

運用繪本共讀降低學齡期病童住院住院期間之焦慮

護理部

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摘要

計畫目的

- 一、辦理親子繪本共讀活動。
- 二、瞭解親子繪本共讀活動降低病童住院焦慮的程度。
- 三、瞭解親子繪本共讀活動後家屬的滿意程度。
- 四、建構繪本閱讀書庫,提供住院期間兒童使用。

研究方法

採用雙組前後測設計,凡骨科病房住院病童志願參加繪本活動,皆納入收案對象,每週二及四中午由教育學博士主持30-60分的繪本活動,在住院後24小時及活動後24小時填寫問卷。

主要發現

- 一、宣導與教育活動共辦理10場110人次參與,親子繪本活動共辦理10場98人次參與。繪本活動參加「考科藍實證導演開麥拉」競賽,榮獲銀獎,FB人氣獎第一名,推動成果文章刊登1篇。
- 二、共收案32位病童,病童焦慮量表總分後測較前測降低1.3分,量表各分項的分數後測皆有降低的效果,範圍自0.10.8分。

- 三、問卷調查13位病童家屬,對參加繪本活動的「主題」、「講師」、「內容」、「場地」、「時間控制」、「整體」滿意情形,以5分法計分滿意分數介於4.3-4.4。

- 四、完成建構圖書室及行動圖書車各一件,調查對行動車的認同程度,護生在「創意」同意程度以上為87.5%,醫護人員在「創意」的同意程度以上達100%,行動圖書車實際給病童使用家屬「方便性」及「推廣性」同意程度以上達100%。本案創新發展的行動車正在申請專利。

結論及建議

繪本親子共讀活動參與對象除了病童及家屬外,也擴及醫護人員、護生等共同參與,有效降低病童的住院焦慮分數(繪本組焦慮降低1.3分),且家屬對活動的滿意度達4.3分以上(滿分5分),病童家屬在開放性意見中也表達正向肯定的意見。附加效益為

- 一、成功與社區資源連結,包括「羅傑丹史丹利學院」及「台灣脊柱側彎關懷協會」共享教具資源。

- 二、護理人員的專業成長效益,包括學習繪本治療活動的進行方式、學習實證的問題解決模式。

建議納入骨科常規活動,後續並擴展至兒科病房,讓更多的病童受惠。

關鍵詞:學齡期兒童、住院焦慮、繪本治療

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Abstract

Purpose

1. Handle parent-child picture book reading activities.
2. Understand the extent to which the parent-child picture book reading activity reduces the anxiety of sick children in hospital.
3. Understand the satisfaction level of family members after the parent-child picture book reading activity.
4. Build a picture book reading library for children to use during hospitalization.

Methods

A double-group pre- and post-test design was adopted. All children in the orthopaedic ward who volunteered to participate in picture book activities were included in the case. Every Tuesday and Thursday at noon, a picture book activity of 30-60 minutes was hosted by a doctor of education. Complete the questionnaire after 24 hours.

Main findings

1. A total of 10 publicity and education activities were held with 110 participants, and a total of 10 parent-child picture book activities were held with 98 participants. The picture book activity participated in the "Cokelan Demonstration Director Kaimira" competition, won the silver award, the first place in the FB Popularity Award, and promoted the publication of 1 article.
2. A total of 32 sick children were collected. The total score of the sick child anxiety scale was reduced by 1.3 points compared with the pre-test, and the scores of each sub-item of the scale were reduced, ranging from 0.1 to 0.8.
3. Questionnaire survey of 13 family members of sick children, and their satisfaction with the "theme", "lecturer", "content", "place", "time control" and "overall" participating in the picture book activity, and the satisfaction score is scored on a 5-point scale Between 4.3-4.4.
4. Completing the construction of a library and a mobile library car, and investigating the degree of recognition of the mobile car, nursing students are 87.5% above the "creative" agreement level, and medical staff are 100% above the "creative" agreement level. The "convenience" and "promotionality" of the library cart actually used by the sick children's family members have reached 100% agreement. The innovative and developed mobile car in this case is applying for a patent.

Conclusions and recommendations

In addition to the sick children and their families, the participants in the picture book parent-child reading activity also expanded the participation of medical staff and nursing students, which effectively reduced the hospital anxiety score of the sick children (anxiety in the picture book group decreased by 1.3 points), and the family members were satisfied with the activity. A score of 4.3 or more (out of 5), the family members of the sick child also expressed positive and positive opinions in the open opinions. Additional benefits are

1. Successfully connected with community resources, including the sharing of teaching aids and resources by "Roger Dan Stanley College" and "Taiwan Scoliosis Care Association".
2. The professional growth benefits of nursing staff, including learning how to carry out picture book therapy activities and learning empirical problem-solving models.

It is recommended to incorporate into routine orthopaedic activities, and then extend it to pediatric wards to benefit more sick children.

Key words: school-age children, hospital anxiety, picture book therapy