



# What? Why? Children in Hospital Report on the Professionals Survey 'Preparing Children for Hospital'

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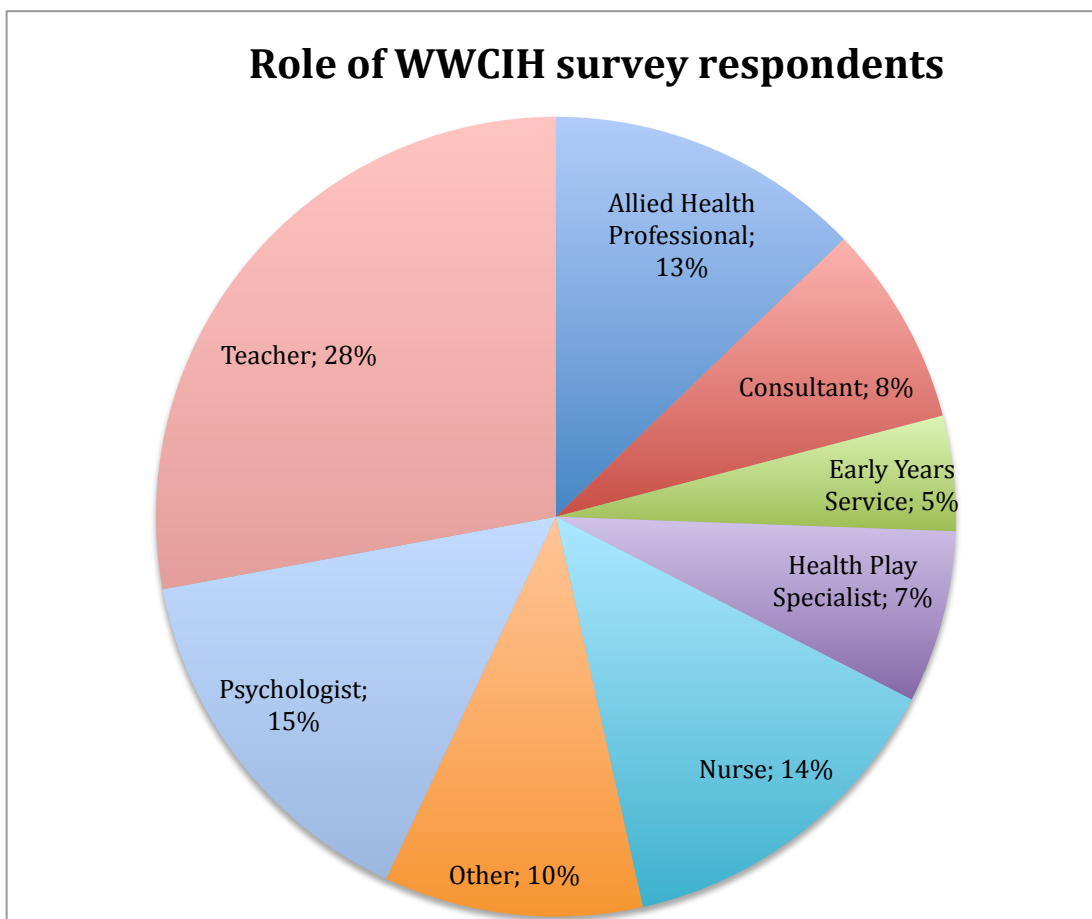
## Background

The What? Why? Children in Hospital (WWCIH) charity was founded in January 2015 to help families prepare for hospital. The WWCIH charity aims to make video clips with play ideas and information about what will happen in hospital to help reduce anxiety in children. Our previous survey showed 91% of parents of children in mainstream schools and 59% of parents of children with learning disabilities replied it would be helpful to have video clips to help them prepare their child for hospital (*Report on Parent Survey, May 2015*).

This report provides an overview of the responses to the survey for professionals. The survey was made available across Scotland: on the WWCIH website, shared on Facebook and electronic and paper copies were sent to healthcare and education professionals.

## Location and Role of the Survey Respondents

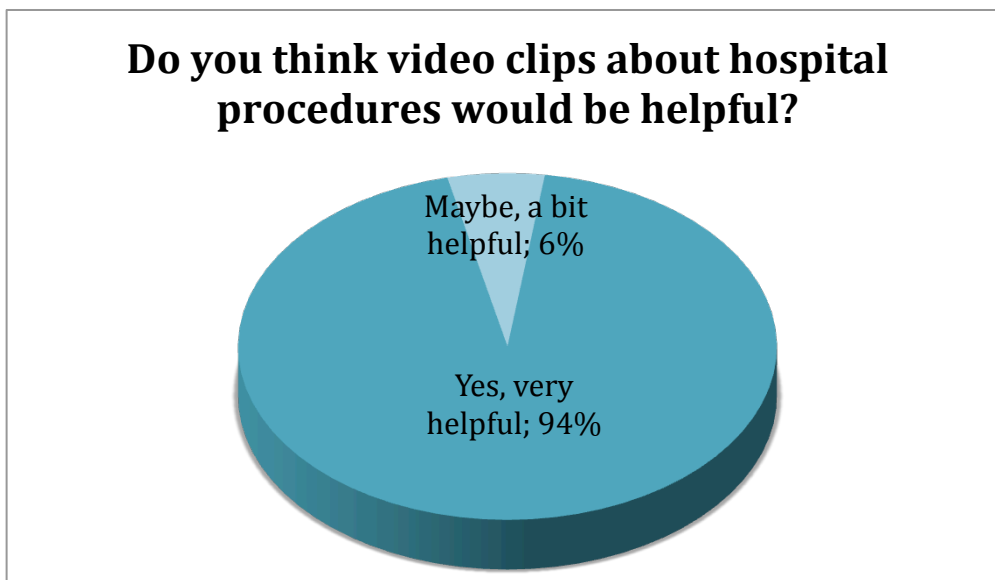
We received 86 responses between May and August 2015 (35 paper copies and 51 online). The survey was completed by professionals from Ayrshire and Arran; Dumfries and Galloway; Fife; Forth Valley; Grampian; Greater Glasgow and Clyde; Highland; Lanarkshire; Lothian; Tayside and Shetland. The roles of the professionals who completed the survey are shown in Figure 1.



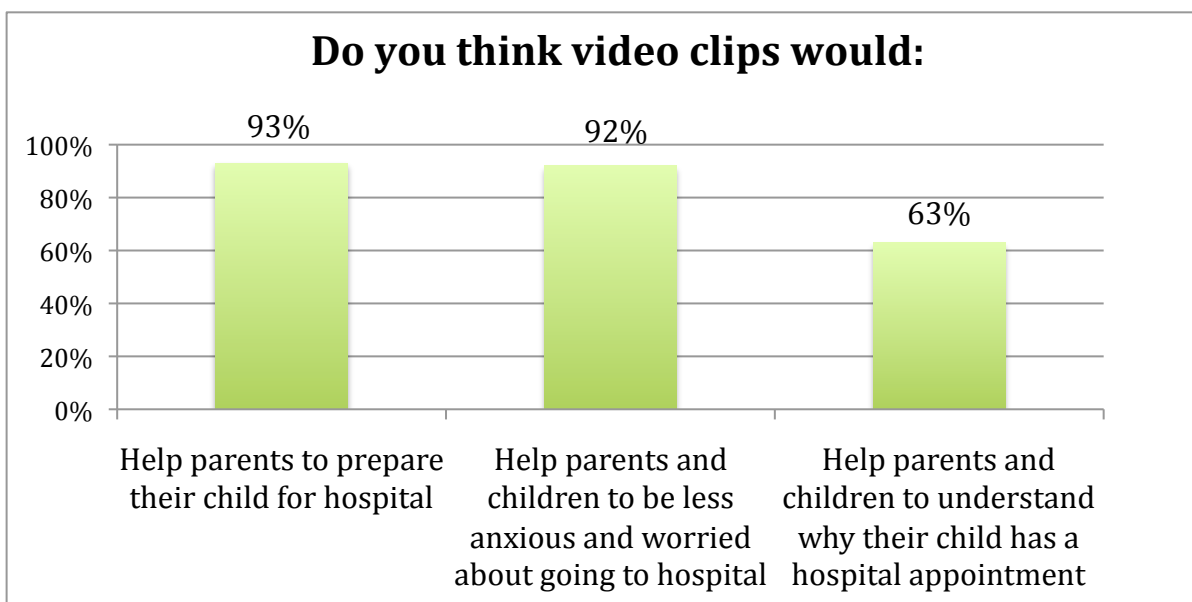
**Figure 1.** The role of the professionals who responded to the WWCIH survey.

## Video Clips about Hospital Procedures

We asked professionals if they thought video clips about hospital procedures made for children and parents with play ideas and easy to understand information would be helpful. 5 professionals (6%) replied 'maybe, a bit helpful' and said it would depend on the content. 81 professionals (94%) replied 'yes, very helpful' (Figure 2). All 19 hospital psychologists and health play specialists who completed the survey replied 'very helpful'. The majority of professionals thought it would help children prepare (93%) and be less anxious (92%) about going to hospital (Figure 3).



**Figure 2.** The responses show 94% of education and healthcare professionals think it would be very helpful to have video clips about hospital procedures.



**Figure 3.** Professionals think video clips can help parents prepare their child for hospital.

## When to Show the Video Clips

Most professionals said it would be helpful to signpost the video clips to parents in the appointment letter (69 professionals). Replies showed they also felt it would be helpful if play specialists (53 professionals) and nurses (41 professionals) could show the videos when appropriate.



**Figure 4.** Most professionals replied it would be helpful to include a link to the videos in the appointment letter.

Other comments to the question as to when should the videos be offered included:

*'Parents choice'*

*'Think it would be really helpful to have visual aids to supplement verbal explanations and descriptions for children and their families'* *Healthcare professional*

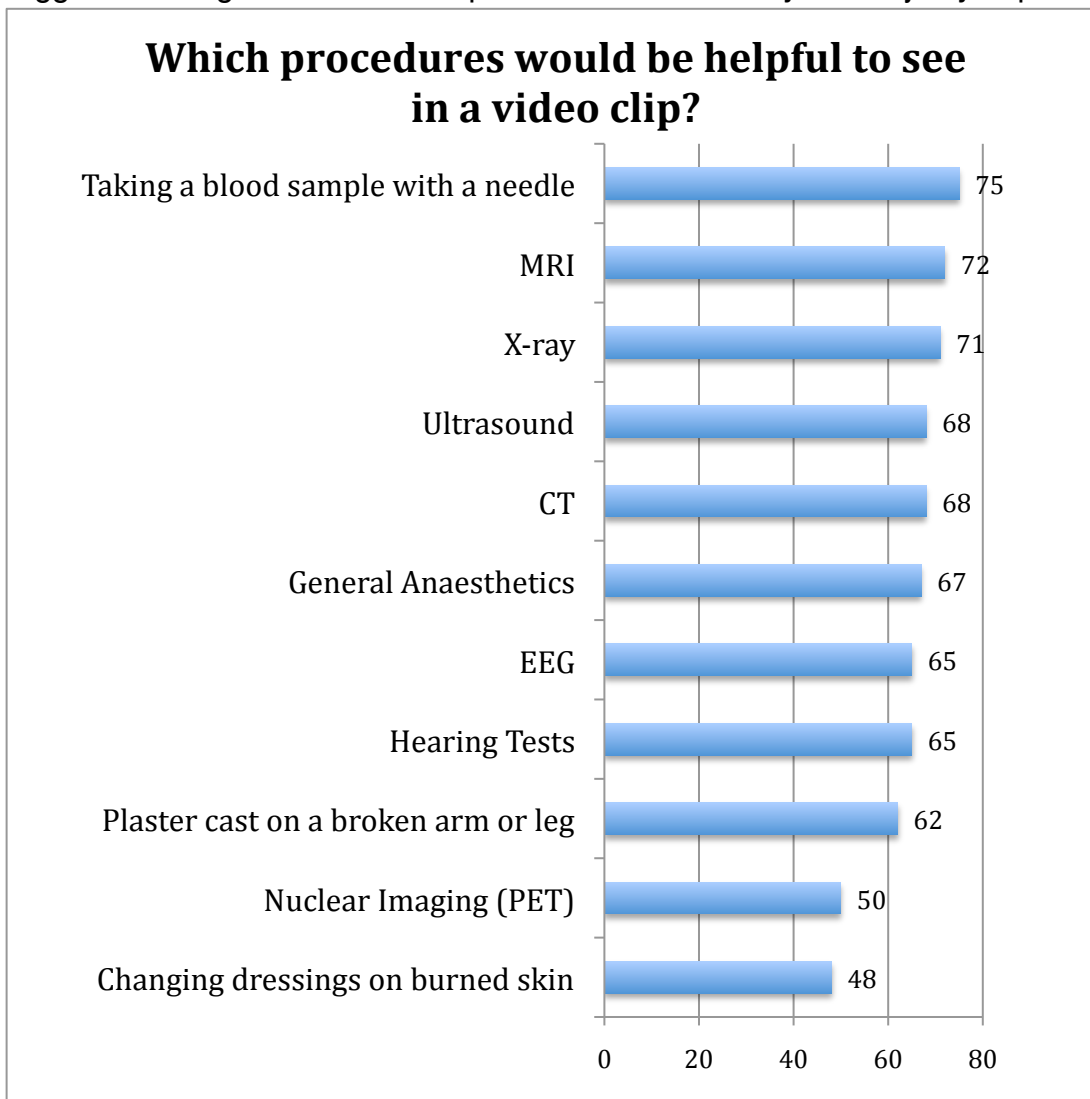
WWCIH will offer the videos on the WWCIH website so parents can decide themselves if it would help their child to see the video clip and when they would want to show it.

WWCIH is very aware of the importance of providing the right amount of information at the right time and that the information should be tailored to the age and ability of the child. Therefore every project planned by the charity will be developed in collaboration with the hospital psychologists.

WWCIH will work with hospitals across Scotland to make the video clips available to health play specialists, nurses and have a link to the videos included in appointment letters.

## Hospital Procedures

When we asked which hospital procedures should be shown in a video, the majority of professionals selected all options. A number of professionals added additional suggestions. Figure 5 shows the procedures selected by the majority of professionals.



**Figure 5.** This graph shows the number of professionals selecting the above procedures as helpful.

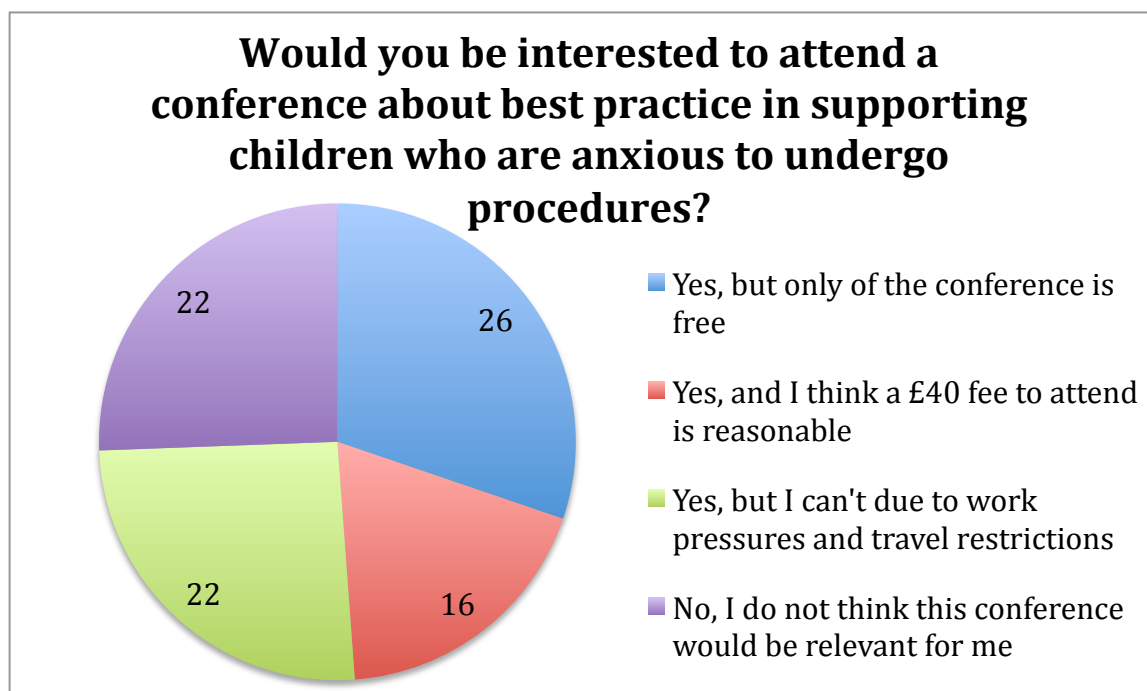
The following additional suggestions were made:

- Cannulas
- Injections
- Nasal gastric tubes
- Stoma bags
- Port-a-caths
- Catheter
- Lung function
- Gastrostomy insertion
- Dental procedures
- Blood pressure monitoring

## Best Practice Conference

We asked professionals if they would be interested to attend a conference on best practice in supporting children who are anxious to undergo procedures in hospital. 64 out of 86 people replied they were interested in attending a conference on this topic, however 22 of these professionals said they would not be able to attend because of work pressures and travel restrictions. Mainly Education and Allied Health Professionals (22) replied this conference would not be relevant for them.

The replies (Figure 6) show there is a large impact of asking for a registration fee of £40, as the feedback suggests a free conference would attract around 60% more attendees.



**Figure 6.** Most professionals replied they would be interested in attending a future conference about supporting children who are anxious about going to hospital.

## Feedback on Project

Other feedback given in the survey included:

*'Fantastic ideas! Would really love to attend the conference however due to funding usually I am not able to attend paid ones. Would really make a difference to our work as we work with children, families with anxieties.'*

*'I think this would help families with English as an additional language prepare their children for hospital visits by explaining procedures at home in their home language.'*

*'I think these video clips are a great way to educate/inform/reassure parents and particularly children as fear of the unknown is often a factor.'*