

One Day Surgery Lunch & Learn

Child Life Specialist Overview



WHAT IS CHILD LIFE?

OUR GOAL

- *By using age appropriate education, preparation, and supportive activities, we strive to minimize stress and help children/families cope positively with their healthcare experience.*
- *Our skillset can be applied to a multitude of units and populations!*

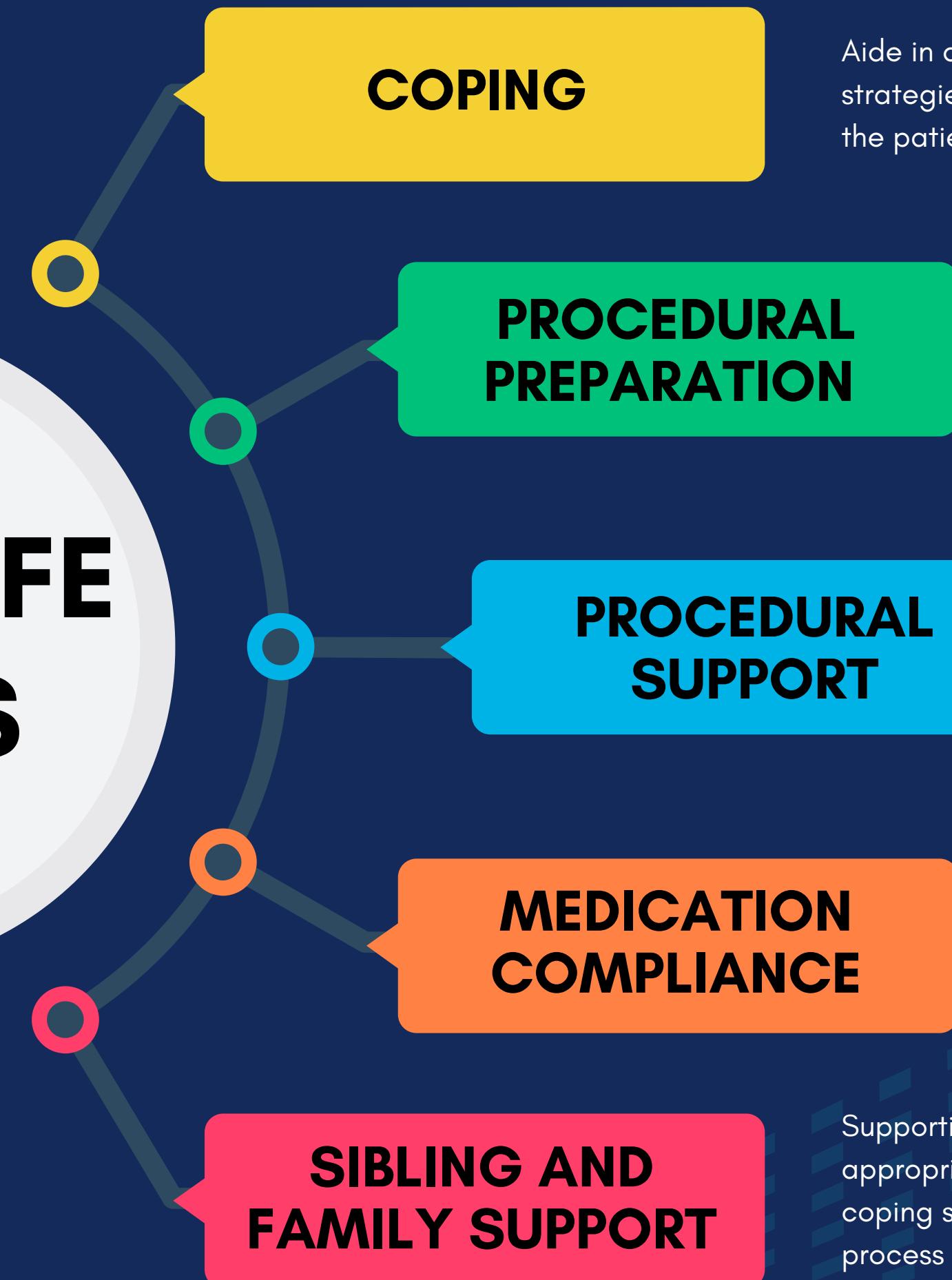
INTERDISCIPLINARY TEAM

- We are here to collaborate and care for patients and families with you!
- We also collaborate with many members of the interdisciplinary team including psychology, social work, PT/OT, speech pathology, dieticians and etc.
- Our job is to help provide insight about the child's emotional state, developmental level, and coping strategies, which can inform care decisions.

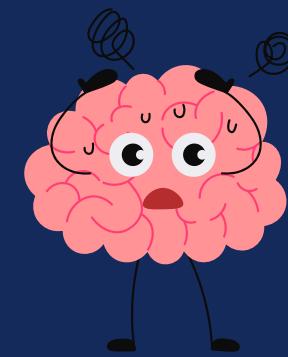
FAMILY CENTERED CARE

- Work with the team to help deliver care that promotes a respectful, mutual partnership between patients, families, & the care team.
- Focus on the family unit as a whole and identify family strengths
- Advocate for siblings and other children affected by patient's diagnosis, treatment, and hospital environment

CHILD LIFE IN ODS



Aide in creating a coping plan or coping strategies that fit the unique needs of the patient. Ex: Normalization



Preparing patient's using developmentally appropriate and honest language while using play, pictures, medical equipment, technology and social stories.



Common procedures we help with are: IV insertions, Anesthesia Mask Induction, Blood Draws, NG tube insertion, Urine Collection, etc. We use our knowledge of child development to explain these things in a way the patient can understand.

Incentive charts, motivation, and education to encourage compliance with medication or treatments. Ex. Versed or any premedication prior to procedure

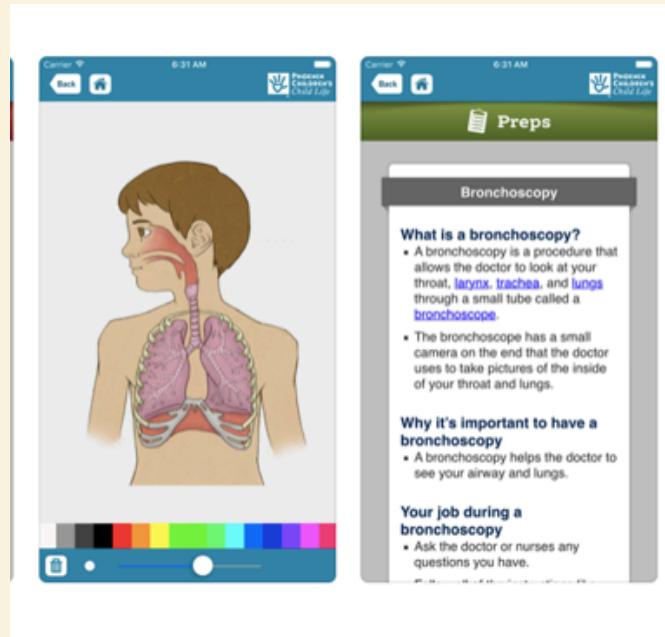


Supporting siblings and families by providing age-appropriate explanations, emotional reassurance, and coping strategies. We help siblings understand the process to reduce fear, while guiding families to stay calm and confident, fostering a supportive environment throughout the child's surgical experience



Common Resources

Technology: Simply Saying App



Social Stories:



Sleepy Medicine

Caregivers and patients can tap and actively hear deep breathing and visually watch the balloon expand.

When it is time for my surgery I will wear a special mask.

The mask will help me fall asleep for my surgery.

My job is to take deep breaths.

Blood Pressure

Caregivers and patients can tap and actively hear the sound of the blood pressure machine, see a description of what is happening and the importance of remaining still. Can also hear the chimes of the DINAMAP once complete.

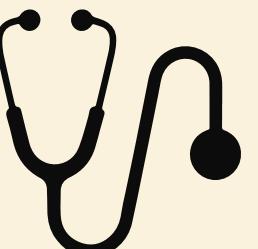
The nurse will put a blood pressure cuff on my arm.

This will feel like a tight hug on my arm.

My blood pressure tells the nurses and doctors how hard my heart is working.

It is important I hold my arm still.

Medical Play:





Sensory Pathway

The Sensory Pathway is a hospital-wide program to support patients with sensory needs. It helps staff understand what each patient might need to feel more comfortable and stay calm during their visit. Sensory tools and resources are available to support this care.

WHO CAN UTILIZE SENSORY RESOURCES?

- Any patient who feels that the sensory experiences of the hospital are overwhelming or difficult
- Patients with a pre-existing diagnosis such as Autism Spectrum Disorder, Down Syndrome, or other sensory processing differences
- If the patient's caregiver believes their child could benefit from the resources provided by the Sensory Pathway



Handouts about the Sensory Pathway will be accessible in pre-op. Staff may provide these to caregivers who inquire about the Sensory Pathway.

Visual (Vision)

- Light spinner
- Liquid timer
- Sand Timer
- Cosmic Wand
- Glitter Wand
- Sunglasses

Tactile (Touch)

- Spiky Light Up Ball
- Stress Ball
- Klick Link
- Mini Massager
- Squidgits
- Pop Fidget

Auditory (Hearing)

- Noise cancelling headphones
- Sound Machine

Sensory tools are used to help patients remain de-escalated during their visit and can be provided by any staff member. If a sensory need is noted, access staff are welcome to grab items or reach out to a child life specialist to provide. A list of tools will also be available in the flyer stand for caregivers to reference.

Social stories are also available for patients and caregivers. These stories explain what the patient might see or do during their visit.

HOW CAN WE COLLABORATE?

CONSULT US

For more immediate needs, contact us directly via rover or in person. For needs that are not time sensitive, you can email us or place a consult on Epic.

TELL OTHERS ABOUT US

Tell other staff about our services, so we can support needs they identify.

ASK US QUESTIONS

If you are feeling unsure about a situation, just ask! We are here to help support you and our patients.

How to Contact Child Life

Rover

Search: Laura Lovell BR One
Day Surgery
Julia Brasher (Lowder One
Day Surgery)

Hours

Child Life ODS Hours are M-
F 6:00am-3:00pm

Consult

Please put in a child life
consult if we are out. Our
team will do their best to
meet the need.