

# SAFE AND SOUND

## Pain Management

PRESCRIBING

### Child Life Specialist

Child Life Specialists work to help children understand their illness, as well as their experiences at the medical center and speciality clinics. They use play to provide distraction during medical procedures, help kids understand their diagnoses and treatments, and help them explore their feelings.

#### Child Life services include, but are not limited to:

- Activities and toys for families to engage in while they are in their hospital room
- Developmentally appropriate teaching about diagnosis, treatments and life changes
- Opportunities to desensitize and explore real medical equipment through play (medical play)
- Preparation for medical exams, procedures and surgeries
- Assistance with coping strategies, distraction and/or support during stressful events
- Support to siblings and other family members visiting a patient
- Celebration of birthdays, milestones, holidays and essential life experiences
- A visit to a child's school after life-altering injury or chronic illness to help classmates understand and make it easier for the patient when returning to classes
- Developmental assessments and referrals to community resources
- End-of-life support to patient and family as well as bereavement support for family members
- Child Life Zone is a treatment-free fun zone where kids, teens and family members can go for games, art, music, reading and relaxing
- CARPE (Creative Artist in Residence Programme) connects patients to the art of healing through creative expression
- Provide information about hospital amenities

#### Contraindication:

If the request is outside of child life scope of practice, the physician will be notified and the referral will be forwarded appropriately or a recommendation will be made for whom the referral should be sent.

**How to request Child Life:**

**CCMC** – Place an “IP consult to Child Life” in EPIC. For painful or high anxiety procedures be proactive. Child Life can be consulted days before to prepare the patient and family in advance.

**Speciality clinics** – Each clinic has a child life specialist available to them. Please contact your practice manager for instructions for consulting your department’s child life specialist.

**Cost:**

- There is no charge for child life services.
- All patients and families are eligible to receive child life services.