

Proudly supporting
Sydney Children's Hospitals Foundation



Arc Phil Campaign & Sydney Children's Hospitals Foundation



Impact Update 2018

THANK YOU

Sydney Children's Hospitals Foundation is incredibly grateful for the wonderful support we have received from the Arc Phil' campaign in helping us fund the priority areas for our young patients and their families.

This funding update will highlight how Arc's donations of \$160,720 through wonderful fundraising activities, has translated into positive outcomes in the department of Child Life and Music Therapy.

SUMMARY OF SUPPORT

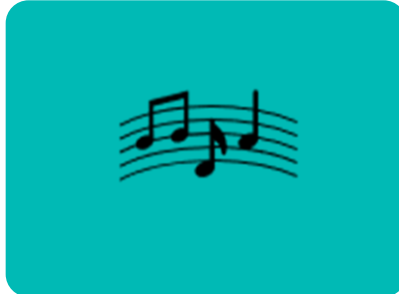
The Arc Phil Campaign has made a major commitment to the children in our care by part-funding the following major projects:

- Position of Child Life Therapist in the Emergency Department
- Position of Music Therapist

On behalf of all our Child Life and Music Therapists, along with all their patients and families, we truly thank you for coming on board our team in such a major way.



WHAT IS CHILD LIFE MUSIC THERAPY?



Our dedicated team work to reduce the traumatic impact of pain and fear that can occur during a hospital visit using a variety of clinical interventions. with the primary aim of increasing resilience

First and foremost, play in the Hospital normalises the environment, helping to relieve stress and boredom, providing opportunities to explore and to escape their healthcare experience and making hospital a generally more positive place. Our therapists use therapeutic and developmental play as well as medical play to support the needs of patients. Therapeutic and developmental play allows for continuity of life away from hospital, including working towards developmental milestones. In the words of Piaget play is the work of children. Medical play is focused on allowing the patients and families to become familiar with medical equipment and desensitised to things that might usually be confronting by allowing them to be used in a fun way such as painting with syringes, making water pistols with cannulas or doing sculptures with medical supplies.

Our Child Life therapists will also facilitate 'procedure education', which is the child-friendly explanation of any procedure or intervention that a child or young person may need to undergo in hospital. The procedures can be

- as simple but scary as a blood test
- as non-invasive but frightening as an MRI
- as invasive as a lumbar puncture or as complex as neurosurgery.

They will use language and resources such as specially made picture books, medical dolls, books and photographs and actual medical equipment to make sure children and their families

understand what is ahead. The team also utilise specialised dolls called Medikin dolls to show how certain medical procedures work for NG tube, cannula and central line insertions.

Distraction is another key element of Child Life Therapy, particularly when children or young people need to undergo a distressing or painful procedure. The team use a variety of items and techniques including books, iPads, breathing, imagery and bubbles to provide a more enjoyable or relaxing focal point. Research clearly shows that distraction, or individualised refocusing as it is sometimes called, can significantly reduce the perception of discomfort and pain.

Our Music Therapists use music to address a patient's physical, emotional, intellectual or social needs. Music Therapy offers opportunities for creative self-expression, distraction or relaxation and promotes self-esteem and resilience.

The use of Music Therapy also enhances quality of life during hospital stays and encourages social interaction between other patients, family members and staff. Our talented therapists use music to alleviate stress and anxiety and contribute to the reduction of pain through distraction or relaxation. They also help children and their families to express the feelings related to their hospitalisation in a creative and non-threatening way.

Child Life and Music Therapy empowers children and makes them more resilient in their ability to move forward through daunting experiences. Both are vital to creating a positive environment and making Sydney Children's Hospital, Randwick an outstanding healthcare facility for our young patients and their families.



HOW HAVE YOU HELPED MAKE A DIFFERENCE?

Thanks to your very generous support in 2018 we have been able to continue funding the vital Child Life Therapist position in our busy Emergency Department (ED) to support children who may be scared or anxious when in an urgent need of care. We have also been able to continue funding our Music Therapist's position for the entire hospital to help children express emotions related to their hospitalisation in a creative and non-threatening way.

PROVIDING SUPPORT TO YOUNG PATIENTS IN EMERGENCY

Due to your constant support, we have been able to continue funding the Emergency Department's Child Life Therapist; Amy Langron. Amy is helping young patients and their families with what is often a very stressful and anxiety provoking experience unexpectedly needing to visit the Emergency Department.

The Child Life Therapy position in Emergency is critically important as ED is often the first hospital experience that a child or young person may face – sometimes at the beginning of what can be a devastating diagnosis and long healthcare journey. An ED admission usually involves multiple examinations, tests, scans and procedures, all of which can be incredibly daunting.

Child Life Therapy helps to make this experience as positive as possible by ensuring that play and toys are an integral part of the ED environment as well as providing training and support to ED staff to ensure that playfulness is integral to the approach staff take with all children who present to ED.

Additionally, Child Life Therapy supports the child and their family with age-appropriate information about the tests they need to undertake and in developing individualised refocusing strategies and coping techniques for these often painful or invasive tests. These combined interventions allow the child to feel empowered by being part of their own care journey as well as providing familiar and comforting experiences with play to desensitize them to the highly clinical ED environment.

Child Life Therapy Manager Janet Burke recently reported that funding from Arc's Phil Campaign for this position has allowed us to support between 145 to 175 babies, children and teenagers each month. That means your support will have been part of helping us provide support to almost

more than 1,000 young patients to have access to specialist therapy sessions involving play, procedure support, medication taking sessions and maintaining a positive hospital experience.

ADDRESSING THE PHYSICAL, EMOTIONAL AND SOCIAL NEEDS OF OUR KIDS THROUGH MUSIC THERAPY

Through Arc's tireless efforts, our Music Therapist Monica can continue to use music to address a patient's physical, emotional, intellectual or social needs. She does this by offering opportunities for creative self-expression, distraction, relaxation and the development of resilience and promotion of self-esteem.

The use of Music Therapy also enhances quality of life during hospital stays and encourages social interaction between other patients, family members and staff. Our talented therapists use music to alleviate stress and anxiety and contribute to the reduction of pain through distraction or relaxation. Feelings of fear and isolation can be reduced by providing support and shared experiences.

In 2018, through your funding, Monica was able help over almost 700 sick and injured kids to provide coping strategies to assist in developing and maintaining resilience.

Most importantly, however, behind these large numbers are the individual children and families who you have directly helped. We'd like to share the story of just one of the children your funds have helped.



HOW ARC HAS HELPED OUR YOUNG PATIENTS

Case Study #1

Laura is a 15 month old who is currently an inpatient and has been in hospital since birth. Laura was born prematurely at 24 weeks gestation which unfortunately lead to multiple medical complications. Laura was transferred to the Sydney Children's Hospital when she was 6 weeks old and music therapy has been a part of her treatment since then.

Music therapist, Monica Lee first met Laura in April 2018 in the Intensive Care Unit.

Goals for music therapy interventions included:

- Facilitating positive parent – child bonding
- Minimising stress and perception of Pain
- Promote neurological development
- Provide appropriate developmental play and stimulation.

During the first few weeks of Laura's admission, the focus was on enhancing and promoting healthy and positive parent child bonding experience whilst reducing the trauma and the stressors of the hospital environment.

Receptive and active musical interventions were utilised to address these goals. Live gentle music on the guitar or keyboard was provided to match Laura's breathing and heart rate. Providing live music allowed Monica to observe and monitor any small changes to Laura's vital signs and allowed opportunity to alter the tone and the pace of the music provided. On several occasions, live musical interventions contributed to reducing the heart rate and promoting sleep. Parents also mentioned that live music helped them to relax.

As sessions progressed, Monica encouraged parents to be more actively involved in the sessions. Monica spent some time with the parents to work through songs that were meaningful for them and for Laura. When Laura became a little stronger, parents were provided opportunities to hold Laura for Kangaroo Care. Parents initially displayed high levels of anxiety holding Laura as she appeared extremely fragile with lots of medical equipment surround her. To reduce anxiety, Monica sang familiar songs selected by parents and parents were encouraged to join in with the singing and humming. Research shows that singing songs selected by parents and culturally relevant songs helped ease the stress and anxiety of parents which then leads to strengthening the attachment and the bond between the parent and child. With continuous support, parents gradually became more confident in singing to Laura.

With the love and support of her family and the clinical staff here at the hospital, Laura is growing stronger each day.

In recent months, Monica has been working in collaboration with the child life therapist and Physiotherapist to support and achieve cognitive and physical developmental milestones. Various

musical interventions were used to stimulate movement and vocalisations and Laura is making slow but steady progress and one major achievement in recent days is her ability to crawl around!



THANK YOU FOR MAKING A DIFFERENCE



On behalf of Sydney Children's Hospital Foundation, Emergency Department Child Life Therapist, Music Therapist, Child Life and Music Therapy Department, patients and families we would like to express our sincere gratitude for all your efforts in raising the funds to make a difference. We could not provide expert care to our patients without the generosity of community groups and organisations such as Arc - your support is making an immeasurable impact to sick and injured children and young people throughout NSW and beyond.

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