



Nahps *News*

**THE PLACE TO FIND ALL
CURRENT NEWS RELATING TO
THE WONDERFUL WORK OF
HEALTH PLAY SPECIALISTS**

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**The NEC would like to
welcome all NAHPS
members to our 3rd
edition of the
E-newsletter!**

*** Happy Easter ***



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Contact Details

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Welcome

Welcome to the 3rd Edition of NAHPS News

We would like to thank everyone who has contributed to this edition.

The newsletter gives the opportunity for our good practice and good news items to be showcased.

We are all very proud to be Health Play Specialists and it is a platform for us to celebrate success in our profession.

We start this edition with a beautiful poem which was kindly shared by Ishbel Proctor (Royal Hospital for Sick Children, Edinburgh) and was written to celebrate 40 years of play in hospital. It demonstrates beautifully how dynamic and wonderful the role of a Health Play Specialist really is. ...

I hope you enjoy this newsletter

Penelope
NAHPS Vice-Chair



Magic on the Wards

(to mark forty years of play at the Royal Hospital for Sick Children, Edinburgh, 2015)

You'll know her by
the traces of glitter on her cheek,
the paint in her hair.
Bundled in her arms come stories, beads,
toy cars, game consoles, spotty hats.
She might fill your cubicle with bubbles
or find a joke amongst your toes,
or teach you dominoes.

She has more powers than Supergirl
and can be in three places all at once.
She knows everything:
whether you prefer toast or tatties,
your grandpa's name, the colour of your dog.
She can turn a bed space into a birthday party,
or your journey to Theatre
into a sub-sea adventure.

With a single touch
she softens hard edges,
tames trauma,
changes a channel for the anxious.
She'll dry Dad's tear,
nudge a laugh from Mum, and always
she magics worries of her own away
behind a smile.

She believes in the power of play.
See her sparkle as
she weaves her magic on the wards.

*Linda Cracknell, Writer in Residence
Cate James, Illustrator in Residence*





Tayside Hospital In The News

Congratulations to May Duncan and team at Tayside who were featured in a news article in the Courier and Advertiser in 2015

FAMILY: TAYSIDE CHILDREN'S HOSPITAL'S PLAY SPECIALISTS

Coping with a hospital stay can be as easy as child's play

Play specialists are carrying out a vital role for sick children in Tayside

CAROLINE LINDSAY

When it comes to helping children get through the sometimes traumatic ordeal of hospital, a bit of play can prove vital.

May Duncan has worked in Tayside Children's Hospital for 28 years, firstly as a nursery nurse before qualifying as a play specialist in 1994. Today she is part of a team of four specialists and three play assistants.

Team leader May explains what her job involves and the benefits for young patients: "I prepare children for hospital procedures through play," she says.

"We provide distraction during some treatments, help children master and cope with anxiety and other emotions and offer a wide range of activities for them.

"We also teach the value of play for the sick child to other staff involved in the child's care.

"Children in hospital can lose self-esteem and confidence and play activities help to maintain and restore it," she says.

A typical day for May includes supporting children, young people and their families so they can cope with hospital experience.

Youngsters who are restricted to bed can have activities by their bedside while for older children and teenagers, there is a specially-designed room with a laptop, iPad, snooker table and an Xbox 360.



May Duncan plays with a young patient, helping her recover from her hospital stay

"Play in hospital is therapeutic, aiding recovery and helping children of all ages deal with the stresses and boredom they encounter when they are ill," May says.

"It helps keep alive their warm and loving feelings for parents and keep them in touch with the everyday world outside the hospital.

"Play is often undervalued by adults," she continues. "It is a natural behaviour of a child and is an essential component

**“
Play is often
undervalued
by adults**

of normal development, helping them develop.”

The Archie Foundation, the official charity of Tayside Children's Hospital, has pledged £2 million for enhancements to services for youngsters at Ninewells.

"I think everyone who works within paediatrics is excited. The area will be state of the art and will bring all the departments together," adds May. www.archietayside.org.uk



PLAY THERAPY

Origins of play in hospital

- In the 1940s and 1950s there were isolated play schemes in hospitals in London and in 1959 the Platt report advocated every ward admitting children should have a salaried play worker as part of the ward team. Since then there has been gradual expansion of play provision.

- With the growth of the profession it was recognised a national qualification was needed, so in 1985 the National Association of Hospital Play Staff (NAHPS) was formed.

- Play was first introduced to Ninewells Hospital in 1982 with a single play leader called Margaret Deuchars.

- Although other hospitals in Scotland had play leaders, Ninewells was the first to recognise the need to prepare children for forthcoming procedures, which helped them understand what was about to happen but also aid recovery. Now all hospitals provide play preparation, ideally by a qualified play specialist.

- The specialists work with clinicians to observe the child and to see how well he or she is recovering.

- It's vital not to treat a child as a small adult – it's essential there is a proper delineation between children and adults to build up a bond of trust with both the child and the family.



Play in Hospital Week at Ninewells

Hello from Ninewells!

Hope everyone had a wonderful week celebrating 40 years of play in hospital. Here at Ninewells we are very proud of how far we have come, starting in 1982 with a play leader, school leavers and volunteers to today we have a team of seven with four play specialists and three play assistants who work in all areas of the hospital where children attend.

These last few weeks have been quite emotional looking back at photographs through the years, bringing back many memories sometimes sad and sometimes happy. It is amazing how many children and families you meet through the years each needing their own individual help and support.

We celebrated with puzzle books and games. We also had an open day in the play centre to let our colleagues across the MDT come and see the tools we use and ask questions of the team. The day was a real success with visitors from many different professions who use the play service.

A photograph was posted on NHS Tayside Facebook page and the response from parents and colleagues was overwhelming, letting our team see just how much our work is appreciated by others.

May Duncan, Senior Play Specialist



Photos from Ninewells '40 Years of Play in Hospital'





Play Specialist Publication in Cancer Nursing Practice December 2015 Vol: 14

It has always been an ambition of mine to have my work published in a journal related to my specialist area. For years I had read journals and knew that the work of Health Play Specialists needed to be published. I set out to write about the importance of support for children having radiotherapy treatment because this is the area I am specialised within. I asked a senior colleague to be a co-author of the article because I thought it would be interesting to have the view-point of an Anaesthetist within the article. My colleague, Amanda Griffiths (Consultant Anaesthetist at Royal Manchester Children's Hospital) and I were delighted to be informed that our article would be published in December by Cancer Nursing Practice.

The article focuses on how our play preparation programme helps to reduce the use of General Anaesthetic during radiotherapy treatment. It also highlights the need for support for children in the hospital and healthcare environment to help them eliminate their fears about medical procedures and to help them to feel happy and in control during their treatment pathways.

Cancer Nursing Practice asked me to be on the cover of the journal and I arranged a photo shoot with one of my patients who had worked with during the time I wrote the article. It was an honor to be asked and I am so proud to have finally had my work published in Cancer Nursing Practice. If anyone would like a pdf of the article, please email me: Penelope.hartspencer@christie.nhs.uk



Cancer Nursing Practice Journal Article

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PREV

RCNi

Next

Art & Science

How play specialists can reduce use of anaesthesia during radiotherapy

Penelope Hart-Spencer and Amanda Griffiths explain why avoiding the use of general anaesthetic during treatment is better for children and more cost effective for the NHS

[Abstract](#) | [Full-text](#) | [References](#) | [PDF](#)

Penelope Hart-Spencer Play specialist and paediatric support co-ordinator. The Christie NHS Foundation Trust, Manchester

Amanda Griffiths Consultant paediatric anaesthetist Honorary consultant paediatric anaesthetist. Royal Manchester Children's HospitalThe Christie NHS Foundation Trust, Manchester

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Cancer Nursing Practice Photo shoot December 2015





Viewpoint Article

Against The Sticker Chart...

As Play Specialists, we are known for using stickers as ‘tools of our trade’ and are usually equipped with an endless supply! However, an article published by Erica Reischer, Clinical Psychologist in the Atlantic Journal (February 2016) suggests that rewarding children with stickers for good behaviour may actually have a negative impact on their behaviour.....

Some of the hazards of sticker charts include the risk of undermining kids’ intrinsic motivation, or the need to offer more and better rewards as the original ones lose their appeal. But perhaps more distressingly, reward economies also affect how children think about relationships.

In some cases, children at home are offered rewards not only for mundane tasks like tooth-brushing, but also for what social scientists call pro-social behaviour: things like helping, cooperating, and sharing. Studies have shown that offering children tangible rewards in exchange for caring behaviour may diminish future helpful behaviour and can erode children’s innate tendency to help others.



Against The Sticker Chart - Continued

Dan Ariely is a Behaviour Economist at Duke University (USA) and when questioned about reward systems like sticker charts, he advised parents to consider the long-term implications: “Reward systems provide a short-term satisfactory solution, but at what cost?”

In the hospital environment I believe stickers are a good resource to use to help children visualise their achievement within their treatment pathway. I never use the sticker chart to make children to comply with treatments or procedures. In my practice, stickers are purely used to symbolise each treatment that a child has completed and children feel a sense of achievement when their sticker chart is full as this also represents the end of their treatment.

It is concerning that children are being rewarded for participating in daily tasks that are normally part of every day life. Children should be encouraged and given praise for their participation and help, not gifted or bribed with treats.

Within the hospital environment, I feel it is important for children to have visual aides such as sticker charts, providing they are used in a way that promotes the child’s wellbeing . The full article can be found at...

<http://www.theatlantic.com/health/archive/2016/02/perils-of-sticker-charts/470160/>



East Anglia Regional Group Information

East Anglia Regional Group next meeting:

**Saturday 14th May 2016 at East Anglian Children's
Hospice, Ipswich
'Play for children with complex needs'.**

The group meet twice a year

(generally May and October)

**If you would like further details please contact Steph
Fairbain via email:**

Stephanie.fairbain@addenbrookes.nhs.uk



Call for Abstracts - NAHPS 41st Annual Conference

Play Matters!

‘Using play to support children and young people facing challenges in their healthcare journey’

The National Association of Health Play Specialists (NAHPS) is pleased to announce their 41st Annual Conference and Annual General Meeting.

This will be held at the UCLH Education Centre in London on Friday 17th June 2016.

We welcome abstract submissions from Health Play Specialists working within children and young people’s health.

We also welcome abstract submissions from other individuals or groups of professionals working alongside Health Play Specialists within the multidisciplinary team.

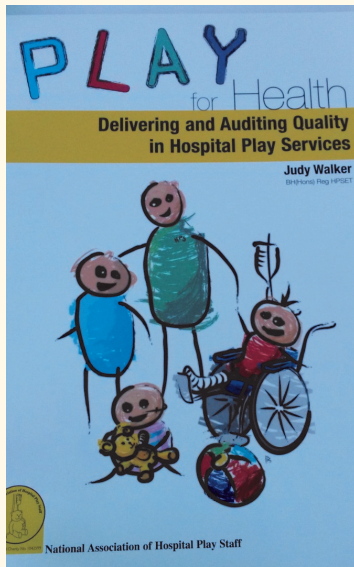
The closing date for submission of abstracts is Friday 8th April 2016

Please submit all abstracts via email to admin@nahps.org.uk

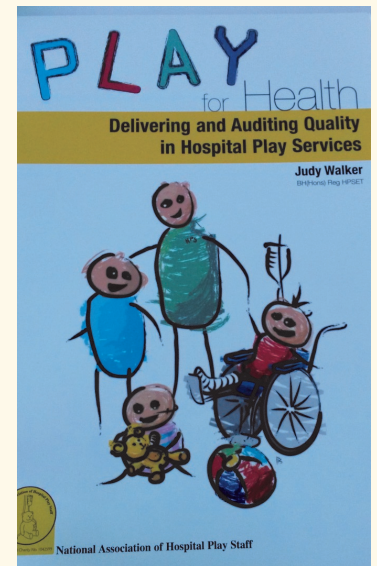
**Presenters are limited to a maximum of two abstract submissions
Abstracts will be selected through a review process by the NAHPS
NEC**

**If your abstract submission does not follow the submission guidelines,
your submission may be eliminated from the selection process.**

See NAHPS website for further information



Play For Health Review



During 2016/2017 NAHPS will be reviewing the Play for Health document which was first published in 2006.

We are keen to ask our members for your thoughts and opinions on what you would like to be included in the document....

- What would you like to see in there?**
- What would be useful to you as a practitioner?**
- Which areas of practice need including?**

**Please send your ideas to Angela at
admin@nahps.org.uk**



HPSET Notification

**Would you like to nominate your HPS mentor as
Mentor of the Year?**

If so, Please send your nomination to

Tinaclegg258@gmail.com



You Said.... We Did!

You have asked us to make some changes to the NAHPS website and access to documents....

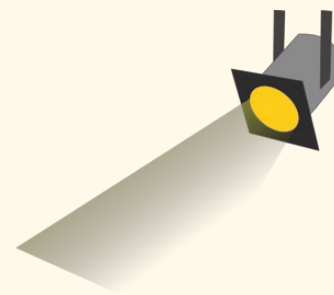
The NAHPS Executive Committee are working with the Website Manager to make all NAHPS Journals available on the website to all.... We hope this will help to make the work published by Health Play Specialists more accessible and visible

Please keep us informed with any other ideas and comments for changes and improvements



Hospital Play Team Spotlight.... The Play Service at the Portland Hospital

By Julie Perkins - Senior HPS



The play team comprises of 2 play specialists and a play worker and is part of our therapies team.

We have four children's wards.

PICU - 10 beds,

5th floor - 9 beds, which are for surgical and medical patients, who may stay for short or long periods.

2nd floor ward - 14 beds for neuro rehab and long-term or emergency patients.

Our Day surgery ward - 11 beds.

We have three play areas for our long-term, overnight and day care children, young people and their siblings. There is a wide range of exciting and fun activities, art and craft, equipment such as iPads, Wii, PS4, a 3D V-pod distraction unit and Omi Vista interactive system.

Members of the Play Team also work within the imaging department. We use play preparation for children having MRI scans without GA. We support patients having long line insertion, video fluoroscopy and fine needle aspiration.



Hospital Play Team Spotlight....

We've been collaborating with Sam our chef from the kitchen with fun sessions like cookie baking and cup cake decorating.

The play team works alongside other members of the multi-disciplinary team in relation to patient care, goals, progress and challenges.

We attend the regular meetings to discuss patients' cases. We regularly hold joint sessions with the physiotherapist, occupational therapist and speech and language therapists, in order to provide specific distraction therapy to aid patients to achieve the best results, in a safe and fun environment. We also work jointly with music therapist and psychologist.

Similarly we enjoy working closely with the orthopaedic, urology, allergy and gastroenterology clinical nurse specialists both on the wards and on occasions, in outpatients.





Hospital Play Team Spotlight....

Manisha, together with the clinical nurse specialist (CNS) is supporting Joshua who has a scalp defect and requires plastic surgery. She has been working with him throughout his care pathway, from being there at his pre assessment appointment to build a rapport, prepare with the appropriate medical equipment, through his time pre and post op as inpatient, and following up with his post-surgery outpatient appointments. On each visit a needle is used to slowly inject saline into the expander. The process is performed weekly by the CNS over a period of weeks/months until sufficient skin is obtained, the defect is removed and the expanded skin is advanced over the area removed.

Danny is working with Ahmed who is 12 years old and is in The Portland for long term neuro rehab. He has Crouzon syndrome and hydrocephalus. Danny has developed a great rapport with Ahmed, so using play, lots of banter and ball games, he and the physiotherapist work together to motivate Ahmed with his mobility and physiotherapy goals. Outings like social eating at McDonalds with a fellow patient and a trip to the London Aquarium are part of Ahmed's treatment.

Currently I am working on our busy day care unit with our surgical patients. Last week I met Noor age 7 who was very anxious about having her operation. We played with the medical equipment and together with mum; we slowly made a plan where Noor felt confident in her understanding and choice of cannulation.



Hospital Play Team Spotlight....

I accompanied her to the anaesthetic room where distraction with play during induction facilitated her calm compliance and prevention of distress.

The Portland hospital specialises in gastroenterology, craniofacial surgery, plastic and reconstructive surgery, urology, orthopaedics, cochlear implants, kidney dialysis and many other areas. For further details see our website www.theportlandhospital.com/children/specialties

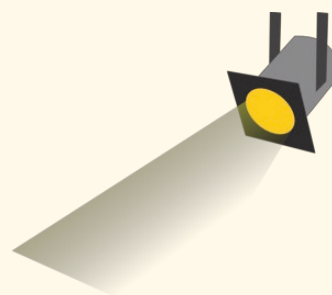
With the wide range of specialities, with children and young people from birth to 17 years, from overseas and UK, this makes for an exciting, interesting place to work and develop as a practitioner within our dynamic play service.





Calling all Health Play Specialists!

**Hospital Play Team
Spotlight...**



**Contact us if you would like your team to be
featured in the next edition of our
E-Newsletter.**

**This is your opportunity to showcase & share
good
practice!**

**Please keep sending your news items to
Penelope Hart-Spencer:**

Penelope.hartspencer@christie.nhs.uk