Preparation a Child for Surgery and Hospitalization

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Abstract
Hospitalization and medical experiences can be confusing and stressful for children, teens and their families. It is very common for young people and their families to have many questions when they are scheduled for surgery or hospitalization. When children are given opportunities to cope successfully with medical experiences, they may see themselves as more capable, more in control, and more reassured. This success often leads to a more positive sense of self, as well as a healthier regard for medical procedures in general. Also, previous medical experiences can affect how the child will react to hospitalization. It is important to maintain a normal routine and activities, such as playing and schooling. Family and friend's child should be encouraged to visit the child patient. The best way to prepare the child for hospitalization is to prepare ourselves by understanding what will occur.

Keywords
Child; Hospitalization; Prepare; Surgery

References

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Background: Surgery as a stressful experience can affect the child and quality of care plan. Nurses can use non-pharmacological intervention to reduce anxiety and help children cope with this stress.

Objectives: This study was designed to compare the effects of dramatic puppet and therapeutic play on anxiety of children undergoing surgery. Psychological preparation as a fundamental right for children undergoing surgery must not be forgotten and preparing children for hospitalization and surgery is an important task and responsibility for nurses (3, 6, 11, 20, 21). Play as a normalizing activity and an essential component of child life and development helps children cope with stress and anxiety of conditions. One of every four children will be hospitalized at least once before reaching school age. The physical and psychosocial stress of hospitalization may be influenced by the child's developmental level, causing behavioral changes, somatic complaints, and a prolonged hospital stay. Through the use of careful development assessments, preoperative tours, and therapeutic play techniques fears can be allayed, misconceptions corrected, emotionally charged issues addressed, and a positive self-image created. Authors: D B Ziegler; M M Prior.