

Caring For Your Wound: A Video Animation

Tanuja Nair
KK Women's and Children's Hospital

INTRODUCTION

Hospital Play advocates the reduction of the negative impact of stressful or traumatic life events and situations that a child faces when he/she is hospitalised. We aim to reduce anxiety and stress as much as possible for the child and his/her family.

In Children's Emergency (CE), children often come in after sustaining wounds from falls. The pain from the wound coupled with their fear of not knowing what to expect can be rather traumatic.

To help plug the void of not knowing what to expect, the idea of presenting/communicating the needed information in the form of an animation video was conceptualised.

AIMS

For the child:

- Increase awareness on what to expect when a wound is sustained
- Increase awareness on care techniques
- Clarify understanding of the procedure terms and equipment
- Equip with coping strategies for anxiety and stress management

For the caregiver:

- Reinforce care management techniques

For the CE Nurses:

- Help to re-channel their time effectively to other pressing matters

METHODOLOGY

1. A task team comprising of Hospital Play Specialists and Nurses from the Children's Emergency is set up. Observations are conducted over 2 days.

2. Observation findings:

- Children undergoing wound care management appear highly anxious
- Information relayed by the nurses are not processed clearly

3. Action Plan:
Create and produce a child friendly video animation that will be able to...

- Relay the necessary information simply and clearly
- Share some simple pain management techniques

CONCLUSION

A 5 1/2 minute long video, which keeps in line with the Underwater World theme of Children's Emergency, materialised thereafter. The video introduced the child and his/her family to the Children's Emergency and the techniques that could be used to manage his/her wound. Coping strategies were highlighted and care-giving tips were shared.

Play Specialists and staff strongly believe that if the child can go in for the procedure feeling a little more confident, he/she will have a more positive experience.

Since the pilot launch of the video in April 2013, children have been duly engaged by the video and are able to draw comparisons between themselves and the animation characters. There is a general atmosphere of positivity and reduced anxiety for the child and his/her family.

