

Pediatric Coping Education in the LVHN ChER

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Published In/Presented At

Reichert, N. Moyer, S. (2019, August 9). *Pediatric Coping Education in the LVHN ChER*. Poster presented at: LVHN Vizient/AACN Nurse Residency Program Graduation, Lehigh Valley Health Network, Allentown, PA.

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BACKGROUND

- Multiple occasions of elevated patient and staff stress during painful procedures due to lack of ready access to distraction and coping tools
- There is no Child Life Specialist (educated in child development & psychology to help with pediatric coping in these situations) on Night Shift
- A majority of the night shift staff is newly graduated nurses with little education on the subject
- Educating the night shift staff will:
 - Decrease stress for everyone involved
 - Provide a calmer, more soothing environment for parents and children

PICO

P – CHER Night Shift RNs

I – Child Life and pediatric coping skills education

C – current practice

O – increase utilization of child life practices

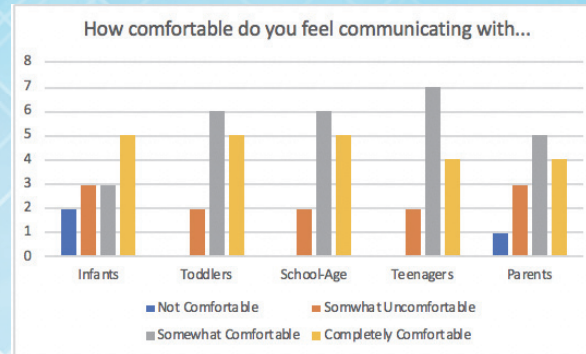
EVIDENCE

“Distraction kits were developed in collaboration with clinicians (child-life specialist, child psychologist, and a pain clinic nurse)... We created two distraction kits tailored to our specific age groups... Before the onset of the study, ... nurses... participated in a 1-hour training session on the use of the distraction kits. The purpose was to standardize the approach to children during the procedures.” (Ballard, et. al. 2017)

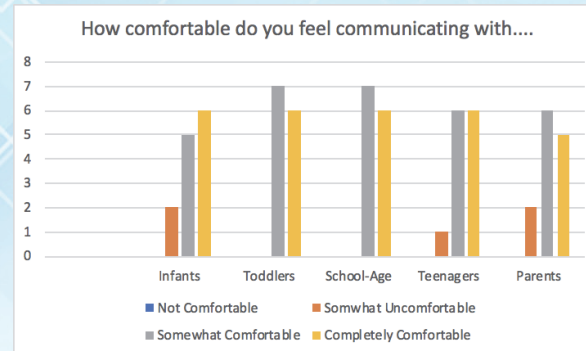
OUTCOMES

- Most nurses felt more comfortable communicating with age groups that they did not feel comfortable with prior to education

PRE-EDUCATION



POST-EDUCATION



- Most nurses felt more comfortable using distraction techniques and tools during painful procedures after the education

IMPLEMENTATION

- Survey night shift nurses before and after education
 - Comfort level using child life mechanisms/tools and communication with different age groups
- Pediatric Coping presentation created by Children's ER Child Life Specialist, Lisa

NEXT STEPS

- Following the results of the surveys, we have decided to move forward with creating a Distraction Tool Kit that will be easily accessed by the CHER staff for painful procedures. This kit will include items suggested to include by Child Life such as bubbles, an iPad, and plush animals. By having this kit readily available, it will take out the unnecessary step of collecting distraction items from our toy closets, thus avoiding a delay in patient care.

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