

THE IMPORTANCE OF PLAYING TO THE HOSPITALIZED CHILD: AN INTEGRATIVE REVIEW

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Abstract: Introduction: The hospital is an environment that has in its physical, technological, human and administrative structure the essential tools for a service with quality, efficiency and effectiveness. The ludic therapy when used in the hospital environment aims at greater integration, social adaptation, and conflict resolution, where the subject expresses his deepest feelings and emotions with the help of symbolic objects. Thus, it is important for nursing to keep up to date with available play resources to obtain qualified assistance in view of humanized care for hospitalized children. **Goal:** To identify in the Brazilian scientific production ludic nursing care for hospitalized pediatric patients. **Methodology:** This is an integrative review. A search was carried out in the virtual health library with the following descriptors: “ludotherapy”; “pediatric nursing”, through the Boolean operator “and”, in the period from November to December 2021. The following inclusion criteria were adopted: Portuguese language, with available and full text, time frame of the last five years and in article format scientific. Of the 101 articles found, 11 were selected for analysis. **Results:** Most studies were carried out in Recife (39%), with a descriptive nature (92%). It was identified that nursing has in play a tool capable of computerizing and training the child, in order to place it at the center of its care, contributing to its recovery, and in the shorter hospitalization time. **Discussion:** The implementation of activities using objects such as dolls, hospital instruments, conversations and historical stories stimulated motor coordination and verbal communication, corroborating the understanding of the need for hospitalization and the procedures developed in the hospital environment. **Conclusion:** Playful activities provide information through distraction, mainly reducing the child’s suffering by allowing them to express their feelings

and desires through objects, this reflection of greater cooperation and adherence to treatment.

Keywords: Play therapy; pediatric nursing; hospitalized child.

INTRODUCTION

The hospitalization process provides the child with experiences that can cause trauma that lasted after discharge, while it is disconnected from their daily lives as a school and other family members, they still go through procedures that cause pain when handling the professionals who care for them. assist, using the toy as a means of distraction, interaction and integration (SANTOS, et al. 2016).

The Therapeutic Toy (TP) enables the professional to facilitate communication, as it has in the exploration of objects the resource capable of providing the unveiling of feelings carried to the child, especially when he is hospitalized, contributing to the awareness and insertion of inputs to the capable environment. to instruct and adapt it, making it more collaborative by reducing its anguish and discontent with the unknown (FRANCISCHINELLI, et al. 2012).

The professional nurse assumes a fundamental role as a member of the multidisciplinary team, in order to comply with the provisions of the Child and Adolescent Statute (ECA), which includes: - playing, practicing sports and having fun -, requiring, as soon as possible, a theoretical-practical deepening in the face of the complexity of care for hospitalized children.

In this sense, the resolution of the Federal Nursing Council (COFEN) number: 0546/2017, comes to ensure in its article 1 and 2 the competence of the nursing team that works in the pediatric area in face of the use of the TP technique in the assistance to the patient. hospitalized child and the family, and

the nurse is then responsible for prescribing and supervising the procedure, which must include the stages of the Nursing Process (NP) with its proper record in medical records.

The objective of this study was to identify, in the Brazilian scientific production, ludic nursing care for hospitalized pediatric patients.

METHODOLOGY

Descriptive study with a qualitative approach, of the integrative review type, where the following steps were adopted: 1) recognition of the content and fragmentation of estimates or questions of enigmas for the design of the integrative review; 2) structuring of principles for insertion and exemption of studies or search in the literature; 3) elucidation of the data to be obtained from the selected studies/categorization of the studies; 4) perspectives of the studies included in the integrative review; 5) interpretation of results; 6) appreciation of the review/synthesis of knowledge (PAULA, PADOIN and GALVÃO, 2015).

To guide the review, the following question was formulated: how does nursing implement play therapy in the systematization of care for pediatric patients?

Data collection was carried out in the Virtual Health Library (BVS), from November to December 2021, using as descriptors: “play therapy” and “pediatric nursing” indexed in the Health Sciences Descriptors (DeCS), with interposition of the Boolean operator “and”.

The following inclusion criteria were adopted: Portuguese language, with available and full text, time frame of the last five years and in scientific article format. As exclusion criteria: theses, dissertations and manuals.

Data were collected and analyzed using a semi-structured script prepared by the authors themselves.

RESULTS

The bibliographic search resulted in 101 publications. After applying the inclusion and exclusion criteria, 11 articles were selected. Data extraction was performed using a semi-structured script prepared by the authors themselves. (Figure 1).

The following information was extracted from the articles: title of the article, year of publication, name of the journal, method, place of study and research subject (Chart 1).

Of the articles analyzed, in relation to the years of publication, it was found that, in the years 2016, the largest number of publications was concentrated, representing 39% of the total. Most studies were carried out in Recife (39%). As for the type of research, most articles were original and descriptive in nature (92%).

Nursing care for hospitalized pediatric patients, found in the articles, was organized in (Chart 2).

DISCUSSION

From the data analysis, the following category of discussion emerged: **how does nursing implement play therapy in the systematization of care for pediatric patients?**

According to Paula, et al. (2019), professionals implement play activities in an improvised way, using materials available in the unit such as syringes, tape, gloves, in order to distract and perform the procedures on the child, although to facilitate the approach, they choose to use wigs, clown nose, as well as colorful costumes and clothes, these instead of white clothes as children are shown to be frightened by the color.

The use of the clown as a therapeutic means was evidenced by Martins, et al. (2016), where clowntherapy reached a greater understanding of the child in the face of his new routine, for having in art and in play the resource favorable to the imagination, placing it as the

protagonist of its care, envisioning greater acceptability in carrying out the procedures by the information received. near the hospital.

Hospital supplies were highlighted by Caleffi, et al. (2016), as an important resource for the practice of Therapeutic Instructional Toy (BTI), as the child has the opportunity for familiarization in the manipulation of objects, corroborating the reduction of the negative effects of hospitalization and procedures, bond formation, diagnosis of their needs, and referral to other professionals when resources were limited to those who assisted them.

Santos, et al. (2020), shows that the bond formation process begins with the personal presentation and the invitation to play, however there are cases in which more than one meeting is necessary in order to establish trust between the child and the professional, when this is established, the child feels the urge to express the imaginary situations.

Fontes, et al. (2017), highlights in their study that of the 11 children hospitalized in the Pediatric Intensive Care Unit (PICU) exposed to behavioral variables in the playful session with TP, the variable "afraid of toys" did not present a frequency of occurrence, while the variable "handles exposed toys" and "performs interventions in the toy" each corresponded to 81.82%, the latter developed from what had been taught by professionals, which denotes the ability to learn from stimulation with toys.

After the guidance, the children become more collaborative, with a better management of pain and anxiety when performing invasive procedures such as performing a new venipuncture, not moving the arm, favoring the execution of the professionals' work (ARANHA, et al, 2020).

Dal'Bosco, et al. (2019) highlights the inclusion of children's companions in recreational activities, referring to surprise and satisfaction after their inclusion in the

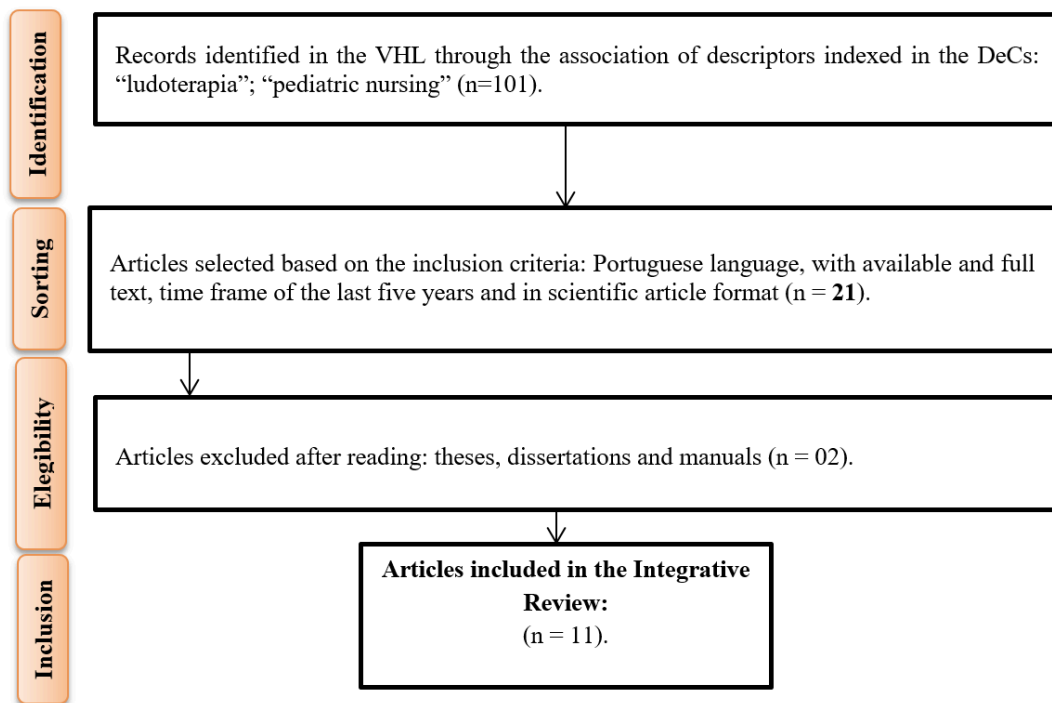


Figure 1: Flowchart of the integrative review on factors related to the implementation of play therapy in the systematization of care for pediatric patients in selected publications after virtual research in the VHL

SOURCE: prepared by the authors.

	TITLE	YEAR	JOURNAL / DATABASE	METHOD	PLACE	MATTER
01	Contribution of structured therapeutic play in a nursing care model for hospitalized children	2016	Revista Gaúcha de Enfermagem	This is a Convergent Care Research (PCA) of qualitative approach.	Performed in a Pediatric Inpatient Unit (PIU) of a public hospital in Florianópolis.	Seven children participated in the study.
02	Repercussions of clowtherapy on the child's hospitalization process	2016	<i>Journal of Research: Fundamental Care Online</i>	This is an exploratory-descriptive study with a qualitative approach.	The study was developed in a public hospital of reference in Pediatrics in the city of Cajazeiras, Paraíba – PB.	The participating subjects were thirteen Nursing professionals, four of them at the higher education level and nine at the technical level.
03	Play therapy and the hospitalized child from the perspective of parents	2016	Revista Mineira de Enfermagem	Trata-se de estudo descritivo de abordagem qualitativa.	The study was carried out at the Pediatric Unit of a large municipal hospital in Belo Horizonte.	The survey was carried out with 13 parents/ companions of children hospitalized in the respective unit.

04	Playing in the perception of nurses in a pediatric hospital in Maranhão	2017	Journal of the Health Sciences	Descriptive-exploratory study, with a qualitative approach.	The study was carried out in a pediatric hospital in the interior of Maranhão.	Twelve professional nurses participated.
05	Therapeutic toy in a pediatric intensive care unit	2017	Revista de Enfermagem UFPE <i>On Line</i>	This is a descriptive, exploratory study with a quantitative approach.	Performed in a Pediatric Intensive Care Unit of a public and teaching hospital.	The sample consisted of 11 hospitalized patients.
06	Perception of companions of hospitalized children about therapeutic play	2018	Revista de Enfermagem UFPE <i>On Line</i>	This is a qualitative, field, exploratory and descriptive study.	The research was carried out in the wards of the institution: Hospital Municipal do Valentina (HMV).	Ten companions of hospitalized children were listed as the study population.
07	Hospital humanization in pediatrics: project "nurses of joy"	2019	Revista de Enfermagem UFPE <i>On Line</i>	This is a descriptive, experience report type study.	Performed in a hospital - Pediatrics.	Developed by academics from the Federal Institute of Paraná, in the extension project "Nurses of Joy".
08	The use of play in the pediatric hospitalization scenario	2019	Revista de Enfermagem UFPE <i>On Line</i>	This is a qualitative, descriptive, exploratory study.	Performed at the Pediatric Clinic of a university hospital in Northeast Brazil.	18 professionals participated, 05 nurses; 03 doctors; 03 Nursing technicians; 02 occupational therapists; 01 librarian; 01 physical therapist; 01 psychologist; 01 nutritionist and 01 dental surgeon.
09	Playful strategies in nursing care for hospitalized children	2019	Revista de Enfermagem UFPE <i>On Line</i>	This is a qualitative, descriptive study.	Carried out in the Pediatrics sector of a general municipal hospital, located in the coastal lowland of the State of Rio de Janeiro.	Fifteen professionals participated in this study, including 03 nurses, 10 technicians and 02 Nursing assistants.
10	Using the instructional therapeutic toy during the admission of children to the hospital: family perception	2020	Revista Gaúcha de Enfermagem	This is a qualitative research, especially with a phenomenological approach.	In a public and teaching hospital, in the interior of the State of São Paulo, from October to December 2016.	Held with 12 families of children aged four to nine years.

11	Understanding the dramatic therapeutic play session: contribution to pediatric nursing	2020	Revista Brasileira de Enfermagem	This is a Multiple Case Study, with an approach qualitative.	The study was set in the pediatric inpatient unit of a state teaching hospital, in the metropolitan region of Baixada Santista, which serves children of different specialties clinics and surgeries.	Six children aged between three and ten participated in the study. years old, of both sexes, hospitalized for different pathologies, who were able to play and agreed to participate in the research, giving their verbal assent.
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Table 1 – Characteristics of the studies selected in the databases for analysis (title; year; journal/database; method; location; subjects), Rio de Janeiro, 2021.

Number	NURSING CARE FOR THE HOSPITALIZED PEDIATRIC PATIENT
01	- Use of toys and various materials, such as household objects, materials for drawing and painting, dolls representing family and health professionals, hospital materials and two dolls adapted for performing procedures (CALEFFI, <i>et al.</i> 2016).
02	- Use of clown therapy as a therapeutic resource, in order to work on care through art and play, seeking to meet the child's needs based on their speeches and expressions (MARTINS, <i>et al.</i> 2016).
03	- Use of toys displayed in the hospital toy library, conversations, storytelling (FIORETI, <i>et al.</i> 2016).
04	- Use of activities that provide relaxation and that explain the importance of patient adherence to the procedure, through material resources such as: telling stories, filling balloons with gloves, placing colored stickers on dressings, and educational toys in order to simulate care for the patient. sick doll (FERNANDES, <i>et al.</i> 2017).
05	- Use of toys that can be washed with soap and water and disinfected with 70% alcohol, suitable for the age profile of the study sample, preschool and school age: dolls, stethoscope, sphygmomanometer, syringe, thermometer, physical examination instruments, equipment and IV support, all in light, odorless and washable material, in addition to disposable, non-contaminated and non-reused materials for BT sessions, if necessary, such as a mask, glove, hat, shoe (FONTES, <i>et al.</i> 2017).
06	- Use of the toy library to carry out activities with hospitalized children (FERREIRA, <i>et al.</i> 2018).
07	- Use of recreational activities, with the purpose of reducing trauma, as well as facilitating the performance of procedures and reducing hospitalization time, in addition to the use of the dialogic tool with the inclusion of those responsible, these referring to themes about body hygiene, healthy eating and updating the vaccination schedule due to the autonomy of care (DAL'BOSCO, <i>et al.</i> 2019).
08	- Use of playful educational interventions, such as storytelling, puppet theater, group dynamics and with companions, painting and collage activities, routinely, by service professionals and students from various undergraduate courses (SILVA, <i>et al.</i> 2019).
09	- Use of hospital materials, games, drawings, conversation/friendship, differentiated clothing and storytelling (PAULA, <i>et al.</i> 2019).
10	- Use of play with the use of dolls aimed at hospital practice from admission procedures, where the story turns to the child who needed to be in the hospital to receive care, reaching the understanding and removal of the child's doubts, as well as allowing their interaction when in the manipulation of shares to BT (ARANHA, <i>et al.</i> 2020).
11	- Use of cloth dolls representing the family (adult couples, elderly people, children, a baby and domestic animals) and hospital staff (man and woman dressed in white); household items (cutlery, cups, saucers, pans, jars and trays), hospital items (syringes, needles, IV sets, stethoscope, among others); cell phone, wooden cart, geometric blocks, material for drawing and coloring, in addition to colorful wooden animals and dolls, representing a farm (SANTOS, <i>et al.</i> 2020).

Table 2 – Identification of nursing care for hospitalized pediatric patients, through selected studies in the databases, Rio de Janeiro, 2021.

“Nurses of Joy” extension project carried out by academics envisioning recreational activities and passing on information on topics related to body hygiene, healthy eating and updating the vaccination schedule.

Parents see the act of playing as important to minimize the stress of hospitalization, triggering better adaptation, ease of communication because they find in play the means to distract, favoring forgetting the pain (FIORETI, et al. 2016). Discontent is found in a study carried out by Ferreira, et al. (2018), where companions report not witnessing the use of TP in the pediatrics sector, nor providing information, being only asked about the child having an allergy.

Fernandes, et al. (2017), portrays that professionals recognize the need to insert recreational activities, however the failure to obtain sufficient material, human and infrastructure resources makes it unfeasible in the nursing care plan in a routine and structured way in the hospital spaces. The lack of management support on the recognition of items such as crayons, crayons, colored paper was mentioned as an obstacle in the development of playful work in a study carried out by Silva, et al. (2019).

CONCLUSION

In view of the present study analyzed, it was observed that when the child needs hospitalization, playful care is essential to provide distraction and quality of life, since there are concessions to previously rigid rules, this way, there is pain relief, facilitation procedures, and, above all, the establishment of links between child-professional-family.

The hospitalized child lives a process in which he is separated from the people of his social life and removed from his daily routine, being this way very fragile, consequently, also involving his family members.

This way, play therapy is effective in

relation to the therapeutic benefit that is established for the sick child in the process of hospitalization, especially in communicating better and expressing their feelings and desires despite the illness, as well as understanding the need for hospitalization and being able to experience this moment more peacefully.

By manipulating objects, talking and telling stories, the child uses verbal communication and expands his language, being able to better understand the world around him, reorganize his feelings and have reduced anxiety, accepting new situations and expanding the understanding of what happens in a hospital, thus demystifying misconceptions that emerged during his hospitalization.

The functionality of playing as a form of clarification for the child about something that will be experienced by him/her makes for understanding, in order to reduce his/her suffering and allow more cooperation and adherence to treatment, since the child develops his/her logical reasoning about the assistance you receive.

When playing, the view of the hospital environment and the professionals becomes less negative, reducing the losses of a poorly experienced hospitalization, alleviating the anxiety generated by atypical experiences for their age that are usually threatening and require more than recreation, so that they are resolved.

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