

Effectiveness of Medical Play in Decreasing Stress and Anxiety in the Siblings of N.I.C.U. Patients

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No Disclosures

Problem

Prolonged exposure to toxic stress in children, as a result of “medical traumas” can cause long term alterations to their brain circuitry resulting in a lower threshold for stress and a permanent increase in body cortisol levels

Introduction

- Medical professionals have begun to seek means of preventing young children from experiencing these “medical traumas”
 - The benefits of medical play in decreasing children’s stress levels have been documented, few programs have been tailored toward the siblings and families of these patients
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Objective

Integrate medical play to aid in decreasing the anxiety and stress experienced by the younger siblings and adult caregivers of N.I.C.U. patients throughout their stay in the Ronald McDonald House.

Methods

- Type of study: Prospective Cohort, Educational
 - Population Criteria will be two fold:
 - Family must have a patient admitted or recently admitted to NICU
 - Family must have a healthy sibling residing at RMH
 - Intervention: An outfitted medical play area in the Ronald McDonalds House that will allow participants to be led through predetermined medical play scenarios
 - The children involved will be asked to sign a waiver and then will take a pre- and post-play questionnaire (abbreviated version of the State-Trait Anxiety Inventory for Children (STAIC))
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Results



Next Steps

- Begin intaking data using abbreviated STAIC
 - In tandem to this a medical equipment knowledge assessment will be conducted both before and after the medical play session to assess for knowledge improvement about medical devices after participating in medical play.
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Questions?