HELPFUL HINT

In your textbook, review Chapters 4 through 8 on growth and development; Chapter 32, “Communicating with Children and Families”; Chapter 36, “The Child with a Chronic Condition or Terminal Illness”; and Chapter 39, “Pain Management for Children.”

MATCHING KEY TERMS

Match the term with the correct definition.

1. _______ denial  
   a. An unanticipated event that poses a threat to an individual’s well-being

2. _______ egocentrism  
   b. Guided play that promotes the child’s psychosocial or psychological well-being

3. _______ regression  
   c. Distress and apprehension caused by being removed from parents, home, or familiar surroundings

4. _______ separation anxiety  
   d. Preoccupation with one’s own interests and needs

5. _______ situational crisis  
   e. Defense mechanism in which unpleasant realities are kept out of conscious awareness

6. _______ therapeutic play  
   f. Defense mechanism in which conflict or frustration is resolved by returning to a behavior that was successful in earlier years

SETTINGS OF CARE

1. List four settings where the pediatric nurse can provide health or illness care to children.
   a. ____________________
   b. ____________________
   c. ____________________
   d. ____________________

Answer as either true (T) or false (F).

2. _______ One role of the pediatric nurse in a hospital setting is that of tour guide.

3. _______ A child having an asthma episode may be admitted to the hospital for a 24-hour observation.

4. _______ Because of time constraints in an emergency setting, preparing a child for a procedure is not an important nursing action.

5. _______ Teaching the child and family is less of a concern in an outpatient facility than it is in an acute care setting.

6. _______ In a rehabilitative setting, nurses must balance nurturing the child with setting limits as the child learns to be more self-sufficient.
7. _______ The nurse working in a school-based clinic needs to be sensitive to parental concerns regarding sexuality issues.

8. _______ In a community clinic, the nurse integrates health promotion and primary prevention into acute care.

9. _______ In home care, the nurse serves as case manager and care coordinator.

**STRESSORS ASSOCIATED WITH ILLNESS AND HOSPITALIZATION**

1. Identify four factors that influence a child’s reaction to illness.
   
   a. ________________________
   
   b. ________________________
   
   c. ________________________
   
   d. ________________________

2. Separation anxiety is most significant in the ______ and ______ age-groups.

3. Describe behaviors associated with the three stages of separation anxiety.

   Protest:

   Despair:

   Detachment:

4. How can nurses help parents deal with their child’s regression in the hospital?

5. How can nurses minimize disruption in a toddler’s usual routines during hospitalization?

6. How can hospitalization intensify a preschooler’s fear of injury?

7. What can the nurse do to promote a sense of control during hospitalization for the school-age child?
8. Why is it important to provide hospitalized adolescents the opportunity to meet and interact with each other?

9. Give two examples of regressive behavior the nurse might observe in a child who is hospitalized.
   a. ______________________
   b. ______________________

FACTORS AFFECTING A CHILD’S RESPONSE TO ILLNESS AND HOSPITALIZATION

1. Identify three factors that affect how a child copes with illness or hospitalization.
   a. ______________________
   b. ______________________
   c. ______________________

2. Give two strategies that might facilitate a child’s ability to cope with illness and hospitalization.
   a. ______________________
   b. ______________________

3. Identify two potential psychological benefits of hospitalization.
   a. ______________________
   b. ______________________

PLAYROOMS IN HEALTH CARE SETTINGS

1. What makes therapeutic play different from normal play?

2. What is emotional outlet play?

3. How can the nurse maintain the hospital playroom as a “safe place” for the child?

4. Give an example of how a child’s cooperation with a treatment plan can be enhanced through play.
ADMITTING THE CHILD TO A HOSPITAL SETTING

1. How can the nurse set a positive tone for the child and family on admission?

2. What should take precedence over completing the admission “paperwork” when a child is admitted to the hospital?

THE ILL CHILD’S FAMILY

1. How does the parental role change as a result of hospitalization?

2. Identify three common reactions that a child might have to a sibling being hospitalized.
   a. 
   b. 
   c. 

DEVELOPMENTAL APPROACHES TO THE HOSPITALIZED CHILD

Match each intervention with the appropriate age-group. (Age-groups may be used more than once.)

1. _____ Be particularly careful to follow home routines and rituals.
   a. Neonates
   b. Infants
   c. Toddlers
   d. Preschoolers
   e. School-age children
   f. Adolescents

2. _____ Provide a special area for activities with this age-group.

3. _____ Provide safe outlets for acting out aggression, such as painting and using play dough.

4. _____ Reassure child that he or she did not cause the illness.

5. _____ Assist the child in contacting friends.

6. _____ Limit the number of caregivers assigned to the child.

7. _____ Provide opportunities for nonnutritive sucking and oral stimulation.
SUGGESTED LEARNING ACTIVITIES

1. Arrange for clinical observations in a school or community clinic, pediatrician’s office, home care setting, or some other non-acute care setting. Compare the role of the pediatric nurse in these settings with that of the pediatric nurse in the hospital.

2. Develop a plan for a toddler experiencing separation anxiety during hospitalization.

STUDENT LEARNING APPLICATIONS

Enhance your learning by discussing your answers with other students.

David is a 3-year-old child who had an emergency appendectomy late last night. David has not been hospitalized before. His mother is with him now. His father left for work after David came out of anesthesia; he is planning to visit this evening after work. The family lives approximately 1 hour’s distance from the hospital. David has a 7-year-old sister, Sara, who is in second grade. The grandmother is taking care of Sara after school today.

1. What stressors do you think the family might be experiencing at this time?

2. When you get a report on David, you learn that he clings to his mother every time a hospital staff person comes into his room. How can you help David cope with his fears?

3. David’s mother tells you that she will be going home tonight with her husband because she needs to make arrangements for Sara’s care. She expresses how guilty she feels about leaving David. How can you be supportive of her and her decision?

4. When you ask David whether he wants to have his blood pressure taken, he says, “No.” What would you do now?

5. David has cried inconsolably for 2 hours since his parents left. When you go to check on him, you find that he has wet his pajamas. What is your interpretation of these behaviors? How would you explain them to David’s mother when she calls to check on him?

6. What would be important to convey in your report to the nurse replacing you on the following shift?
REVIEW QUESTIONS

Choose the correct answer.

1. Which child is most likely to have difficulty with separation during hospitalization?
   a. A 3-month-old
   b. An 18-month-old
   c. A 4-year-old
   d. A 7-year-old

2. Which type of behavior would be expected when a child is in the despair stage of separation?
   a. Agitated
   b. Playful
   c. Withdrawn
   d. Anxious

3. A young child cries, kicks, and clings to his mother when she tries to leave. What is the nurse’s best comment to the mother about this behavior?
   a. “This child is experiencing ineffective coping”
   b. “Parents should not leave their children when they are hospitalized”
   c. “Wait until the child falls asleep to leave”
   d. “This behavior actually shows a healthy attachment between you and your child”

4. Which of the following would not be developmentally appropriate for a hospitalized adolescent?
   a. Allow the adolescent to wear her own clothing
   b. Provide privacy when giving treatments
   c. Suggest that her parents bring in her favorite foods
   d. Discourage visits from school friends

5. Which of the following nursing interventions might help the hospitalized toddler feel a sense of security and control?
   a. Follow the child’s usual bedtime routine
   b. Place the child in a crib with a cover over it
   c. Tell the child what needs to be done and do not offer choices
   d. Suggest to the parents that they bring new toys to the child

6. What is the best nursing response to a father who is concerned because his 4-year-old daughter has been using the bathroom independently for more than a year now but has had a few “accidents” since she has been hospitalized?
   a. Suggest that he take his daughter to the bathroom more often
   b. Assure him that this behavior will disappear immediately after discharge
   c. Explain that children often exhibit regressive behaviors because of the stress of hospitalization
   d. Set up a reward system to motivate the child to use the bathroom

7. A 7-year-old child, who is going to have a lumbar puncture later today, tells the nurse, “I’m really nervous about this test.” What is the best way to minimize the child’s anxiety until time for the procedure?
   a. Review the lumbar puncture procedure with him
   b. Give him a relaxation tape to practice
   c. Read a book to him about being in the hospital
   d. Distract him by playing his favorite board game with him

8. Ten-year-old Meg told the school nurse that she is worried about her twin sister Mary who is in the hospital. Which of the following might increase Meg’s stress about this situation?
   a. Meg’s grandparents are helping to care for her at home
   b. Meg’s parents have explained Mary’s illness to her
   c. Meg wonders whether she will get sick too
   d. Meg plans to call her sister on the phone after school

9. Emotional outlet play would be appropriate for which of the following children?
   a. A child who does not feel well enough to play
   b. A child who is having a hip spica cast applied in the morning
   c. A child who is scheduled for surgery next week
   d. A child who has been physically abused

10. Why might a 4-year-old child think that she caused her younger sibling’s illness, which necessitated hospitalization?
    a. Preschool-age children have a beginning understanding of disease transmission
    b. The child feels insecure since the birth of the sibling
    c. The feeling of closeness to her sibling makes her feel responsible for the illness
    d. Children are magical thinkers at this age