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The significance of theurapeutic games in pediatric nursing

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Games play a crucial role for children to express themselves and to cope with stress during hospitalization processes. Theurapeutic games are the core of psychosocial and cognitive development activities that improve child's emotional and physical well-being. It has been suggested that theurapeutic games reduce stress and traumas caused by the disease and hospitalization processes, help children to cope with stress before, after, and during the medical intervention, and enable the evaluation of child's emotional reactions against medical interventions. This review aims to highlight the significance and efficiency of theurapeutic games in nursing care. As children express their feelings verbally and/or nonverbally through games, theurapeutic games are utterly functional for nurses explore children's world. Theurapeutic games are basically structured games and they should be structured in accordance with the child's age, clinical condition, and cognitive development. Children may be allowed to play with medical masks, nursing uniforms, syringes, and stethoscopes. Nurses can demonstrate how to insert venous cathethers on a teddy bear or baby doll. It is recommended to use theurapeutic games in coping with painful and agitative interventions, preparing children for surgical or invasive interventions, and routing pediatric nursing practices based on a traumatic care philosophy.

Biography

Aysegul Isler Dalgic is an Associate Professor in Pediatric Nursing Department of Akdeniz University Nursing Faculty in Antalya/Turkey. She has worked as a tutor for more than 15 years. She is educated as nursing and her major topics at the moment are pediatric nursing, childhood epilepsy, abuse and neglect in children especially sexual abuse, sexuality in disabled children, neurology, and complementary therapies in nursing. She has many scientific studies which has been submitted and published in the national and international scientific journals, author of books. She has been organized and gave lectures, speeches, conferences and presentations in congresses and symposiums and had organized congress and symposiums.

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