

Therapeutic toy in the surgical process

Hospital
Ortopédico



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Report of experience in an orthopedic hospital Every form of play is an activity inherent to child behavior, bringing various emotional, physical, mental, and social benefits. Besides being a playful way of working with reality, that also allows child development and the elaboration of emotions. The right to play should be preserved and stimulated in children even when they are in the process of hospitalization, considering this environment is surrounded by mysteries and prohibitions in addition to the association with bad traumas and painful experiences. Children have limited resources to face delicate situations such as the surgical process. While playing, the child uses a safe means of verbally and non verbally expressing their emotions and perceptions about the lived experience. Thus, one of the strategies that help children to understand and assimilate the surgery process is therapeutic play. The therapeutic toy is a way to provide the approach with the child, manage surgical stress, and enable the translation of reality into playing, thus allowing the understanding of the child of the health-disease process, surgical treatment, and rehabilitation.

Objective:

To report the experience with therapeutic toys in the pre-surgical admission environment and post-anesthetic

recovery (RPA) in children submitted to surgical procedures in an Orthopedic Hospital of São Paulo.

Method:

Report of experience lived in an orthopedic hospital, with children from 1 to 13 years old, from 2018 to 2022.

Results:

In the admission routine and RPA of this Hospital it was identified that due to the tension of the surgical process, many companions used the cell phone as entertainment for children. As a result, significant changes in the behavior of this population were identified: greater ease of approach and approximation of the care team - accompanying patients, decreased anxiety and crying, and involvement in the operative process. Through an understanding of the success of the action instituted, the stimulus of referral of the favorite toy to the surgical environment was initiated, to involve it in the process of orientation to the patient - routine of surgical site demarcation and work of acceptance of devices in the postoperative period: the presence of bandage, dressing, splint, cranial halo, among others, thus working its similarity with the toy project that entitled my friend equal to me.

Conclusion:

Toys were essential to make the patient's experience less traumatic, allow anxiety control, team approach, and acceptance of manipulation and image after the surgical approach.



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