51 - ACKNOWLEDGMENT LEVEL OF THERAPEUTIC RECREATION ACTIVITIES BY SANTA CRUZ HOSPITAL PROFESSIONALS

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INTRODUCTION

Hospitalization on childhood is part of many people days, being present on our daily lives in a notorious but not less traumatic way. People when sick, having to submit themselves to hospital treatments, especially children, are presented to a reality different then usual, what many times can bring fear and discomfort.

Hospital Institutions are seen as sad and lonely places, where playing is far from being joinable. Considered as a ally on recovery from many diseases, leisure must be linked to a hospital routine, and one of its good points is social support by inmate people as like as by their family and hospital workers (TRINDADE, 2006). Knowing the importance of ludicity and its direct relation with the development periods of children, its lack is flagrant to hospitalized children, especially when they are submitted to long duration therapy or recovery (PADOVAN and SCHWARTZ, 2009). Recreation on children recovery comes to help improving health, also being seen as a resource for profiting psychology aspects (ABRÃO, 2012).

Being the reported situation as the current on hospital environment, it is crucial to adopt providences aiming change this reality, minimizing or even avoiding hospitalization traumas. Hospital centers must provide ways for children development stay increasing in all its aspects (LIMA, JORGE and MOREIRA, 2006). Therefore, playing emerges as a option for hospitalized children, aiming to change the tiresome hospitalization routine through the possibility of experiencing other reality (MITRES and GOMES, 2004). It is observed the necessity on building a ludic and fun environment, that allows children to be in contact and explore different kinds of toys, books and pedagogic games (LIMA, JORGE and MOREIRA, 2006).

Moreover, to create a friendly environment for health improvement, childcare must become from satisfied workers with their work places, to have a service that brings positive results during hospitalization (LIMA, JORGE and MOREIRA, 2006). Physical education professionals are cited by Padovan and Schwartz (2009) as important on the practice of recreation on the hospital environment, as like as spreading significance of ludic contents and recreation on different graduation courses, apart of the place that will be spread.

Universidade de Santa Cruz do Sul (UNISC) have a project on Santa Cruz Hospital (HSC) that completes thirteen years at December 22, 2013, with a room of recreation equipped by the Project “Educative and Assistance Actions on Mother-Child Area – Pediatrics Project” from Nursing Course, with resources from Extension Projects for Social Development Support Program (PAPEDS, the initials in Portuguese) and contribution from MERCUR Enterprise. The current name is Child and Teenager Care Project (ACA, in Portuguese) and take part of this project the courses of Physical Education, Nursing, Nutrition, Dentistry and Medicine, still having MERCUR as partnership. Recreation activities are developed by physical education scholarship students, on the mentioned room, placed at Pediatrics.

The number of users of the recreation room in 2012 was 1.018, among them: children and teenagers inmates, their brothers and visitors. The final amount comes from the sum of the services from the project and the loan of beds. The benefited people are mostly inmates from Public Health System (SUS) and their sponsors.

This review aims to verify the level of acknowledgment, by HSC workers, about the recreation activities developed at Pediatric Unit, as like as to describe this activities.

METHODOLOGY

To identify the level of information of HSC professionals from different areas, 100 questionnaires were distributed over all hospital departments. They contained descriptive open and closed questions, and a Term of Agreement. The questionnaires were identified in a anonymous way, only by numbers, allowing the professionals to express their opinions in a free, unconstrained and spontaneous way. The following inclusion requirements were considered: provide any service in HSC as a employee or outsourced service provider with voluntary participation. Thereafter, the exclusion condition was to not be a service provider for HSC. Three days elapsed, the answered questionnaires were collected, after this was made the descriptive analysis and then, the data computing.

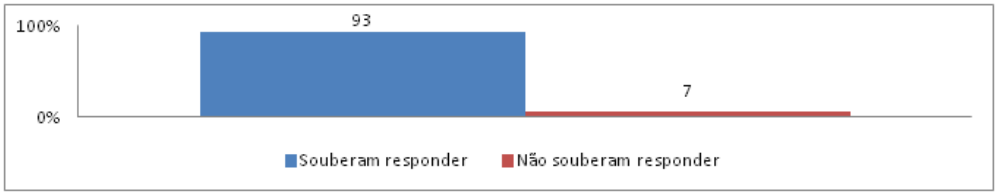
The descriptive study, with predominantly quantitative analysis, had the answer of 43 HSC professionals: nurses, nursing technicians, nutritionists, pharmaceuticals, staff nurses, cupbearers, receptionists, physiotherapists, stretcher bearers, cleaners and labor safety technicians. 81,4% were women and 18,6% were men, belonging to 20-60 age group.

RESULTS

Although the distribution of a hundred questionnaires over the hospital departments hospital, only 43 professionals answered the survey. When asked about the reason for non-responding the research, the main cause was “labor demand”. Analyzing the replies for the survey, we observed the follow results:

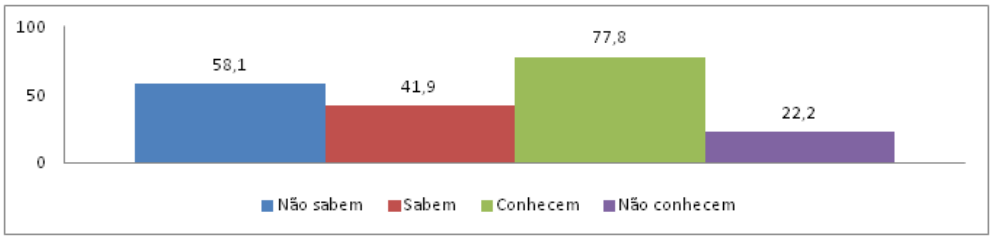
As regards at the knowledge about what therapeutic recreation is (graph 1), 93% of the subjects said that know that therapeutic recreation is an environment where the inmate child takes part of playing activities and talks, what changes the hospital routine and help to keep or improve well-being, acting in a positive way for recovering health. Other 7% of the subjects said to know nothing about what means therapeutic recreation.

Graph 1 – Understanding about therapeutic recreation.



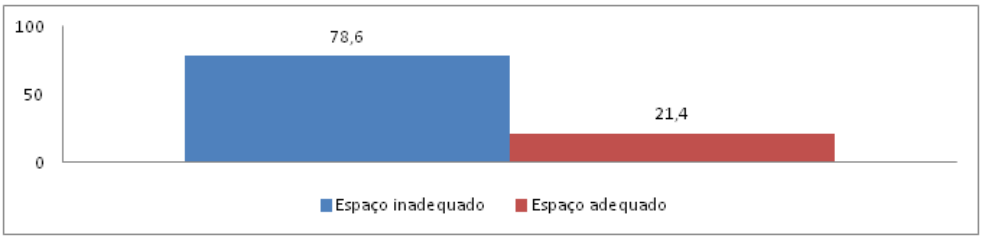
When questioned about if they were informed about the existence of a space for recreation inside HSC (graph 2), 58.1% of people claim to not know about the existence of the recreation room, while 41.9% answered that knew it. Among those who knew about the existence of the space, 14 (77.8%) said that already had the opportunity to being there and 4 (22.2%) said that were not there. Those who have met the recreation room were there because they had been working at Pediatrics, by visitation or walking through that section of the hospital.

Graph 2 – Information about the existence of the recreation room.



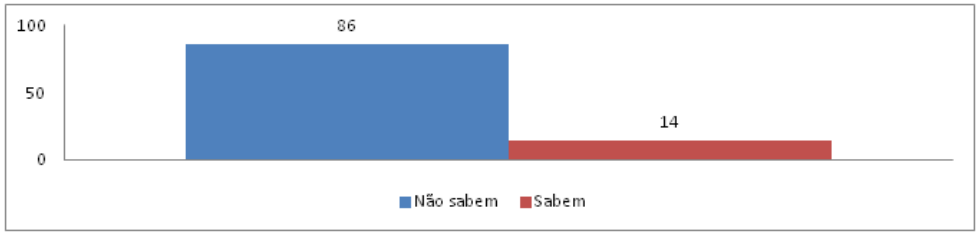
About the dimensions of the space for recreation activities (Graph 3), 78.6% of people that have met the room answered that considered the space not appropriate for recreation, because it is too small, suggesting the enlargement of the room and even the realization of the activities on the external terrace, while 21.4% considered the physical space appropriate.

Graph 3 – Space adaptation.



When asked about what kind of professional works on therapeutic recreation (Graph 4), 86% of the participants didn't know the professional and 14% showed to know, four of these indicating positive for nursing workers and two of them pointing to physical educators.

Graph 4 – Professional acting on therapeutic recreation



If the subject of the survey wanted to cooperate, a space was reserved for comments and suggestions. Some people commented about the matter of recreation on recovering process and put themselves at hand for help. They also cited the significance of qualified people for development of the project activities and congratulated the initiative, as well as emphasized the work done by the Physical Education professional inside the hospital environment, because this professional aggregates educational values that no profession of the health field can give. The recorded suggestion was give more publicity to the project activities.

At the moment that the questionnaires were collected, some doubts from the employees were clarified, as well as the project, its activities and the active professional on therapeutic recreation were discussed. It was noticed the interest, by several professionals, in knowing more about the project and helping on the improvement of the physical space.

About the activities realized with hospitalized children, they serves as a impulse to continuing child development: first for motive improvement, by activities that stimulate fine motor skills (drawing and painting with crayons, colored pencils, felt pens and tempera paint, as well as dovetail setting); second for cognitive improvement, by activities involving puzzles, chess, checkers, domino, mnemonic, math and alphabetic games; and at the end, the affective development, when sharing toys, playing in groups, establishing new links, strengthening family bonds as inviting family to join the proposed tasks. Other toys like dolls, plastic cars, a run way with a car wash, teddy bears, puppets, as well as reading books, are also used. Games and toys are lent to in-bed children that cannot go to the recreation room, so they can take part of its activities.

Daily, after the end of the recreation, room's environment and toys are organized and sanitized with 70% alcohol,

aiming to help controlling the spread of bacteria and pathologies. Toys, baskets and chairs are put on the tables so the sponsors from the hospital can clean the room.

FINAL CONSIDERATIONS

From the research, we observed lack of commitment by the HSC workers with the survey, because not less then half of the HSC employees that offer to cooperate actually answered the questionnaire. However, the questionnaires which had been completed had a great value.

Many people from HSC still don't know about the existence of a therapeutic recreation room, and most of then don't know that the physical educator is the professional that acts on that space. Considering this, there is a need on create an informative material to spread the use of this room and its activities across the professionals in every section of the hospital unit. What remains is the suggestion for the upcoming staff that will work in the project: to intensify this propagation.

The developed work is considered relevant while approaching the hospital in a routine of a childhood fun and serving as a stimulus to the process of child development, especially in cases of long term or consecutive hospitalizations.

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ACKNOWLEDGMENT LEVEL OF THERAPEUTIC RECREATION ACTIVITIES BY SANTA CRUZ HOSPITAL PROFESSIONALS

ABSTRACT

This review aims to measure the level of acknowledgment of therapeutic recreation by different professionals working for Santa Cruz Hospital (HSC), as well as report the recreation activities developed at the room placed at HSC's Pediatrics Unit, that is part of the Child and Teenager Care Project (ACA). Among developed activities are drawing and painting, dovetail games, puzzles, mnemonic games, domino, chess, checkers, playing with dolls, cars and puppets, as well as reading books. The toys, games and books are also lent for in-bed children that cannot go to the recreation room. Aiming identify the level of acknowledgment by other professionals that work at the same hospital, 100 descriptive questionnaires were distributed over all sections of HSC. After three days, data were collected and tabulated. From the answers, we realized that 58.1% of the employees didn't know about the existence of the space. 93% knew about the function of therapeutic recreation in the hospital, but didn't know what kind of professional that develops the activities or even notice the existence of the room in the hospital. The employees the met the room considered it as not appropriate for doing the activities. Therefore, there is necessity on intensify the publicity of the work done, because this is considered important and relevant, while helping to improve more happiness and comfort to hospital environment, minimizing the effects of hospitalization on children and their families.

KEYWORDS: recreation; hospital, children

NIVEAU DE CONNAISSANCE DES PROFESSIONNELS LIÉS À L'HÔPITAL SANTA CRUZ, EM RAPPORT À LES ACTIVITÉS DE RÉCRÉATION THÉRAPEUTIQUE

RESUMÈ

Cette étude tien, comme but, identifier et mesurer le niveau de connaissance des plusieurs professionnels liés à l'Hôpital Santa Cruz - en rapport à la Récreation Thérapeutique - et, également, rapporter des activités récréatives qui se développent dans la Chambre à Récréation de l'Únité Pédiatrique de l'Hôpital Santa Cruz, et qui fait part du Project d'Attention à l'Enfant e à l'Adolescent. Parmi les activités developpées, il y a:des dessins et des peintures, jeux d'emboîtement,“casse-la-tête”, jeux de mémoires, domino, échecs, jeu de dames, parmi d'autres jouets comme des poupées, des petites voitures, des fantoches, bien comme des livres pour lectures. On prête les livres pour les enfants qui sont au lit, impossibilités d'aller jusqu'à la Chambre de Récréation.Avec le but d'identifier le niveau de connaissance d'autres professionnels qui travaillent dans cet Hôpital, on a distribué 100 questionnaires - du type descriptif - dans chaque secteur de la Unité Hospitalaire. En passant le période de trois jours, on a recuilli les questionnaires pour faire l'analyse et la tabulation des réponses. Avec ces résultats, nous pouvons percevoir que 58,1% des fonctionnaires ont allegués ne pas savoir de l'existence de cet espace. Cependant, 93% ont répondu savoir quelle était la fonction de la Récréation Thérapeutique dans l'ambient hospitalier, mais ils ne savaient pas, au juste, lequel professionel développe des activités et ils ne savaient pas sur l'espace reservé pour les activités récréatives dans cet Hôpital. Les fonctionnaires qui connaissent l'espace reservé pour les activités récréatives, ils pensent que cet espace physique n'est-ce pas le plus convenable pour la réalisation de cettes activités. Donc, il existe la nécessité d'intensifier la divulgation du travail realisé, parce qu'on considere ce projet grand et important, puisqu'il auxilie a devenir l'ambient hospitalier plus heureux et confortable pour les enfants et leurs familles, tout en minimisant les effets de l'hospitalisation.

MOTS-CLÉS: récréation, hôpital, enfant.

NIVEL DE CONOCIMIENTO DE LOS PROFESIONALES CONECTADOS AL HOSPITAL SANTA CRUZ, RELACIÓN A LAS ACTIVIDADES DE RECREACIÓN TERAPÉUTICA

RESUMEN

Este estudio tiene como objetivo identificar el nivel de conocimiento de los diferentes profesionales conectados al HSC relación a la Recreación Terapéutica, como también relatar las actividades recreativas desarrolladas en el salón de recreación en la Unidad Pediátrica del Hospital Santa Cruz, que participa del Proyecto de Atenção à Criança e ao Adolescente (Atención al Niño y al Adolescente). Entre las actividades desarrolladas están dibujos y pinturas, juegos de encaje, rompecabezas, juego de memoria, dominó, ajedrez y dama, además de juguetes como muñecas, autos de juguete, títeres, así como libros para lectura. También son realizados préstamos de los mismos para los niños encamados sin posibilidad de dirigirse al salón de recreación. Pretendiendo identificar el nivel de conocimiento de los otros profesionales que trabajan en el mismo hospital, fueron distribuidos 100 cuestionarios del tipo descriptivo en cada ala de la unidad hospitalaria y, pasado el plazo de tres días, fueron recogidos para análisis y tabulación de los datos. Por medio de las respuestas pudimos percibir que 58,1% de los funcionarios alegaron no saber de la existencia de este espacio. Siendo que 93% supieron responder cuál la función de la recreación terapéutica en el ambiente hospitalario, pero no saben al cierto cuál el profesional que desarrolla las actividades y tampoco la existencia de este espacio en ese hospital. Los funcionarios que conocen el espacio reservado para las actividades recreativas, consideran que el espacio físico no es el más adecuado para la realización de las actividades. Por lo tanto, hay la necesidad de intensificar la divulgación del trabajo realizado, pues se considera que sea importante y relevante, visto que auxilia a transformar el ambiente hospitalario en un lugar más alegre y reconfortante para los niños y sus familiares, minimizando los efectos de la hospitalización.

PALABRAS CLAVE: recreación, hospital, niños.

RECREAÇÃO TERAPÊUTICA: NÍVEL DE CONHECIMENTO DOS PROFISSIONAIS E ATIVIDADES RECREATIVAS DESENVOLVIDAS NO HOSPITAL SANTA CRUZ

RESUMO

Este estudo tem como objetivo identificar o nível de conhecimento dos diferentes profissionais ligados ao HSC em relação à Recreação Terapêutica, como também relatar as atividades recreativas desenvolvidas na sala de recreação na Unidade Pediátrica do Hospital Santa Cruz, que faz parte do Projeto de Atenção à Criança e ao Adolescente. Entre as atividades desenvolvidas estão desenhos e pinturas, jogos de encaixe, quebra-cabeças, memória, dominó, xadrez e dama, demais brinquedos como bonecas, carrinhos, fantoches, assim como livros para leitura. Também são realizados empréstimo dos mesmos para as crianças acamadas sem possibilidade de se dirigirem à sala de recreação. Visando identificar o nível de conhecimento dos outros profissionais que trabalham no mesmo hospital, foram distribuídos 100 questionários do tipo descritivo em cada ala da unidade hospitalar e, passado o prazo de três dias, foram recolhidos para análise e tabulação dos dados. A partir das respostas podemos perceber que 58,1% dos funcionários alegaram não saber da existência deste espaço. Sendo que 93% souberam responder qual a função da recreação terapêutica no ambiente hospitalar, mas não sabem ao certo qual o profissional que desenvolve as atividades e nem da existência deste espaço nesse hospital. Os funcionários que conhecem o espaço reservado para as atividades recreativas, consideram que o espaço físico não é o mais adequado para a realização das atividades. Portanto, há a necessidade de intensificar a divulgação do trabalho realizado, pois se considera esse importante e relevante, visto que auxilia a tornar o ambiente hospitalar mais alegre e aconchegante para as crianças e seus familiares, minimizando os efeitos da hospitalização.

PALAVRAS CHAVE: recreação, hospital, criança.