical condition



Develop a new self-disciplinary lifestyle



Emotional impact includes denial, anger, fear, anxiety, guilt & uncertainty



Familiarize with the necessary finger prick test & insulin injection



Experience peer pressure

2



Plan & Intervention

Support during hospitalization

Prepare for procedure

Expressive play



Create a set of procedure play tools for paediatric patient to prepare for the finger prick test

Outpatient care

Support during follow-up medical consultation

Provide supporting tool kit "Diabetes Super Hero"

Organize leisure activities for normalization



This localized playable tool kit is a collaboration with the endocrine & diabetes team



Encourage to develop healthy eating habit by tools of wise selection



Informative cards of children's favourite local food for carbohydrates counting



Design a mission for insulin injection



Art workshop to design personal luggage tags

3



Impact

Develop an innovative approach with healthcare professionals for children with diabetes

Recognition from patient support group



Close collaboration with healthcare professionals



Join hands with Youth Diabetes Action for different leisure activities



Hospital Play (Child Life) at Nephrology

Collaboration with the Nephrology team has begun since 1999



1



Assessment focus Referral time prior to the procedure

1 week

to

1 month



Difficulties in accepting & understanding a chronic disease



Experience mood swings



Go through lifelong medical procedures including dialysis & major surgeries like renal transplant



Significant impact on normal development

2



Plan & Intervention

Early intervention

1 day

to

2 weeks

before

Identify needs

Prepare for different procedures

Develop stress & anxiety coping skills



Prepare a paediatric patient for surgery during the pandemic

On-day support



to



before

Preparation

Distraction play

Expressive play



Create a tailor-made doll for familiarization with medical tools



Engage in musical play during the long hour procedure

Post-procedural support

Provide platform for emotion expression

Tailor-made play activities according to developmental needs

Create mutual support opportunities outside hospital



Create chance for paediatric patients & their families to enjoy circle painting with hospital staff

3



Impact

Behavioural & attitude change, from resistance to acceptance & from fear to empowerment

Develop effective coping skills before, during & after the medical procedures

Better growth, prevent developmental regression

100% Paediatric patients are satisfied with our service (Survey in 2023)

Provide appropriate play activities to match different stages





Hospital Play (Child Life) at Radiology



1

Assessment focus Referral time prior to the procedure **1 week** to **1 month**



Fear of claustrophobia & darkness



Worry about could not stay still



Not used to the noise of the Magnetic resonance imaging (MRI) unit



Concern about risk of being anesthetized

2

Plan & Intervention

Early intervention **1 day** to **2 days** before

- Identify stress points
- Preparation (MRI & intravenous (IV) set up)
- Develop coping skills

On-day support **15 mins** to **1 hr** before

- Preparation (MRI & IV set up)
- Distraction play
- Emotional support



Make a MRI machine craft out of simple art materials to let paediatric patient at home familiarize with the procedure



Support a paediatric patient to rehearse in a MRI mock scan



Provide on-day preparation play



Create a minibus mission to engage the paediatric patient with healthcare professionals by a star token of the MRI route



Accompany a paediatric patient who feels insecure in a MRI procedure

3

Impact

- Provide useful information to familiarize with the setting
- Reduce anxiety & negative emotion
- Develop strength & confidence to cope

63% Sedation rate drops with play intervention (Caritas Medical Centre research study in 2019)

Receive a thank you card as an appreciation of our service



藍藍姐姐：
你好！聽到你對MRI，就
好驚，怕哭，但聽到你的講
解和安慰後，我的心情一下
好了很多，不再驚了。照MRI
時都不需要打針/吃藥了，
多謝你！
祝：身體健康



Hospital Play (Child Life) at Anaesthesiology



1



Assessment focus Referral time prior to the procedure

1 week

to

1 month



Misconception about the procedures, e.g. will not wake up again



Unfamiliar with hospital environment



Fear of the invasive procedure



Anxious about separation from parents

2



Plan & Intervention

Early intervention 1 day to 2 weeks before

- Identify needs
- Create a safe space to express thoughts & feelings
- Provide correct information for psychological preparation
- Develop stress & anxiety coping skills

On-day support 30 mins to 1 hr before

- Preparation
- Companion
- Distraction play



Use cartoon to talk about the sequence and sensory information of the procedure during home preparation



Provide play for experiencing the procedure



Work closely with healthcare team to create a playful atmosphere, like riding a car to the operation theatre



Accompany the paediatric patient to provide encouragement for ease of mind

3



Impact

Develop appropriate coping skills



Severe anxiety level drops after play intervention (Survey at Tseung Kwan O Hospital)

Establish better co-operation with hospital staff

Recognition from the Hong Kong Hospital Authority



Win the Best Oral Presentation Award with the Tseung Kwan O Hospital surgical team in Hospital Authority Convention



1



Assessment focus



Unfamiliar with the proper care for months-long cast



Fear of the tools & noise during cast removal



Misunderstanding of the cast removal procedure

2



Plan & Intervention

Early intervention **1 day** to **2 months** before

- Identify needs
- Provide supporting kit for cast care
- Prepare for procedure

Initiate & collaborate with doctor to create full kit set to address paediatric patient's concern in cast care



Go through the cast removal procedure in a child-friendly way

On-day support **15 mins** to **30 mins** before

- Preparation
- Distraction play
- Expressive play



Our tailor-made cast removal tools is designed for paediatric patient's exploration



Allow the paediatric patient to express any questions and worries during procedural play

3



Impact

- Better knowledge about treatment
- Empowerment for self cast care
- Better co-operation during cast removal

22% Anxiety level drops **21%** Negative emotion drops

(Research of cast removal by The Nethersole School of Nursing, The Chinese University of Hong Kong)

Motivate the paediatric patient to take a positive approach to the months-long treatment





Hospital Play (Child Life) at Palliative Care



1



Assessment focus



Optimize the quality of life



Create the childhood memory in spite of the limitations



Enjoy play opportunities like every child does



Establish a loving & caring environment and closer bonding with family members & multi-disciplinary professionals

2



Plan & Intervention

Support during hospitalization

- Developmental play
- Expressive play
- Diversified play opportunities & leisure activities
- Birthday parties & celebration of different festivals

End stage

- Provision of a palliative play box
- Ward decoration
- Bereavement support



Provide play activities regardless of any physical challenges



Arrange a walk in the garden with healthcare professionals



A box set with expressive materials & tools for children & siblings



Support siblings to express feelings & wishes through arts & craft



Every birthday is a milestone that is worth to celebrate



Decorate the ward to feel like home

3



Impact

- Holistic support to the paediatric patients & their family
- Form a strong partnership with multi-disciplinary professionals



A hospitalized child enjoys sensory play just like any other child



Organize an outdoor family day at the theme park



We are one of the core team members of the Paediatric Palliative Care Team in the Caritas Medical Centre



Hospital Play (Child Life) under the COVID-19 pandemic



1



Assessment focus



Mixed emotion caused by the pandemic, isolation or quarantine



Unknown or misunderstanding of the disease



Unfamiliar with the preventive measures



Normalization needs during isolation & quarantine

2



Plan & Intervention

For hospitalized patients

- Provision of diversified play packs for different ages
- Organize online play sessions for procedure preparation & leisure needs
- Produce child-friendly videos, leaflets, posters & booklets for specific purposes

For children in community

- Dispatch playpacks in community isolation facilities
- Create child-friendly environment in designated vaccination centres
- Launch online videos to address children's psychosocial needs under the pandemic



Different play materials are delivered by our working partners in the ward

"Wawa is discharged" is a story book with plenty of play materials for children to reconstruct the isolation experience & support their psychological needs

Child-friendly information for easy understanding



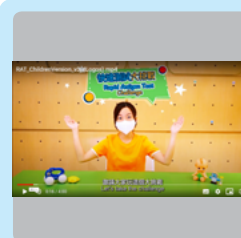
Poster on wall for distraction play



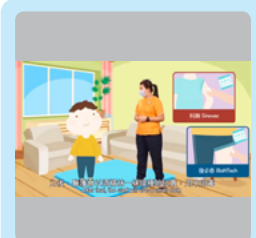
Engage online in interactive play & build relationships with paediatric patient



Dr Mike Kwan is invited to talk about the COVID-19 condition in a related video



This video combines games and animation for children to cope with the necessary Rapid Antigen Test



An animated video with useful information for vaccination preparation

3



Impact

- Playpacks are available in 11 public hospitals; Isolation tool kits are in 2 community isolation facilities
- Paediatric patients have more positive experiences towards testing & isolation



Acknowledgment

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Seminar Collaborating Partner

Hong Kong Children's Hospital

Seminar Supporting Organizations

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Hong Kong College of Paediatric Nursing (HKCPN)

Hong Kong College of Paediatricians (HKCPaed)

Hong Kong College of Radiologists (HKCR)

Hong Kong Occupational Therapy Association (HKOTA)

Hong Kong Orthopaedic Association (HKOA)

Hong Kong Paediatric Nephrology Society (HKPNS)

Hong Kong Paediatric Nurses Association (HKPNA)

Hong Kong Paediatric Society (HKPS)

Hong Kong Society for Paediatric Immunology Allergy and Infectious Diseases (HKSPIAID)

Hong Kong Society of Children's Palliative Care (HKSCPC)

Hong Kong Society of Paediatric Endocrinology and Metabolism (HKSPERM)

Hong Kong Society of Paediatric Respiratory and Allergy (HKSPRA)

Paediatric Neurology Association of Hong Kong (PNAHK)

Children's Kidney Fund (CKF)

Little Life Warrior Society (LLWS)

Youth Diabetes Action (YDA)



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* Programme featured in the image was conducted in strict compliance with the Government's health regulations for the public prevention of COVID-19.

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