

HOSPITAL PLAY NEWS

LIVE FROM THE SCENE

Intensive Care for Child
Patients with Play

JUST FOR THE RECORD

A working day of Hospital
Play Specialist



HAPPY BEAR HOSPITAL 2016 DEMONSTRATES

“Being child-oriented, dream to always have play as a companion”

On a Sunday in early March, over 760 families were excited to get “admitted” to hospital. Do not be mistaken, the parents and children were not out of their minds. But they were extremely excited to join the one and only one amazing treatment center according to children’s dreams, operated for one day in a year - the Playright Happy Bear Hospital!



The Dream of Playright

Not only the 3,000 participants, but also the whole staff team of Playright were enthusiastic about the event. After working busily for months, the team finally put their ideas into play in real life, and displayed it to the public at the stadium of the Hong Kong Sports Institute. The event led all the Playright's supporters to look ahead to the Hong Kong Children's Hospital which will be in operation in 2018.

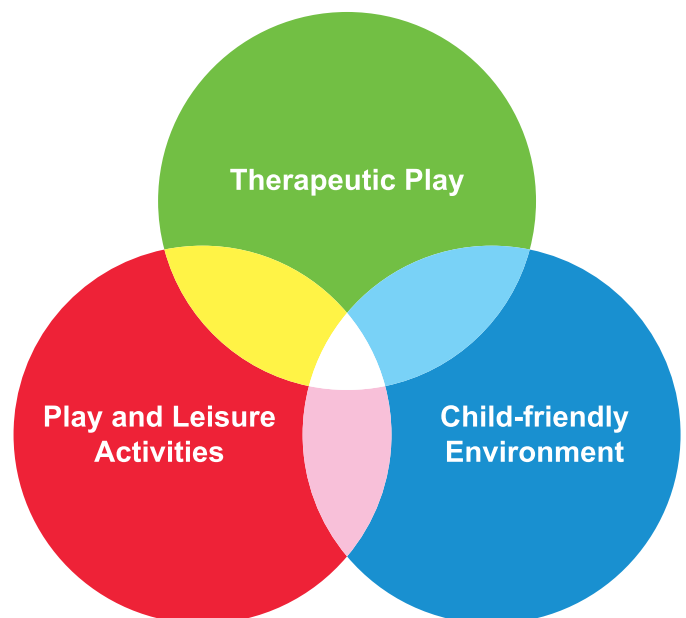
"Being child-oriented, always having play as a companion," is what we proposed as the theme for this year's fund raising event. Every area, every activity and every detail of the Happy Bear Hospital originated from the approach of "Holistic Hospital Play Services". This approach aimed to bring all VIP guests, medical practitioners and participants together to get a feel and experience of the need for play of sick children.



What is "Holistic Hospital Play Services"?

It is child-oriented, designed from a child's perspective, taking into account sick children's different needs in every stage of their treatment, including:

- Therapeutic Play based on illness and treatment
- Play and leisure activities catering for children's basic needs of play
- Creating a child-friendly Environment





Dreams going to be realized

Sick children are just like healthy children in their need to play. It is not difficult to find that sick children lying in beds always yearn for play. The newly created “Wall of Dreams” demonstrated the dreams of sick children receiving hospital play services through their own paintings. Some children hoped that there would be one thousand Hospital Play Specialists; some expected a play room to be built with tables and chairs for them to do handicrafts; some hoped for a well-designed cart carrying them to and from the ward; some wanted to go outside of the ward to play on the “elephant slide”, or ride the bicycle and challenge the “spiky bridge”. Some sick children even imaged that doctors would become “Doraemon” or “superheroes”.



Dream one: there would be one thousand hospital play specialists.



Dream two: doctors becoming “Doraemon” or “superheroes”.



Dream three: riding on well-designed cart to and from the ward.



Dream four: playing happily on the “elephant slide”.

Can these dreams come true? The sub-theme of the Happy Bear Hospital was designed as a “medical treatment center of children’s dreams” in a bid to take a step forward in realizing their dreams. The “Amazing Medical Center” in the format of a hospital allowed participants to participate in simulated medical procedures. They could try dismantling a plaster cast, undergoing electrocardiography, or performing kidney transplant surgery. The “Wonderful Ward” allowed participants to turn the ward into a playful space by changing the beds into pillow hills, touring around different medical departments through the “Random Door”, using the “Giant Syringe” as an airbrush, or even floating on the “Giant Bag”. The “Playful Playground” was a rare, wide grassland area equipped with the “Paper Slide”, “Paper Maze”, “Jumbo Balls”, and “Exceptional Bricks” for children to freely run, freely jump and play. The Happy Bear Hospital not only won the applause of child participants but also the sick children who were invited to play.



After playing on the “Magical MRI” which closely resembles the real MRI, who would be afraid of MRI checking?



From the perspective of play, a syringe can also be used to play with water.



Everyone falls in love with the lovely “Jumbo Balls”!



Anyone falls asleep the moment he lies on a bed covered with a large quantity of soft pillows.



A seesaw’s balancing effect can be used as “scales” for weighing people. It’s fun!



Making medical checking a real fun, the “Magical MRI” is greatly appreciated by children, and also attracts Chief Secretary for Administration Mrs. Carrie Lam to stop and look closely.



Chief Secretary for Administration Mrs. Carrie Lam (left) and Hospital Chief Executive of the Hong Kong Children's Hospital Dr. Lee Tsz-leung (right) are guided by Playright Children's Play Association Chairman Dr. C.B. Chow (middle) to tour around the Happy Bear Hospital.

Dreaming Big

A fun day is truly unforgettable for children. But only regular holistic hospital play services can help sick children in their everyday battle against illnesses and to overcome difficulties. We were honored to have Chief Secretary for Administration Mrs. Carrie Lam and Under Secretary for Food and Health Prof. Sophia Chan to officiate the opening ceremony of the Happy Bear Hospital in recognition of Playright's work over the past years. In addition, Hospital Chief Executive of the Hong Kong Children's Hospital Dr. Lee Tsz-leung also spared his time, together with other guests including Mrs. Lam and Prof. Chan, to tour around the Happy Bear Hospital with an aim of witnessing the power and effect of play.

The event also received support from healthcare professional bodies including the Hong Kong Orthopaedic Association, Hong Kong Paediatric Nephrology Society, Hong Kong College of Paediatric Nursing, Hong Kong Paediatric Nurses Association, Hong Kong School Nurses Association, and The School of Nursing of The Hong Kong Polytechnic University. Representatives of different hospital clusters, patients' associations and academic associations also attended the event. Over 100 student nurses from the School of Nursing of The Hong Kong Polytechnic University and more than 20 incumbent doctors “performed duties” at the Happy Bear Hospital, communicating and interacting with children through play.



Friendly real doctors “performed” their duties using play



Dr. Ko Po Wan, Chief of Service, PED, Caritas Medical Centre



Dr. Helene Wan, Hong Kong Paediatric Society



Dr. Alison Ma, Associate Consultant, specialized in Paediatric Nephrology, Princess Margaret Hospital



Dr. Karen Lee, Hong Kong Paediatric Society



Dr. Stephen Chan, Associate Consultant, Caritas Medical Centre



Dr. Ivan Pang, Hong Kong Orthopaedic Association

We sincerely hope that with a common goal of caring for sick children and concerted efforts and cooperation, sick children of the Hong Kong Children's Hospital to be commenced in 2018 and other hospitals can receive treatment happily with play as a companion, return home with smiles on their faces, just as the participants at the Happy Bear Hospital.





Intensive Care for Child Patients with Play

When thinking about “Intensive Care Unit” (ICU), what crosses your mind may be a white ward in which hi-tech medical apparatus are set, a patient whose body is covered with tubes lies in deep coma on the bed. But when you shift your focus to the Paediatric Intensive Care Unit, you should find a wholly different scene – on the walls are hanging many children’s drawings, the beds are covered with dolls and toys. Child patients sit on the beds, moving their bodies to delightful music.

Thanks to the decoration by Hospital Play Specialists (HPSs), the Paediatric ICU has dramatically changed from a cold ward filled with tension to a warm and comforting place for children undergoing critical medical treatment. Even critically ill children can receive treatment calmly with the help of hospital play specialists.



A child-friendly environment can be created at the ICU by giving some thoughts to decoration.



By hanging children's drawings on the wall of the ward, the sick children's feeling of kinship can be increased.

INFORMATION CENTRE



What is Paediatric ICU?

It is a specialized ward designated for comprehensive treatment and care for critically ill patients aged from one month to 18 years. The ward is equipped with emergency care, monitoring and auxiliary apparatus. Sick children are under intensive monitoring, treatment and care until their conditions are stabilized. They then will be transferred to general wards or other hospitals to continue with the treatment.

From silence to delight



This is the world of Little Yuen – four walls, a bed and different medical apparatus. But fortunately she has got play as her companion.

“Little Yuen” (alias) is almost two years old. With congenital airway disease, Little Yuen has been hospitalized at the Paediatric ICU for two years. During that long period of time, the ward has become her home and even her world. HPSs regularly play with Little Yuen at her bedside. Whenever they come, Little Yuen cannot take her eyes off them and enthusiastically expects new play ideas and activities. In fact, she shares the same curiosity with a normal child.

Looking back, Little Yuen has overcome many hurdles in her life even in the infant stage. In the first six months of her life, she was in a condition of “do not disturb” – meaning that she was in a coma, without any contact with the outside world. When Little Yuen’s health had improved, the medical staff immediately referred her to HPSs, hoping that through play, she could learn more about the world and catch up on mental and cognitive growth that had lagged behind other children’s.



When the HPSs first met with Little Yuen, they discovered that her small body was inserted with many tubes, some of them helped her to breathe (Endotracheal Intubation), some were used for taking food and some for injecting medication. After assessing her conditions and responses, they learned that she had positive responses to music and human voices but resisted human touch. Hence the HPSs opted for ways of telling stories and playing music to help her. They then gradually added different stimuli to awaken her senses. All of the activities, including playing with ice cubes, sand and aromatic flour dough etc., were designed to meet the needs of a child of her age.



During play time, Little Yuen is no different from other children. She is just as curious about the ice cubes.

In order to follow up Little Yuen's health conditions and rehabilitative progress, doctors, nurses and a specialized medical team communicated with the HPSs regularly. The HPSs would adjust the play options according to Little Yuen's changes in her conditions. One day, Little Yuen was in a bad mood and her vital signs were unstable. The nurse discovered that Little Yuen would calm down when listening to some English songs. Knowing about this, the HPSs helped to create a CD with these songs. Similarly, whenever Little Yuen received training to stand up by a physiotherapist, she would feel annoyed. Hence, the hospital play specialists arranged interesting play ideas for her to play with during training, in a bid to create positive experiences during the long-term physiotherapy treatment.

Little Yuen still relies on a breathing machine to sustain her life, and emergency circumstances arise from time to time. But every day she can still immerse herself in music, slightly move her body, play with toys and games and grow up in the hospital.



The colourful ice cubes created by hospital play specialists bring visual and sensory stimuli and fun of play to Little Yuen.



The song collection for Little Yuen is created by hospital play specialists.



Emotions soothed, calmness kicks in

Apart from patients in critical conditions, patients in an emergency status are taken care of at the ICU. “Little Bird” (alias) is a child patient with a long-term disease and a frequent visitor to the hospital to receive treatment. For quite a while, Little Bird’s health conditions had been stable. Unexpectedly, one day she was admitted to the ICU for Endotracheal Intubation as she suffered from respiratory difficulties due to lung infection.

The HPSs stationed in the general ward immediately contacted their colleagues at ICU for preparation. Witnessing Little Bird in an unconscious state, her parents were very worried and helpless. Her mother immediately asked the HPS, who was familiar with Little Bird, to accompany her during the treatment. Though Little Bird was under anesthetic and unable to open her eyes, she screamed at the top of her voice to show her resistance to treatment. The HPS immediately consoled her and started to sing Little Bird’s favourite songs. The familiar voice effectively soothed Little Bird’s emotions. The HPS then began to tell Little Bird an imagined story so as to help her relax. Gradually, Little Bird fell asleep while listening to the sweet and soft words of the Hospital Play Specialist.

With intubation, Little Bird stayed awake on some occasions. The HPS took these opportunities to play medical play with the doll which simulated Little Bird’s intubation. This helped Little Bird understand the uses and purposes of the different tubes inserted into her body and led her to cooperate and continue with the treatment. Fortunately, Little Bird recovered from the illness and was transferred to the general ward to continue with the treatment.



The figures and graphs on the vital signal apparatus are “whispers” to the sick children lying on beds, lingering in the minds of the medical staff all the time.



A toy bear with “trachea incubated” allows children to understand more about what is inserted into their bodies.

ICU is a ward where people would have mixed feelings of sadness and happiness. There is a time to live and a time to die; a time to be sad and a time to be happy. Play is, at all times, accompanying sick children to combat diseases and to overcome difficulties as they grow up.

Mechanical ventilation and Endotracheal Intubation

When a patient’s respiratory system fails to function normally, he would suffer from respiratory failure and die within a short time. Facing such an emergency, the doctor would place a breathing tube into the trachea through the mouth or nose for administration of oxygen, for mechanical ventilation. This procedure would sustain the patient’s life and buy more time for treating other diseases. A patient who has undergone Endotracheal Intubation may feel pain, and can hardly speak and eat normally. Anesthesia is usually administered to reduce discomfort during the procedure.



This is a breathing machine used to sustain a patient’s life.



9am to 6pm: A working day of Hospital Play Specialist

Stationed in hospitals to assist child patients to combat illnesses, Hospital Play Specialists (HPSs) are professionals who work five days a week, 9 am to 6 pm every day. However, the content of their work is unique and very different from other professions.

09:15

Carrying large and small bags of new toys and play materials on their back, the HPSs are about to enter the office inside the ward. A crowd of child patients has already gathered to “greet them” at the ward entrance. Child patients who have been hospitalized for even only two days press forward enthusiastically, grumbling that the HPSs are “late for work”, despite that the office hours in the ward start at 9:30am. The HPSs are used to such a “welcoming ceremony”, understanding the children’s “thirst” for play after one night’s sleep.



09:35



The telephone rings, it is a call for help from a nurse! A boy named “Hin”, who would undergo surgery soon, resists receiving related medical procedures. Whenever there is talk about blood taking or intravenous injection, he would scream loudly. Obviously, he is in desperate need of the HPS’s help to relieve his anxiety.

Taking a deep breath, one of the HPSs put the patients’ list into the drawer, opens a big cabinet and takes out the “treasures”, including a blood taking doll, distraction play toys, tools for blood taking and intravenous injection, cartoon tapes, ipad, a kaleidoscope, bravery stickers,and puts them into a box. She is ready to face a day filled with challenges!

09:45

Upon entering the ward, the HPS asks Hin’s mother about his favourites, and then hands Hin a toy with his most favourite character – a Doraemon kaleidoscope. When Hin calms down, the HPS takes the blood taking doll from her “treasure box” and explains to him the reasons for blood taking and the procedures involved. Hin understands about the short-lived pain that might be caused by the procedures but gets himself prepared for it. In the treatment room, the HPS exchanges enthusiastically information about Hin with the doctors and nurses in front of him, about the “robot cat”, the “door of wishes”..... In the midst of the conversation, the procedures of blood taking and intravenous injection are completed without being noticed by Hin.

10:15



Putting the disinfected play tools back into the cabinet, the HPS is about to assess the other children on the patients’ list. At this moment, someone knocks on the door. It is the Health Care Assistant (HCA). She enters the office and reports that as requested by a child patient, she has to tell the HPS the patient’s good performances in taking medication and receiving medical checks in the hope of earning a chance of play sooner rather than later. Moved by the child’s sincere act, the HPS cannot help but ask the HCA to relay to the child: “See you in the play room this afternoon!”

11:50

Refocusing on the patients’ list, the HPS finds out which newly hospitalized child patients have already played “playful name cards”, “finding out about the HPS” or watched “the hospital tour” according to their preferences. The HPS then walks to the ward to meet the patients and discovers that a few “old friends” were making darts out of tongue depressors by themselves, discussing in excitement with one another which one was the best. At this moment, a nurse calls one of them to have blood taken. Almost by reflex, the HPS pats the child on the shoulder and wants to accompany him to the treatment room. To her surprise, the little patient says, “No thanks. You have accompanied me to the treatment room for several times. I know now that all I have to do is to keep my body still. Why don’t you stay and help me improve the tongue depressor darts?” After a short while, the child steps outside of the treatment room with his head held high, and excitedly tries the newly made “darts”.



12:15

14:55

Utilizing the lunch time slot, the HPS takes with her the “play bag” designated for a child patient named “Little Fa Fa” and quietly enters her cubical, hoping to play “hide-and-seek” with Little Fa Fa using her eyes and ears. Upon getting inside of the cubical, she discovered that the physiotherapist has already started the therapy session with Little Fa Fa. Noticing that Little Fa Fa wears a long face while undergoing the therapy, the HPS immediately takes a music CD from the bag, plays some music and waves a bouncy ball before her eyes. Little Fa Fa sways to the music and laughs happily. The physiotherapist happily continues to conduct the therapy.

While assessing the situation of the child facing “Magnetic Resonance Imaging”, referred by a doctor, the HPS happens to take a look at the clock on the wall to find that no time is left for reading the documents of the meeting. Just as she thinks about reviewing her time management skills, she hears a sound reminding her that a message was received in the WhatsApp group of volunteers. A group of loving volunteers is waiting outside of the ward. The HPS hastily packs things up and rushes to the nurses’ station, takes the key to open the door to the play room, and allows volunteers into the room to help prepare for the play session in the afternoon.

13:10



At lunch time, the smiley cashier of the staff canteen looks at the HPSSs, who have been long-time customers with difficulties in choosing the food, and asked gently, “Is it the same meal: rice with two dishes, Chinese soup, and white rice replaced by red rice?” Is it because the cashier wears the same orange uniform as the HPSSs that she can listen to their hearts?

13:20

While having lunch, the HPSSs suddenly hears a familiar voice. It is Dr. Wong, who says, “What a coincidence to meet you gals! I don’t need to send you an email anymore. In fact, we plan to set up a group with child patients with diabetes and their parents. (omitting 100 words) I depend on you gals to draft the proposal! I am having a meeting soon, talk later.” While witnessing Dr. Wong leave the canteen like a whirlwind, they hear a tender voice which says, “Eat more, you gals are too thin!” Looking up, they find that it is May, the senior nurse who is always so supportive of conducting birthday, funeral, and anniversary ceremonies in the ward. They think that May wants to discuss the farewell party for the retiring ward manger, but in fact she wants to talk about arranging a birthday party for “Little Fa Fa”. The idea originates from a birthday party held by the HPSSs for a child patient with a chronic disease. The photo album which was filled with photos of precious moments presented at the party is highly appreciated by the family and the medical staff. May thinks that it is worth recreating the party and the photo album to lift the spirit of Little Fa Fa and her family.





15:10

When the HPS and volunteers introduce a few newly admitted child patients to the play room, several “old friends” are touring around the room, searching for interesting play materials. The volunteers take up their “posts”: some of them in the free play area, some in the hand-making area, while some are chatting with youngsters beside the book shelves..... Taking this break, the HPS makes a syringe doll for “Chung”, a newly hospitalized child, to remind him that syringes could be fun and medical treatment could be made playful.

16:10

“Happy time flies. It’s time to say good-bye.” While some volunteers are taking the child patients back to the ward in a sad mood, the HPS utilizes the time to put all toys, tools and materials back in place.

16:30

The internal meeting of the department is about to begin, but the HPS is still concerned about Chung who is afraid of injection. She wonders, “How can I help him?” Her thought is interrupted by the sound of hasty footsteps. It is time to focus on the meeting for she cannot miss the thorough analysis and constructive suggestions on the cases made by the Consultant, Dr. C.K.

17:45

The HPS bumps into the parents of Hin while going back to the ward. The parents are, on one hand, happy that the surgery on Hin went smoothly. On the other hand, they are sad that they could not eliminate Hin’s pain..... The HPS immediately consoles the parents and encourages lifting their spirits.

17:55



When the HPS enters the ward, she smells the aroma of cooked rice. Someone overturned the bowls of rice and some “old friends” were helping to find the “culprit”.....Having tons of work at hand, the HPS is forced to leave “the crime scene” and goes back to the office. She has to focus on the design of “play packs” and the work procedures for tomorrow’s work.



18:52



One of the HPSs’ mobile phone rings. It is her mother complaining, “You are not off work yet? Why do you have so much work? When will your organization hire more people?” To stop her mother from asking more questions, she quickly packs up documents, scissors, glue..... changes her uniform, locks the door and leaves the office.

19:08

When the HPS is about to leave the hospital by placing the access card on the processor, a cute voice stops her, “Sister, I have made two cards to show my love, one for my mother, another for you!” When the HPS receives the card filled with love from the child, her busy and fast-paced day comes to a touching end. Feeling tired but satisfied, she goes back home to “recharge her batteries” and gets herself prepared for the coming challenges of the next day.



Heartfelt thanks to our sponsors

FRIENDS OF ASIA
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HEARTFELT GRATITUDE



Ms. Kathryn Shih, Head of UBS Wealth Management APAC (middle) and Mr. Caleb Chan, Founder of Friends of Asia Hong Kong, announce that Playright has become one of the three beneficiaries of UBS Hong Kong Open Charity Cup 2015.

Thanks to the recommendation by UBS Optimus Foundation, Playright has become one of the beneficiaries of UBS Hong Kong Open Charity Cup 2015! Friends of Asia Hong Kong, the charitable organizer of the donation project under the event, generously donated HK\$809,394 to support the further development of Playright's hospital play services at the Prince of Wales Hospital and the Caritas Medical Centre. The cheque presentation ceremony was held on 9 March 2016.



At the cheque presentation ceremony, Mr. Caleb Chan, Founder of Friends of Asia Hong Kong (middle), poses with representatives of the three beneficiary organizations.

- The Community Chest will continue to fund the hospital play services at the Princess Margaret Hospital from April 2016 to March 2017
- Suen Chi Sun Charitable Foundation through HSBC Trustee (HK) Limited generously donated HK\$300,000 to sponsor the "Hospital Play Supports Youth with Chronic Illness" implemented for the Paediatric and Adolescent Medicine of the Princess Margaret Hospital. The funding will also be used to organize outdoor activities for adolescent patients at the other hospitals where Playright's hospital play services are provided from April 2016 to March 2017.
- Thanks to Mattel Children's Foundation as our major sponsor for "Happy Bear Hospital 2016".
- Through "Hong Kong Children Charity Drawing Competition 2015", Art Dreaming Association donated HK\$2,200 to support Playright's hospital play services.
- Special thanks to Dr. Yvonne Becher for her invaluable guidance and advice on editing of this newsletter.

The above acknowledgement covers the period from January to April 2016.



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