



LIVE FROM THE SCENE
EVERY CHILD'S WISH -
A BIRTHDAY PARTY

JUST FOR THE RECORD
ALERT TO ADULTS TO
AVOID HARM AND
INJURY TO CHILDREN



Vienna (left), who has fully recovered from her illness, shares her experience of undergoing cast removal accompanied by Hospital Play Specialist Kristy.

SICK CHILDREN'S NEEDS FOR PLAY SCIENTIFICALLY PROVEN AND WIDELY SUPPORTED

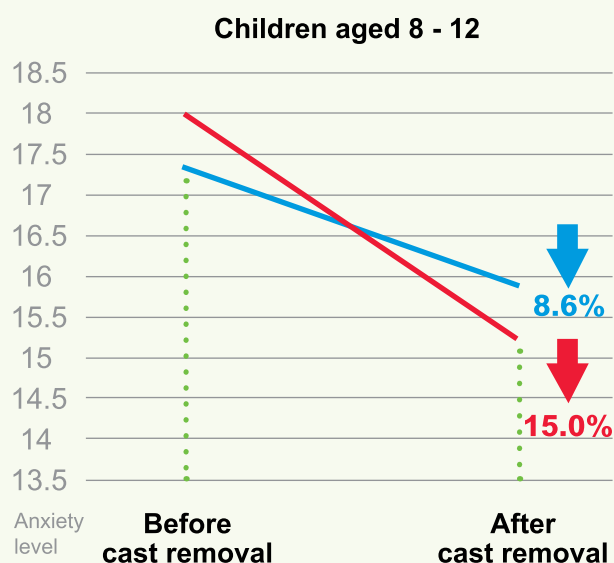
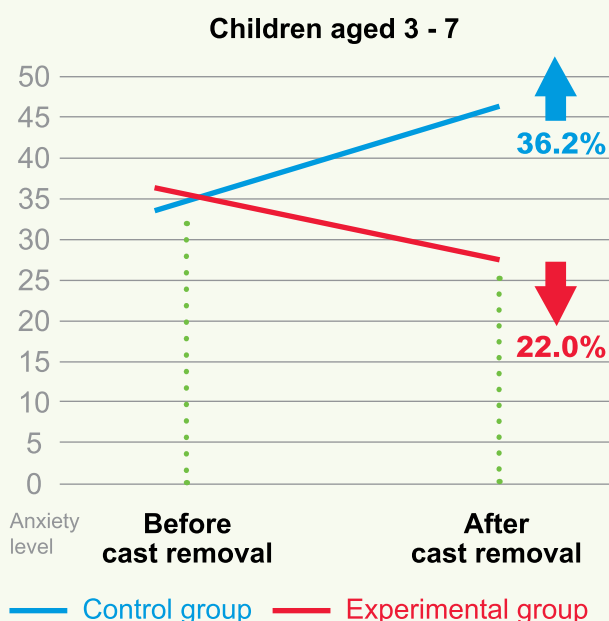
Playright believes in the power of play. Over the past 20 years, Playright has been providing hospital play suited for different medical conditions of hospitalized children to help them adapt to their life in hospital, cooperate in their treatment, as well as to express their emotions with regard to illness and hospitalization. In order to enhance public understanding about the effectiveness of hospital play, Playright commissioned the Nethersole School of Nursing, Faculty of Medicine, at the Chinese University of Hong Kong to conduct a one-and-a-half year study in 2015. The findings which were released recently and the response to them was encouraging.

SCIENTIFIC PROOF

The research took place in the Prince of Wales Hospital, Hong Kong, from August 2015 to January 2017. 208 children were invited to participate. The children were divided into two groups of ages 3 to 7 and 8 to 12, with each group having half of the children engaged in procedure play. The findings showed that play helped to reduce the children's anxiety and negative emotions when facing cast removal. Children receiving hospital play of both age groups (the experimental group) were reported to have anxiety levels decreased by 22.0% (younger

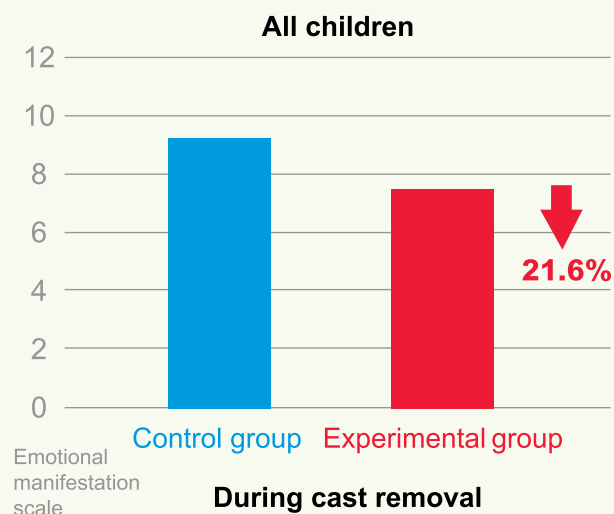
age group) and 15.0% (older age group). On the contrary, children not receiving procedure play (the control group) saw their anxiety levels increased by 36.2%. Moreover, fewer children had negative emotions in the experimental group than in the control group by 21.6%. The research also covered parents' and medical staff's feelings. Their satisfaction of the experimental group toward the medical procedure rose by 9.4% and 8.2% respectively compared to those of the control group.

Research Result 1: Reduced level of anxiety



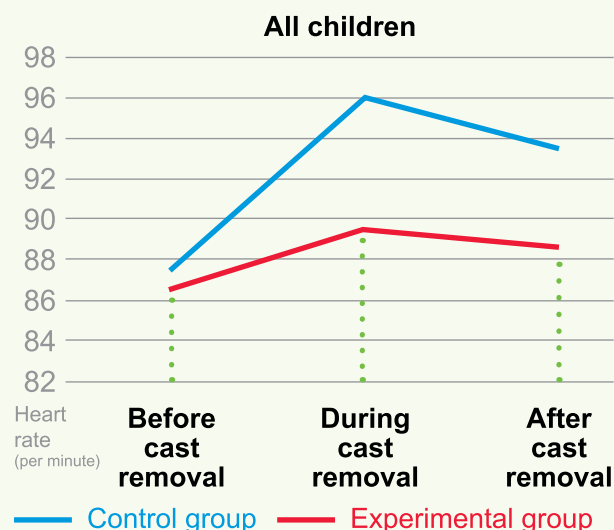
Both age groups of the experimental group experienced a drop in anxiety levels after cast removal.

Research Result 2: Reduced negative emotion



The negative emotions of children engaging in procedure play decreased during cast removal.

Research Result 3: Change of heart rate



Heart rates demonstrate levels of nervousness. During and after cast removal, the experimental group had lower heart rates compared to the control group.

THE MEDICAL FIELD SHOWS UP TO SHOW SUPPORT



The research release was combined with the kick-off of Playright's 30th anniversary. We were honoured to have Dr Lee Tsz Leung, Hospital Chief Executive of the Hong Kong Children's Hospital (seventh from right) as the Guest of Honour. Dr Lee unveiled Playright's 30th anniversary logo and slogan together with other officiating guests and children, including: Dr Chan Chok Wan, Chairman of the Hong Kong Paediatric Foundation (seventh from left), Dr C. B. Chow, Chairperson of Playright (sixth from right), Dr Maggie Koong, Honorary Advisor of Playright and President of the International Play Association HK (sixth from left), Professor Godfrey Chan Chi Fung, President of the Hong Kong Paediatric Society (fifth from right), Dr Alan K. W. So, Chief of Service, Dept. of Paed. & Adol. Med., Prince of Wales Hospital (fifth from left), Dr So Lok Yee, Chief of Service, Dept. of Paed. & Adol. Med., Pamela Youde Nethersole Eastern Hospital (fourth from right), Dr Lai Wai Ming, Consultant Paediatrician, Dept. of Paed. & Adol. Med., Princess Margaret Hospital (fourth from left), Susanna Lee, President of the Hong Kong College of Paediatric Nursing (third from right), Dr Louis Chan, Consultant, Dept. of Paed. & Adol. Med., Tseung Kwan O Hospital (third from left), K. F. Ho, Co-Vice Chairperson & Honorary Treasurer of Playright (second from right), Iris Yeung, President of the Hong Kong Paediatric Nurses Association (second from left), Dr Yvonne Becher, Co-Vice Chairperson of Playright, Chairperson of Playright's Play in Hospital Committee & 30th Task Force (first from left), Kathy Wong, Executive Director of Playright. (first from right)

Dr Lee Tsz Leung not only spoke highly of Playright's long-year service of hospital play, but also sought to understand in detail about different types of procedure play displayed on-site. Dr Bobby Ng, Consultant and Paediatric Orthopaedic Chief of Service, Department of Orthopaedics and Traumatology of the Prince of

Wales Hospital, who helped to materialize the research, also attended the event and shared his reasons for active participation. Dr C. B. Chow, Chairperson of Playright, was deeply delighted and encouraged that friends from the medical field spared their time to attend the event amid their tight schedules.

Hospital Chief Executive of the
Hong Kong Children's Hospital
Dr Lee Tsz Leung

Hospital play reduces children's fear and medication, and also uplifts children's fighting spirit. I hope that the service would be implemented in the Hong Kong Children's Hospital.

Just as doctors need to rehearse surgical procedures, sick children need hospital play to rehearse medical treatment so as to increase their positive experience.

Consultant and Paediatric Orthopaedic
Chief of Service,
Department of Orthopaedics and
Traumatology of the
Prince of Wales Hospital
Dr Bobby Ng

We hope that hospital play can change from a voluntary service to a regular one. And our hospital play team would join hands with the medical team to work for the well-being of sick children.

Chairperson of Playright
Dr C. B. Chow

智樂三十周年慶典啟動禮暨 醫療程序遊戲成效調查發佈會

9 - 7 - 2017



The speakers who shared their views on the research findings at the press conference (from right): Dr Jojo Wong, Assistant Professor of The Nethersole School of Nursing, Faculty of Medicine, Chinese University of Hong Kong, Kristy, Playright's Hospital Play Specialist, Beneficiary representative Vienna and her mother, Dr Bobby Ng, Consultant and Paediatric Orthopaedic Chief of Service, Department of Orthopaedics and Traumatology of the Prince of Wales Hospital, and Dr C. B. Chow, Chairperson of Playright.



Five-year-old Vienna still remembers every step of cast removal even though it has been a long time since her cast was dismantled. The experience of play has imprinted this procedure positively in her heart and memory.



Dr Lee Tsz Leung, Hospital Chief Executive of the Hong Kong Children's Hospital (middle) shows great interest in the procedure play.



Procedure play is designed for children and that's why children's eyes and hands are attracted to it.

INFORMATION CENTRE

Playing "cast removal"

Cast removal is a medical procedure that takes place after a cast is put on to assist the healing of fractured bones. This is usually seen on limbs of the body. In about four to eight weeks, the cast will be removed once the doctor decides that the bones are healed.

There is no need for anesthesia during cast removal. Neither is it complicated nor brings any pain to patients. The Orthopaedics Technician would cut open the thick and hard cast with a cast cutter, and then cut off the gauze with plaster scissors to complete the procedure.

The related procedure play is very similar to the real one. The key difference is that tools used by hospital play specialists to demonstrate the procedure do not only highly resemble real ones, but are also specially designed for use by children. As such, children can experience using the tools by themselves so as to deepen their understanding about the procedures.



Every tool of the procedure play of cast removal is both functional and has an element of fun.

<https://youtu.be/BaMHID49zvc>

Specially made video





EVERY CHILD'S WISH - A BIRTHDAY PARTY

Everybody loves birthday parties, in particular when it is you who is being celebrated. Can you imagine what a great blow it would be to be sick on your birthday and not being able to have a celebration? What could hospital play specialists do to help a child in this situation and satisfy their emotional needs in this respect?

WORRIED ABOUT BEING ALONE

Kai, a ten-year old boy, suffered from an abscess on his left thigh which had swollen up so badly that he could barely walk and required hospitalization for treatment.

While staying in the ward, Kai wore a sad face with tear marks. He mumbled, "I want to leave the hospital, I want to leave the hospital." A hospital play specialist came to know that this young boy was not only worried about the abscess but also about his birthday two days later. He complained, "I feared being hospitalized for a long time. I don't want to spend my birthday here." Understanding his medical reasons for being sad, the hospital play specialist explained that "treatment takes time", and that "cooperation with the doctors and nurses would help." However, Kai still wept while saying, "I don't like to spend my birthday in the hospital alone!"

That's what made him so sad! What worried Kai most was the cold hospital, the grey-toned ward, an environment full of strangers, and spending his once in a life time 11th birthday all alone. Opposed to that were a decorated home, a birthday cake with candles, and family members wearing birthday hats, singing "Happy Birthday". No wonder he was so desperate.

UNDERSTAND TO SOOTH WORRIES

The hospital play specialist was quick in her response. She said, “As you celebrate your birthday at home every year, why not try something different this year? Let the hospital play specialist and medical staff celebrate your birthday in the ward! I can guarantee that this will be the most unforgettable birthday party!” Kai listened attentively, thought for a while and his emotions soothed gradually.

As Kai’s emotions had been soothed, the hospital play specialist seized the chance to handle the “myth” about his medical procedure. She saw that Kai’s arm was inserted with an intravenous injection tube for the injection of antibiotics. Kai thought that the tube was a needle, thus had kept the back of his hand perfectly still and dared not to move it. The hospital play specialist revealed that the “true face” of the tube was a super thin “straw” which made him so relieved.



Kai takes care of the “tube” doll and feeds it with medication.



The hospital play specialist patiently explains the blood-taking procedure.

The hospital play specialist explained the use of the tube in wordings that were easily understood by a child. She explained that the tube was like a little mouth that took medication regularly until the disease was cured. Then medication was no longer needed. Kai seemed to easily understand.

When children are hospitalized, blood-taking procedure is often inevitable. Kai was no exception. In view of this, the hospital play specialist showed the blood-taking doll to Kai to help him understand the procedure. Being an older boy, she took it a step further to explain the white blood cell index in blood tests, which helps doctors diagnose and prescribe the right medication.

Abscess

An abscess is also called a fester which is the inflammation of subcutaneous tissues owing to bacterial infection. An abscess is filled with pus, and is also characterized by redness, swollenness, heat and pain. It can be cured by orally taking or injecting antibiotics and draining of the pus by surgeries.

In order to change Kai's impression of the hospital, the hospital play specialist put great efforts in arranging volunteers to play with Kai. The volunteers played Kai's favourite games with him, like a figures game and UNO, and invited other children in the ward to join. The children played, competed and teased one another. The more they played, the happier they got. Kai was touched by the companions in the hospital. He was no longer alone nor sad and also regained confidence in his recovery.



The hospital play specialist arranges volunteers, hospitalized children and Kai to play board games together.

BIRTHDAY PARTY IN A HAPPY WARD

The much anticipated birthday finally came. The hospital play specialist gave Kai a birthday gift. In great excitement, Kai had prepared to leave the hospital on that day but, unexpectedly, the doctor decided that a surgery was needed on the day to treat the abscess.

Kai's hope of going home perished. He felt like falling from a cliff. The hospital play specialist immediately consoled and encouraged him as well as promised to hold a birthday party after the surgery. Kai was energized in an instant and gathered his courage to face the surgery.

While Kai underwent surgery, preparations for the birthday party were in full swing. The hospital play specialist fully understood the importance of a birthday cake for Kai and prepared some materials. After the recovering from the surgery, Kai helped to make a birthday cake with magical flour noodles. The birthday boy decorated the cake with "strawberries", which was considered to be a tribute to "Sister Strawberry", the hospital play specialist.



Happy Kai wants very much to have a bite of the "magical cake".



Kai's self-made birthday cake.

Though the birthday cake was not edible, it was still beautiful and looked very tasty so Kai was very satisfied. But the finale was still to come: the senior doctor, the ward manager, the nursing assistants and the volunteers responded to the call of the hospital play specialist, gathered around Kai, clapping their hands and singing a birthday song for him. This was a magical moment filling the ward with love and music. Kai was stunned by the blessings showered on him and felt deeply the true meaning of "the happiest, most unique and unforgettable birthday" mentioned by the hospital play specialist.

The medical staff, volunteers and hospital play specialists celebrate Kai's birthday.

CURE OF THE BODY CARE OF THE HEART

In the eyes of hospital play specialists, hospitalized children are not just patients but foremost children. Hence, while helping children to receive treatment, the hospital play specialists are also concerned about the hospitalized children's psychological needs. They would strive to understand the reasons behind the children's behaviours and emotions. Once children's psychological needs are neglected, it can easily causes emotional disturbances to them.

Kai's case demonstrates the work hospital play specialists can do for children's psychological well-being. As birthday celebrations are important in a child's life, hospital play specialists would arrange some kind of celebration in the ward, regardless if the child is an emergency or long-term admission in the hospital. Sometimes, the medical staff and other children in the ward are also invited. There are many different ways of celebration, including musical games, creative puppets or self-created theatre opportunities. There is also great fun surrounding birthday cakes: the towel cake, the 3D printed cake, the magical flour cake, or the musical cake. Birthday boys/girls can often create cakes by themselves and forget about their sadness in relation to not being able to eat "true cakes" due to their illness.



A musical cake that sings birthday songs



Bling bling birthday cake that can be cut



A unique style of cake made from a towel

ALERT TO ADULTS TO AVOID HARM AND INJURY TO CHILDREN

Through the sharing from the paediatric team and the experience of hospital play specialists, it is found that there are unexpected and at times avoidable reasons behind children's hospitalization apart from illness.



OUT OF THE LOVE TO PLAY

Play is children's instinct at any time and place, with any person. Sometimes children become so engrossed in play that they may overestimate their abilities or even forget about their basic needs.

For example, children play and push against one another during recess time at school. A child was knocked down and injured the neck. He needed to be hospitalized to undergo physiotherapy. At home, young children may climb on the furniture, fall down and injure their limbs. In extreme cases, children may break one or both legs and need a plaster cast and/or hospitalization. A youngster played computer games continuously for many

hours, without resting or eating. He was so exhausted that he fainted at home. His family took him to the hospital.

UNABLE TO EXPRESS FEELINGS

Young children have little understanding about their physical conditions, neither do they know how to accurately express their feelings. In some cases, children's discomfort is caused by the adults' misunderstanding; or children are sent to the hospital because adults do not understand children's conditions.

For example, worried that her child might catch cold, a mother made her child wear eight pieces of clothing. The child did not know how to express

his feelings. In the end, the child was so hot that he got a fever. In another instance, a toddler suddenly wailed without any apparent reason and stopped moving his body. His mother was so worried that she took him to the hospital. It was found that the child's discomfort was caused by stiff neck, a muscle strain or soft tissue sprain.

FIERCE CURIOSITY

Children are very curious and interested in almost everything in their surroundings. They would ask many questions or explore things with their hands. This is the way to learn about the world. However, sometimes children are unaware that they put themselves in danger.

A child once visited the Goldfish Market in Tung Choi Street. Apart from tracing the gold fish with the eyes, the child also put the hands into the fish tank. The child was infected with salmonella as a result and needed to be hospitalized. In another case, a curious child embarked to disassemble an electronic toy. Unexpectedly, the batteries inside

of the toy leaked electromagnetic water, which burned the child's body. The little "scientist" was then hospitalized. Another young boy secretly opened the door to go outside to take a ride in the lift when his mother was taking care of his younger sister in the bedroom. He was discovered by a security guard who called the police who sent the child to the hospital.

NEEDING PROTECTION

Children are in a stage of growth when they have no idea of "danger" and their awareness of danger is under-developed. When faced with emergencies, they do not know how to cope or even hurt themselves. As such, adults have to take up the roles of protectors.

When two brothers took a bath, the glass door of the bathroom suddenly fractured. The broken glass pieces caused multiple cuts on the younger brother's body. Fortunately, the older brother was hurt only slightly as he knew how to avoid the glass pieces. In another case, a child played with an ear ring during class. The ear ring dropped into her ear canal and she was sent to the hospital

where the doctor removed the ear ring. While playing at home, a girl's toy dropped out of the window. Afraid of being punished by her mother, the girl climbed out of the window to try to fetch the toy. She fell on the canopy and hurt herself badly.

Owing to the professional treatment of medical team and the care of hospital play specialists, children can recover from injuries or sickness and be discharged from the hospital in the end, irrespective of their reasons for hospitalization. Their continued growth afterwards is what matters but prevention by adults in charge is of equal importance.





HEARTFELT GRATITUDE

- The Hong Kong Community Chest donated HK\$1,129,900 to support Playright to provide a variety of hospital play services at the Paediatric and Adolescent Department of the Princess Margaret Hospital. We are grateful for the regular sponsorship from the Hong Kong Community Chest since 2005, which allows us to provide all-round hospital play services at the Princess Margaret Hospital continuously.
- A group of warm-hearted staff of Melco Group have made a donation of HK\$13,300 to support our hospital play services.
- With a generous donation of US\$30,000 from UPS Foundation, Inc. in support of the hospital play service, we are able to add different elements to the service which is currently provided at the five hospitals.
- Generously supported by Walt Disney Company, Hong Kong International Theme Parks Limited made a donation of HK\$550,000, which enables us to continue to provide hospital play service to sick children and their families until September 2018.
- Good Hope Singers Limited supported us with HK\$50,000 to provide music-related hospital play service at the five hospitals we currently serve in a bid to diversify the play activities.
- Special thanks to Dr Yvonne Becher for her editorial guidance.

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