

Promoting coping strategies in paediatric burns patients; an Educational Play Therapy approach

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The Royal Children's Hospital, Melbourne is fortunate to have a dedicated inpatient and outpatient hospital play therapy service specifically supporting children with burns. Often this patient population have extended inpatient stays and multiple outpatient visits. This can result in an increase in anxiety, stress and pain perception related to their hospital experiences. Targeted play therapy interventions focused on medical familiarization, comfort positioning, cognitive refocusing and sensory preparation for procedures (what the child will see, hear, smell & feel) have been proven to significantly reduce fear and anxiety. In turn this often leads to an increase in procedural compliance, a decrease in procedural time and a more positive experience for the child, family and clinician.

Key Words

Therapeutic play; procedural preparation; coping strategies; reduce anxiety

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- Medical
- Nursing
- Allied Health
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Nominated Stream for Poster Presentations

- Care
- Prevention
- Research