

Children Hospitalized and the Effects on Caregivers:

Literature Review

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## **Children Hospitalized and the Effects on Caregivers**

Hospitalized children are involved in a lot of unusual medical situations at a young age that can affect not only their lives but the lives around them. They endure a lot of medical stressors. More than average healthy children and the caregivers have to figure out ways to maneuver those situations. According to Rodrigues Soares, Lyra da Silva, and Quinellato Louro (2020), "Caring and providing comfort for hospitalized children is a complex practice since the hospitalization of this group is seen as a situation of crisis for the family and for the child" (p.2). They also have to deal with and try to understand all of the technology and people swirling around them 100 miles a minute. Most of the time, the children do not know what is happening to them, which causes traumatic fear and worry for both child and caregivers (Rodrigues Soares, Lyra da Silva, & Quinellato Louro, 2020). Also, the medical things they are experiencing could be lifelong ailments they will have to learn and adjust to, which could cause significant challenges in caring for the children (McBride-Henry, Miller, Trenholm & Officer, 2020). Hospitalized children are greatly affected, but so are the people who surround them to care for them.

### **Comfort of the child in intensive pediatric therapy: perception of nursing professionals**

This article investigates the nurse's perspective on children's comfort measures in a pediatric intensive care unit (PICU). A study is done by asking PICU nurses to take surveys. This study is volunteer-based. They ask them questions that pertain to comforting words, comfort measures, what comfort is to them, what are uncomfortable terms and actions, and if it would be possible to be comfortable in a PICU (Rodrigues Soares, Lyra da Silva, & Quinellato Louro, 2020). This study reveals there is a desire among the nurses to provide a safe and comforting environment to

the children. Since they want to give that, they are aware of what actions and words they use to ensure that safe zone. Nurses will change their practice to provide comfort for their patients.

### **Key Points (note that the key points are flush to the far left)**

This article is about the nurses in a pediatric intensive care unit (PICU) that care for extremely sick children. They discuss the concept of comfort for the children on the unit in the nurse's perspective. According to the authors, three categories emerged from the study that allowed them to identify comfort measures used in the pediatric intensive care unit (Rodrigues Soares, Lyra da Silva, & Quinellato Louro, 2020). They also discussed actions and words that made children uncomfortable or scared in the PICU setting that they observed and could potentially change (Rodrigues Soares, Lyra da Silva, & Quinellato Louro, 2020). The nursing perspective on comfort measures affects how they do their work every day.

### **Assumptions**

Some assumptions in the article were about the amount of comfort a nurse could provide for a child in the pediatric intensive care unit. They were unsure if a comfort level could be reached inside a PICU because it is a scary, traumatic place (Rodrigues Soares, Lyra da Silva, & Quinellato Louro, 2020). They believed that a nurse could not make a child entirely comfortable in a hospital setting. They thought that because of the scary technology, painful procedures, and unfamiliarity makes it harder to gain trust and comfort the children (Rodrigues Soares, Lyra da Silva, & Quinellato Louro, 2020). Assumptions were made against the nurse's abilities to provide comfort in this study and questioned because of the technology surrounding them.

### **Deficit/Conclusion**

In conclusion, the nurses took many measures to assure comfort for children and were able to identify comfortable and uncomfortable factors. There were three categories of discovery that emerged from the study. They included the environment that promotes comfort and discomfort, feasible action to encourage comfort and uncomfortable actions in care (Rodrigues Soares, Lyra da Silva, & Quinellato Louro, 2020). By providing favors of wellbeing, safety, tranquility, and warmth, the nurses were able to provide a comfortable setting inside the pediatric intensive care unit. Nurses can make environments comfortable in scary situations by adjusting their methods for each child.

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**Conclusion**

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## References

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