

Gameboard Aids Coping: Implementation of an evidence-based gameboard to improve coping for patients undergoing painful procedures in a clinic setting

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Children's**
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Background

Pediatric patients undergoing blood tests and injections face unique challenges and anxieties. Most common are a fear of needles and the unknown. Manning Family Children's is a 263-bed hospital including over twenty satellite clinic locations. The satellite clinics have limited ancillary resources with no child life specialist (CLS) on site. The clinics utilize distraction techniques such as television, toys, sensory aids, and pain spray to help these patients cope with painful procedures. However, these tools lacked an educational proactive approach to better prepare patients to cope with similar interventions traditionally performed by CLS. Nurses from two pediatric specialty satellite clinics, along with hospital CLS leader, collaborated to identify additional resources to support pediatric patients undergoing venipunctures and medical injections. CLS introduced the nurses to a non-profit organization to pilot an evidence-based educational incentive gameboard program to educate and promote coping with painful procedures in the ambulatory setting.

Intervention

A visual, age-appropriate gameboard was implemented to help patients better understand venipunctures or medical injections procedures with pictures and simple language. The gameboard features superheroes undergoing each step of a venipuncture or injection, complete with removable "I did it" stickers to celebrate each step. Upon completion, patients are rewarded with a certificate for their courage and bravery.



Method

- Collaboration between CLS and ambulatory clinics to identify resources
- Selected use of gameboards to provide additional support and coping to patients
- Staff education of gameboards completed
- Staff integrated gameboards into workflow over a 3-month timeframe
- Written parental surveys conducted over a 6-month period to assess parents' perception of their child's coping with the use of gameboard

Results



68 parents surveyed



Patients 4-10 years of age



91% felt gameboard improved coping

Conclusions

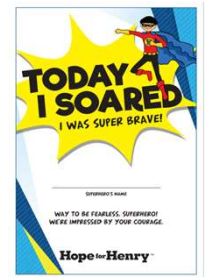
- Overall, the gameboard was well received by patients, parents and staff
- One parent commented, "Gameboard was an amazing way to help my daughter calm. 10/10."
- The gameboards served as an educational and coping tool
- Nurses reported patients displayed pride upon completion of procedure, particularly with presentation of certificate for bravery
- Staff reported gameboard best utilized in school age children
- Plan to expand implementation to other satellite clinics

Barriers

- Change in workflow
- Adoption by all staff members
- Time spent for gameboard education prior to procedure

Resources

Hope for Henry healthcare hub: free digital and online resources available for providers and parents for a variety of medical procedures



References

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Additional references available upon request.

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