

“THIS IS THE WAY I WANT IT”

- Children’s strategies for dealing with fear and pain during hospital care

Ida Kleye

PhD-student - University of

Laura Darcy

PhD - University of Borås

Lena Hedén

PhD - University of Borås

Katarina Karlsson

PhD - University of Borås

Annelie Sundler

Professor - University of Borås

CONCLUSIONS

Strategies vary between children and are used differently on different occasions. Healthcare professionals pose a threat to the child’s needs and ability to use their strategies due to lack of knowledge of the child’s chosen strategies. Children should be acknowledged as valuable contributors in their own care and treatment.

RESULTS

“Screaming out loud makes it better, but I must be allowed to do that, and nobody wants me to.”

“I want to be allowed to say how I want it to happen”

“I want to squeeze something hard”

“I want to lie down. They say the pain goes away quickly, but not for me. It’s better when I lie down”

“Cuddles with my soft toy when I get pain, just the way I want and need them... that’s the best, that my soft toy is always there and lets me do what I want with it.”



“It’s nice to be with other kids. You get kind of calm, thinking that they have gotten through the stuff that hurts and that you’re scared of.”

INTRODUCTION AND PURPOSE

The aim of this study was to describe children’s self-identified strategies for dealing with fear and pain during hospital care and treatment.

METHODS

A qualitative descriptive study was conducted and data was collected by interview with children 4 – 12 years of age (n=15), presenting with a variety of diagnoses and with at least two weeks experience of hospital care, at three pediatric clinics in the West of Sweden.

RESULTS

Children needed to be allowed and be given opportunities by adults around them to decide or have influence over their own care and their own body, as they themselves wished. Additional strategies were tried to be brave, gain control and think positively to decrease fear and pain. A supportive hospital environment incorporated a child friendly décor, disguised hospital paraphernalia and possibilities to play and meet with other children, helped the child to decreased there fear and pain.

DISCLOSURE

The authors have no conflict of interest.



UNIVERSITY OF BORÅS

Contacts:



Ida Kleye
ida.kleye@hb.se