

Children & their Families in the Pandemic –
How the Disease and the Isolation Impact on their Well-being

Dr. Mike Kwan



Children in COVID-19 Pandemic

- Children and adolescents were considered as the group with low health risk, they were not the priority in the early stages of the pandemic handling.
- However, with:
 - Disruption to schools,
 - Prolonged social isolation,
 - health anxiety,
 - and economic instability,
- The COVID-19 pandemic has exposed young people to many known risk factors for mental illnesses, posing serious concerns about their wellbeing

Hospital Isolation: Impact on Children and their wellbeing

- At the time of infectious diseases outbreaks and pandemic, children being cared under isolation were separated from families and had suffered from **significant physical, social and psychological stresses**.

Hong Kong families despair as COVID rules may separate them from children

By Farah Master



Due to the upsurge of COVID patients during the critical phase of the Omicron outbreak.

The availability of isolation facilities was limited.

Hong Kong / Health & Environment

'Up to 2,000 children under age 10 separated from parents in Hong Kong hospitals over past 6 weeks after catching Covid-19'

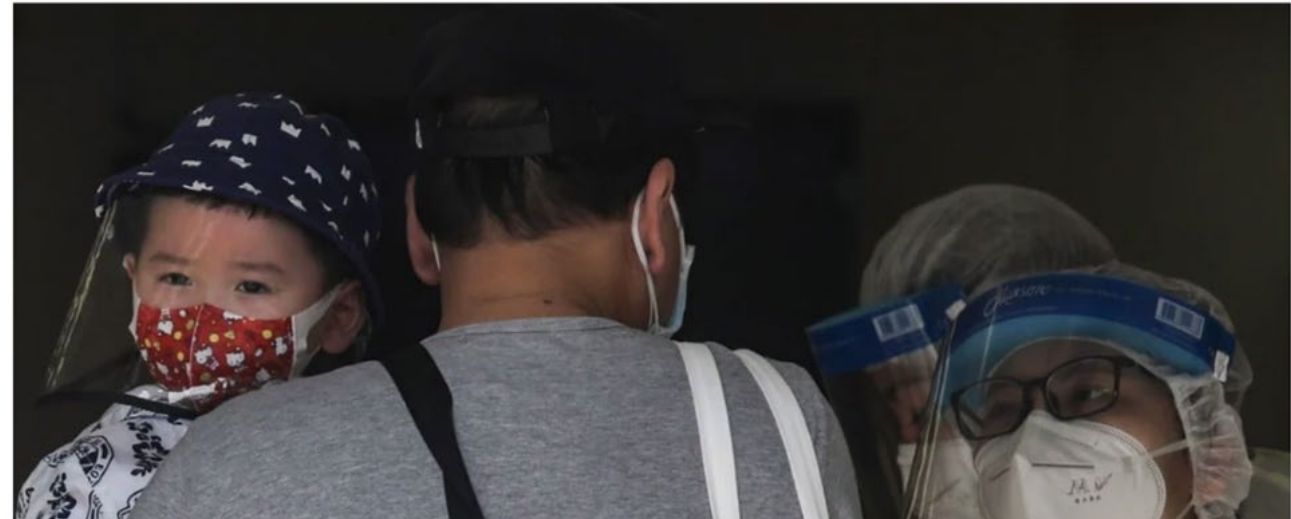
- Charity executive Dr Lucy Lord estimates 1,000 to 2,000 children with Covid-19 have been separated from parents at hospitals over the past five to six weeks
- Hospital Authority says crowded medical facilities have made it difficult to let parents stay with their children



Fiona Sun + myNEWS

Published: 8:00am, 29 Mar, 2022 -

Why you can trust SCMP



Opinion

Stephen Wong

Hong Kong needs to end Covid-19 child separation in hospitals amid growing mental health crisis

- Inconsistent, opaque government practices are still separating families and exacerbating Hong Kong's mental health crisis
- The government should review these policies, improve transparency and promote greater well-being



Stephen Wong

+ myNEWS

Published: 9:15am, 6 Apr, 2022

Why you can trust SCMP

TOP PICKS

How Singapore's deep-tech biomedical start-ups are growing rapidly and changing the world

Paid Post: Enterprise Singapore



Comment

Far from dying, a new globalisation is emerging – driven by China

5 Feb 2023



US-China Relations

Montana balloon farce must not derail improving US-China relations

6 Feb 2023

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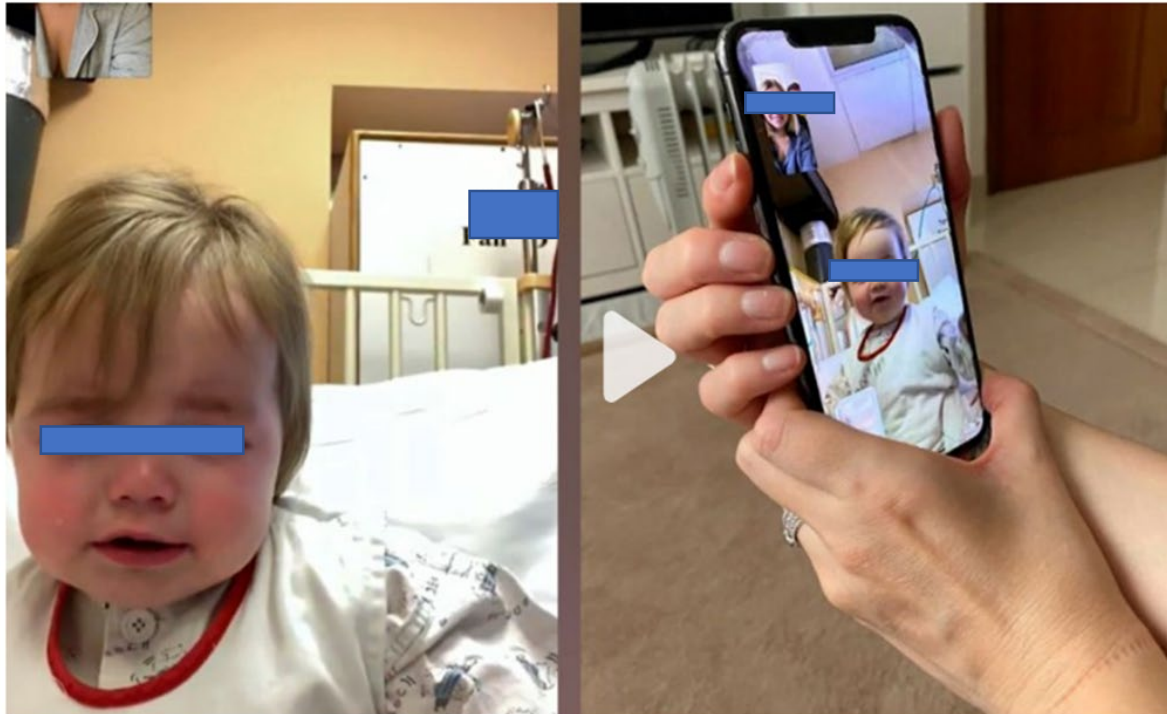
Hospital Isolation: Impact on Children and their wellbeing

Anxiety & fear

- Staying alone in isolation ward or community quarantine
- PCR / RAT / Laboratory testing procedures
- Lost of family members & close relatives

Parents separated from baby as Hong Kong clings to zero-Covid

By Kristie Lu Stout, Jady Sham, Rhea Mogul, Teele Rebane and Lizzy Yee, CNN
Updated 2:39 AM EST, Thu February 24, 2022



Video

Baby with Covid separated from family and quarantined alone in Hong Kong

Hospital Isolation: Impact on Children and their wellbeing

- Restrictions in hospital visitation, policies which denying parents access to their hospitalized children
 - Significant untoward consequences, patients & parents have heightened anxieties
- Parental presence during hospitalisation has benefits for both the child and his parent
- In fact, separation may not prevent transmission of infection

Children Hospitalised in Isolation

- potential for lifelong negative consequences of such life experience / shocks:
 - Lower educational attainment,
 - Increased likelihood of obesity,
 - Noncommunicable diseases and
 - **Mental health problems.**



傳染病中心

INFECTIOUS DISEASE CENTRE

Hospital Authority Infectious Disease Centre

- Child-friendly measures and support to children and parents
- Children and parents being **cared together** in the same isolation facilities by collaborating with other disciplines and liaise with health authorities

Pro-Children and Family Centered Care Approach

瑪嘉烈醫護任代父母 照顧兒科患者

Health care staff act as surrogate parents

【本報訊】新冠肺炎的患者遍及各個年齡層，其中有七十六位十八歲以下的兒科病人，在瑪嘉烈醫院接受治療，現時大多已康復出院。病人出院，不止家屬開心，醫護人員亦覺欣慰。照顧兒科病人絕不容易，年紀較小的自理能力弱，年紀稍大的或不擅表達，兒科的醫護人員不止要有父母心，有時還真的要擔當起代父母的角色。

Parents were being informed the patients' condition everyday

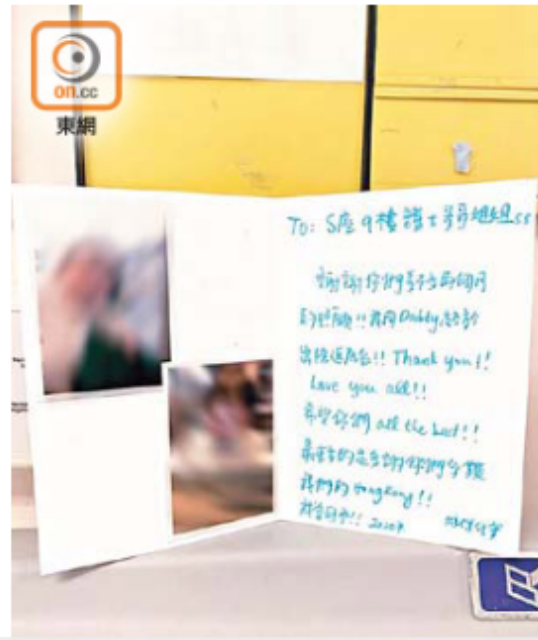
我的瀏覽記錄

清除記錄

每日致電病童雙親 告知情況

瑪嘉烈醫院兒童傳染病科顧問醫生關日華指，在安排病房時，會盡量安排八歲以下病人的父母入住同一病房，以便照顧。若父母同是患者，可一同接受治療；若父母不是患者，醫護會先講解清楚，才讓父母進病房，孩子出院後父母需隔離十四日。有時父母未能陪孩子住院，關醫生就會每日致電有關父母，告知其孩子的情況，令他們稍稍安心，「有些父母真的會等你電話，有時工作晚了，他們照樣等，令我很感動。」關醫生又慶幸，院內兒童大多症狀輕微，無需用上藥物治療，康復進度均不錯。

今年三月，一對父母帶同十六個月大男嬰從英國回港，一家三口先後確診新冠肺炎。關醫生



- To cater specific psychosocial needs of children and families
- Encourage parents' participation

Isolation / Quarantine Care of COVID-19 Children



Unlike adults, **self-isolating young children by themselves is almost impossible** because infants and young children must be taken care of by their caregivers.

Considering the circumstances, considerations that one of the family members to be assigned as a caregiver for infants and young children who are suspected or confirmed with COVID-19.

Most importantly, caregivers should wear adequate personal protective equipment and take all possible precautions to avoid being exposed to the virus.

Collaboration with Play Specialists



Are the kids alright? Social isolation can take a toll, but play can help

Published: September 16, 2020 8:53pm BST

CLINICAL REPORT Guidance for the Clinician in Rendering Pediatric Care

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

The Power of Play: A Pediatric Role in Enhancing Development in Young Children

Michael Yogman, MD, FAAP,^a Andrew Garner, MD, PhD, FAAP,^b Jeffrey Hutchinson, MD, FAAP,^c
Kathy Hirsh-Pasek, PhD,^d Roberta Michnick Golinkoff, PhD,^e COMMITTEE ON PSYCHOSOCIAL
ASPECTS OF CHILD AND FAMILY HEALTH, COUNCIL ON COMMUNICATIONS AND MEDIA



Let them play! Kids need freedom from play restrictions to develop

Published: May 23, 2019 9:00pm BST



<https://theconversation.com/are-the-kids-alright-social-isolation-can-take-a-toll-but-play-can-help-146023>

<https://theconversation.com/let-them-play-kids-need-freedom-from-play-restrictions-to-develop-117586>

<https://publications.aap.org/pediatrics/article/142/3/e20182058/38649/The-Power-of-Play-A-Pediatric-Role-in-Enhancing?autologincheck=redirected>



Close Collaboration with Child Life Specialist team

Maintain developmental needs of patients in isolation ward

- Prepare **disposable play packs**
- Provide **online play sessions** in wards (Infection Disease Centre in PMH)
- **Close communication** with HPS / Child Life Specialist team about case referral

Response to Anxiety of Medical Procedures (PCR test)

- Prepare children for compulsory PCR testing before admission
- PCR test video (March 2022)
- [醫院遊戲師和你一起準備2019冠狀病毒病檢測 Hospital Play Specialist talks about COVID-19 Virus Testing - YouTube](#)



Response to Children's Psychosocial Needs at the time of COVID Infection



新冠病毒 Omicron 知多少？

How much do you know about the Omicron variant?

The Omicron variant... (選出正確答案 Choose the correct answer)

1. A

透過飛沫和接觸傳播
... is transmitted by droplets or direct contact

B

透過食雪糕傳播
... is transmitted via ice cream
2. A

傳播力非常低
... is not infectious

B

傳播力非常高
... is highly contagious
3. A

病徵於接觸病毒後二至十四天出現
Symptoms appear 2-14 days after exposure to the virus

B

病徵於接觸病毒後一年出現
Symptoms appear 1 year after exposure

<http://dumo.art>
 f dumo.art
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答案 answers: 1A 2B 3A

Response to Children's Psychosocial Needs after Long Time Isolation

- Expressive play materials for children and adolescents



<<Be Kind to Yourself>> - Expressive methods and relaxation tips for adolescents

<<Wawa is Discharged!>>

- With different play materials, children and families can reconstruct their experience of hospitalization and understand their emotions.
- It is intended that parents go through the process together with children, thus returning to their normal life as quickly as possible.

- The frontline physicians must be aware of the psychosocial need of the quarantined children



《華華出院了》

Case Sharing

Background

- M/11y; COVID-19 (Omicron); (Stayed in isolation ward)
 - Separated from parents and family
 - Facing medical procedures alone

During COVID-19 outbreak

- Anxiety due to isolation and public comments about effects of COVID-19
 - Patient shared his feelings of being frustrated and stressful as encountering the negative comments from the public
 - Patient had to face the medical procedures alone without the family's support and was very anxious about the procedures

HPS intervention

- **Online play sessions (Leisure play, Procedural play, Emotional support and Relaxation skills)**

Outcome

- HPS provided developmentally appropriate emotional support to patient despite lack of materials and parent support
- The tailor-made COVID support tool kits helped patients to cope with his stress and anxiety

Design child friendly means for preparation under COVID-19

- Videos (easy to spread and effective to deliver messages)
- Play materials (fulfill children's developmental needs directly)
- Empowerment & encouragement (to gain positive experience)

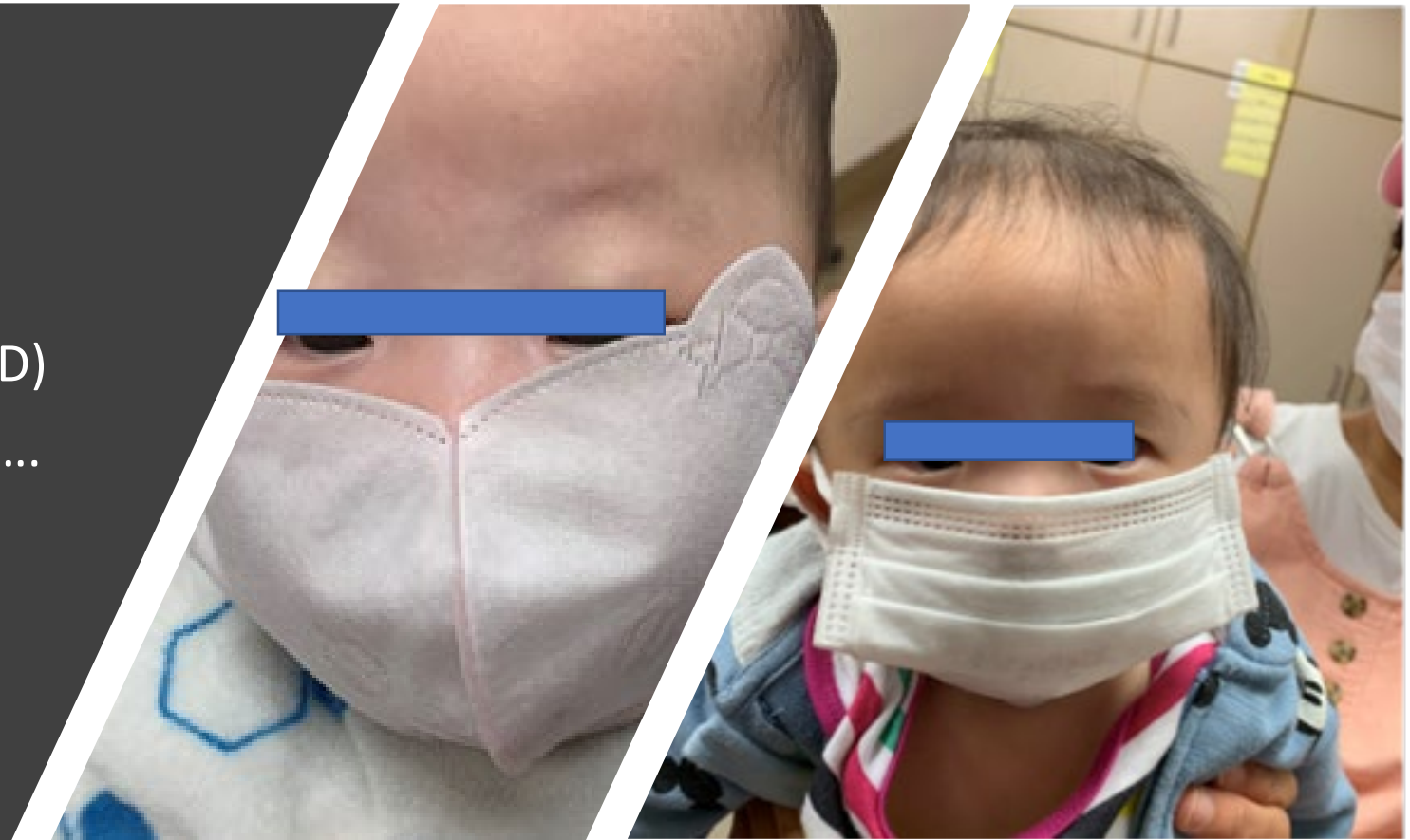
- Children and families listen to the “story of Wawa” and play at the same time
- 隔離治療後的身心照顧 - <https://www.youtube.com/watch?v=3uqUFOzMquY>
- 細聽《華華出院了》，認識隔離治療後的身心照顧！ - <https://www.youtube.com/watch?v=cTXanKq9OpU&t=1s>



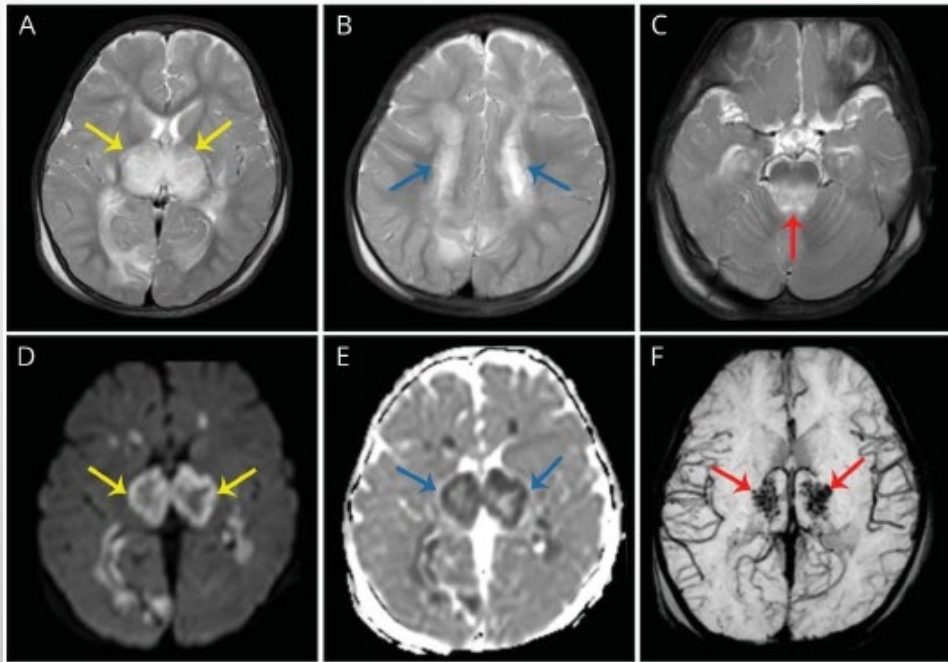


COVID-19 on Children

- Short, Medium (MIS-C) &
- Long term complications (Long COVID)
- School disruptions, Myopia, Obesity....
- **Importance of COVID Vaccinations**



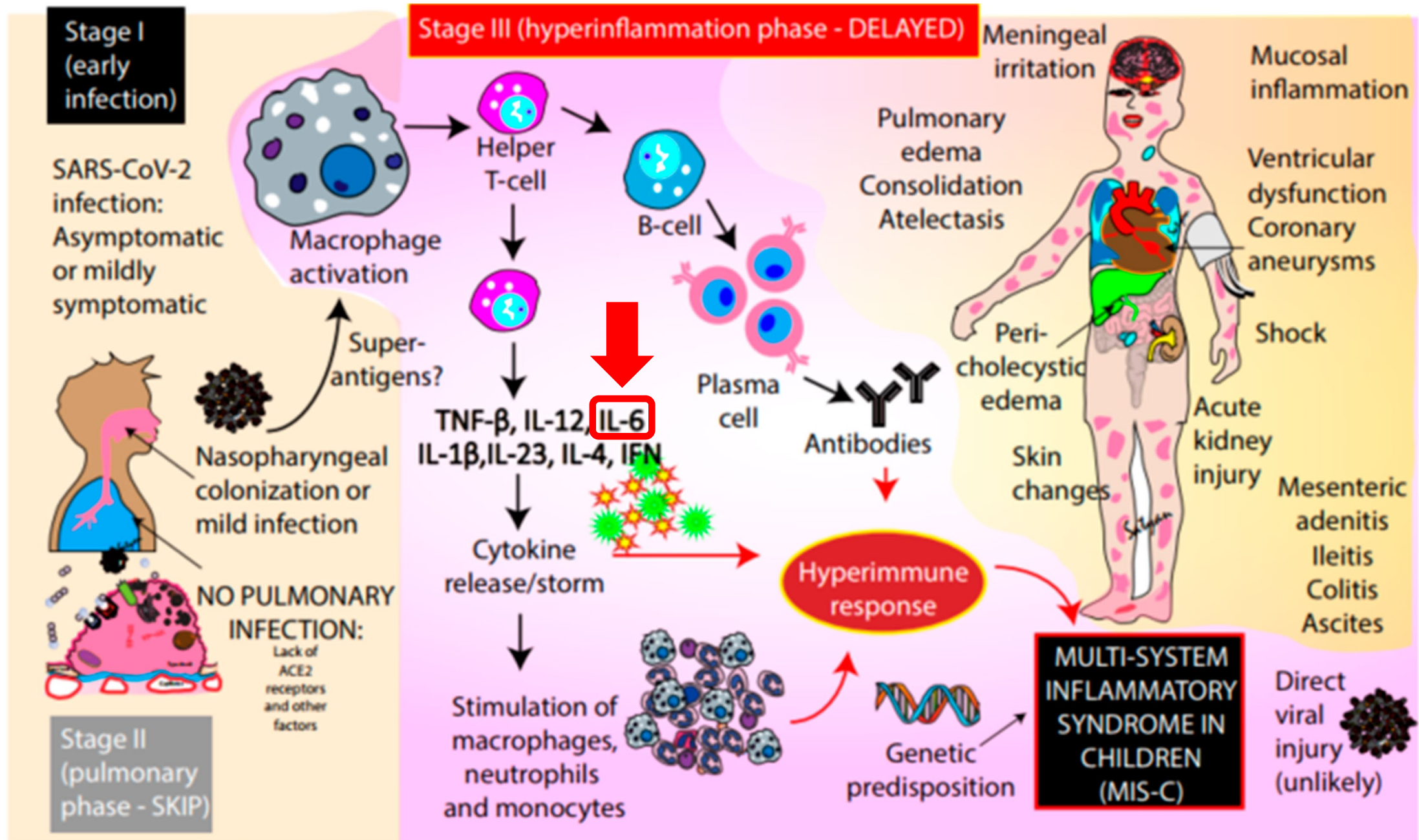
OMICRON第五波疫情兒科重症及死亡患者 ACUTE NECROTISING ENCEPHALITIS 急性壞死性腦炎



Axial T2-weighted images (A–C) show swelling and hyperintensity involving the thalami (A), cerebral white matter (B), and dorsal brainstem (C). The thalamic lesions show a trilaminar appearance on the diffusion-weighted imaging and ADC images (D, E). Punctate hemorrhagic foci are noted on the susceptibility-weighted imaging images (F).

- ACUTE NECROTIZING ENCEPHALOPATHY (ANE) IS A DEVASTATING NEUROLOGIC CONDITION THAT CAN ARISE FOLLOWING A VARIETY OF SYSTEMIC INFECTIONS, INCLUDING INFLUENZA AND SARS-COV-2.
- 急性壞死性腦炎(ANE) 是一種破壞性神經系統疾病，可在包括流感和 SARS-COV-2 在內的各種全身感染後出現。
- AFFECTED INDIVIDUALS TYPICALLY PRESENT WITH RAPID CHANGES IN CONSCIOUSNESS, FOCAL NEUROLOGICAL DEFICITS, VOMITING AND SEIZURES
- 受影響的人通常表現為神智、意識快速急劇變化、局部性神經功能缺損、嘔吐和抽筋

兒童多系統發炎綜合症 MIS-C



世界衛生組織「長新冠」的臨床定義

DEFINITION OF LONG COVID

- 是指病徵染疫後三個月內出現、徵狀持續至少兩個月，並無法由其他疾病診斷所解釋
- SYMPTOMS OCCUR 3 MONTHS FROM THE ONSET OF COVID-19 WITH SYMPTOMS AND THAT LAST FOR AT LEAST 2 MONTHS AND CANNOT BE EXPLAINED BY AN ALTERNATIVE DIAGNOSIS.



新冠病毒感染的後遺症 Complication of Paediatric COVID

Infection:

「長新冠」 Long COVID

受影響器官	
	<p>極度疲倦 Malaise / fatigue 運動能力減退 Decrease exercise tolerance</p>
神經中樞系統 Central Nervous System	<p>腦霧 “Brain fog” :</p> <ul style="list-style-type: none">- 認知功能障礙 Cognitive impairment- 記憶力變差 Memory deficit- 集中力不足 loss of concentration <p>少說話 Paucity of Speech 過度活躍 Hyperactivity 失眠 Insomnia / 睡眠問題 Sleep disturbances 精神問題: 焦慮、情緒低落 Psychiatric symptoms (depression / anxiety),</p>

新冠病毒感染的後遺症 Complication of Paediatric COVID

Infection:

「長新冠」, Long COVID

受影響器官	
頭眼耳鼻喉 Head, Eyes, Ears, Nose and Throat	頭痛 Headache 暈眩 Dizziness 持續眨眼 Persistent Eye blinking 耳鳴 tinnitus 失去嗅覺 Anosmia / 味覺 Ageusia 或 嗅覺倒錯 (parosmia)
心臟 Cardiovascular	心悸 Palpitation, 胸口痛 chest pain
肺部 Pulmonary	咳嗽 Cough, 鼻敏感 Allergic Rhinitis, 呼吸不暢順 Respiratory distress, 氣喘 Dyspnoea
筋骨問題 Musculoskeletal	關節或肌肉疼痛 Joint pain / muscle ache
皮膚 Dermatological	脫髮 Alopecia 濕疹 Eczema
消化系統 Gastrointestinal	肚痛 Abdominal pain, 嘔吐 Vomiting

「腦霧」 “Brain fog”



- 反應遲緩 Slow in response、
- 注意力下降 Cognitive fatigue、
- 記憶力衰退 Memory loss、
- 思維混亂等症狀



Strong Advocate for COVID Vaccination in Children

Play Materials - Preparing Children for COVID Vaccination



Child-friendly sticker for staff



Mission card for children

[醫院遊戲師講解兒童接種新冠疫苗 Hospital Play Specialist talks about COVID-19 Vaccine - YouTube](#)



醫院遊戲師講解兒童接種新冠疫苗之三 Hospital Play Specialist talks about COVID-19 Vaccine: 3rd episode

Information video

家長支援秘笈
打針都可以玩?!

Let's **Play** while waiting!

各位小朋友和家長！我們是智樂醫院遊戲師！明白面對疫苗接種，你們都會有不同感受和需要，所以為你們預備了一些遊戲、影片和方法等，希望可以令疫苗接種任務更順利完成！掃描二維碼看看吧！

內容包括
精美製作動畫
1. 疫苗接種前的準備
2. 疫苗接種程序和應對方法
3. 疫苗接種後家長的支援貼士

playright

Notes for parents

接種科興疫苗 (Sinovac)

1 在手臂上消毒 2 接種 3 貼上膠布，並獲得獎勵貼紙

酒精棉 Alcohol Pad

本小冊子由智樂兒童遊樂協會醫院遊戲師設計

香港非洲灣民康3號1樓18樓A室 18A, Block F, 3 Lodi Man Road, Choi Wan, Hong Kong
2898 2922
info@playright.org.hk
www.playright.org.hk

Human Swine Influenza 2009

預防人類豬型流感 Prevention of Human Swine Influenza

1. 經常清潔雙手。
Clean hands frequently.
2. 注意咳嗽禮儀。
Maintain cough manners.
3. 保持環境衛生。
Maintain environmental hygiene.
4. 有呼吸道感染徵狀或發燒，應戴上口罩，並及早求醫。切勿自行服藥。不要上班或上學。
If respiratory symptoms or fever develop, wear a mask, see a doctor right away. Do not self-medicate. Do not go to work or school.
5. 必須前往受影響地方的人士，在旅途中和返港後七日內，應佩戴口罩。
People who must travel to affected places should wear a mask during the trip, and continue to do so for 7 days after returning home.

2009年4月28日
28 April 2009 version

www.chp.gov.hk



衛生防護中心
Centre for Health Protection

健康教育熱線
Health Education Hotline
2833 0111

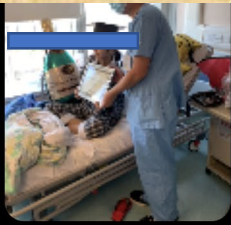


衛生署
Department of Health

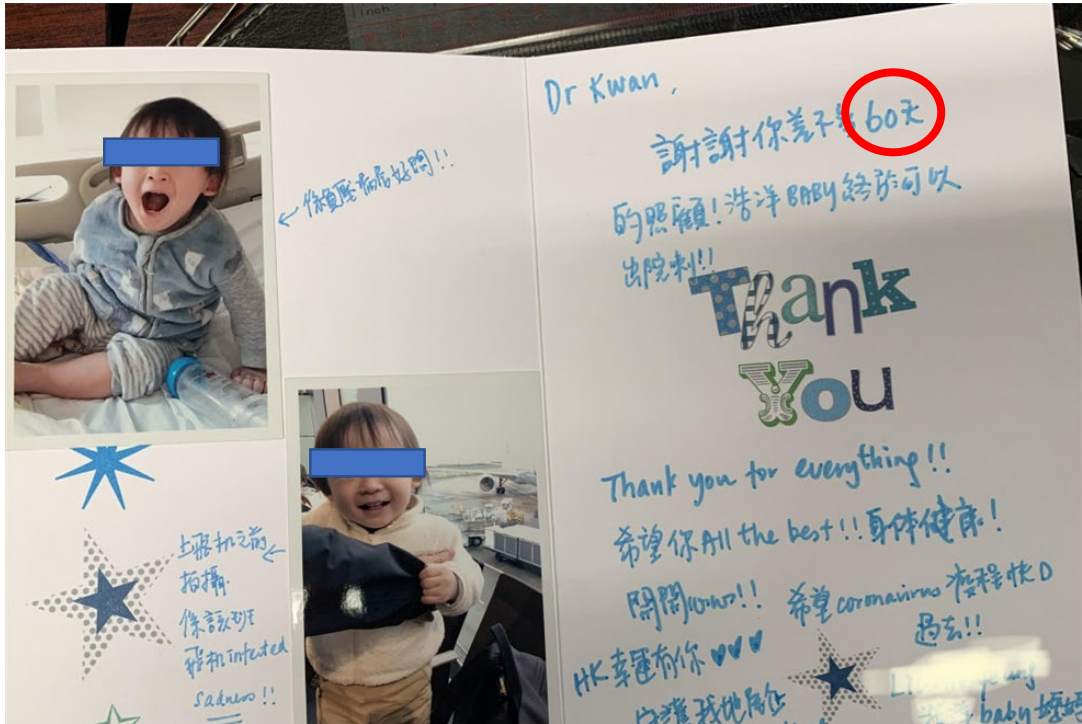
Human Swine Influenza 2009



Graduation Ceremony for Long Stay Patient in Paediatric ID Ward



First Paed COVID-19 patient in Hong Kong
Stayed in-patient for **60 days**



March 2020



January 2023

Dear Dr Kwan,



It's been a crazy journey. Thank you
so much for taking good care of me!

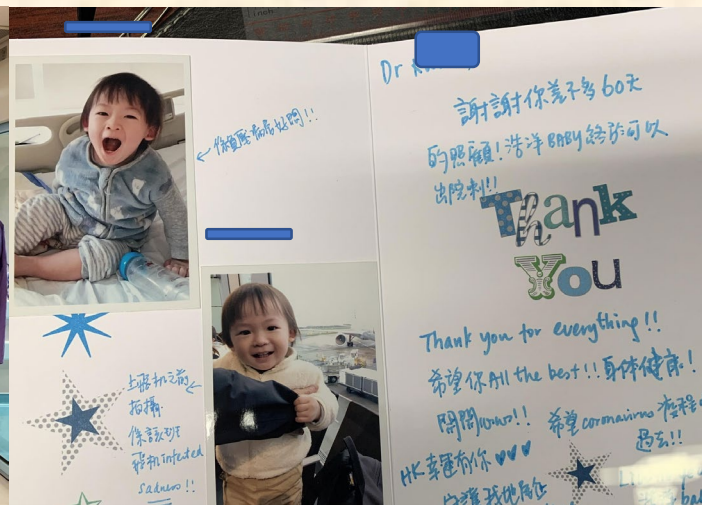
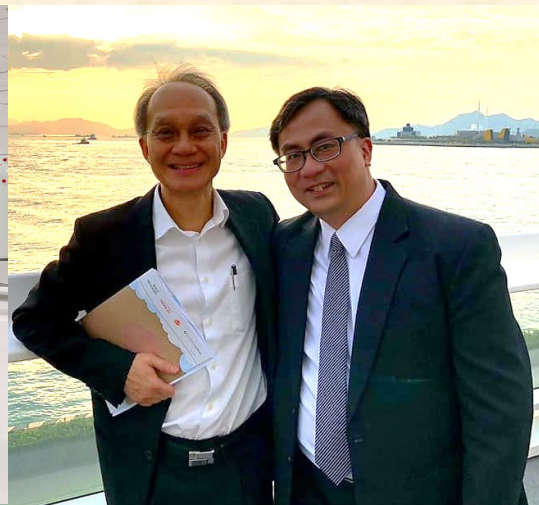
You made everything a lot easier during
tough times.



Best,

We Advocate for Children's Health and Wellbeing

We should **review**, reflect and learn from the past experiences to prepare for the next pandemic



Thank you!!