A PILOT STUDY ON EFFECTIVENESS OF TOY ROOM IN A TERTIARY CARE CENTRE

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ABSTRACT

BACKGROUND: Play is the main business of children’s lives. It is the key to development in many areas. Hospitalization can be very frightening and very stressful for children. The fantasy world of a child is very active & much of the anxiety they experience comes from the working of their imaginative mind. Therefore, this pilot study was carried out to evaluate effectiveness of toy room in our hospital.

MATERIAL AND METHODS: A toy room was established in department of Pediatrics in newly developing medical college. This was done with support of NGO Vyom who actively works for kids. After 6 month of starting toy room we decided to study effectiveness of toy room in our hospital by preparing a questionnaire paper and taking interview of beneficiaries parents of toy room. Two days interview were taken & results were analysed.

RESULT AND DISCUSSION: Out of 38 patients, 20 patients (52.63%) were aware of the Toy Room and were willing to use Toy Room. 18 patients (47.37%) were not aware of the Toy Room. Out of 20 patients who use Toy Room, all 20 patients which are (100%) like to be in Toy Room and were of the view that every hospital must have such facility. Among the 20 patients interviewed, 11 patients (55%) parents are Labors, 3 patients (15%) parents are Hawkers, 3 parents (15%) are drivers, and 3 parents (15%) works as farmer. 16 parents (80%) were of the view that there are adequate toys in the Toy Room and a different variety of Toys. While parents of 4 (20%) patients were of the view that the numbers of Toys need to be more. 10 parents were interested in answering this question, among them 9 (90%) parents were of the view that they are comfortable with the place and type of toys provided in Toy Room. A total of 10 parents responded to this question, among them 8 (80%) parents were of the view that Toy Room is a must in every hospital.

CONCLUSION: All parents were happy & look forward to toy room. 80% of the Parents liked the Concept of Toy Room as this provides a new environment all together and helps in healing the patients quickly. 55% parents among all were labours hence it is a need base project and appreciated the initiative of Toy room. 80% parents were of the view that the toy are of variety & will suffice the purpose. 50% of the parents take their kids and spend more than an hour daily at the Toy room, which shows that objective has been met. 90% parents were comfortable and looking forward to take their kids to the Toy room.

Keywords: Toy room, Parents, Children

INTRODUCTION

Play is the main business of children’s lives. It is the key to development in many areas. Play is one of the ways in which a child develops capacities to deal with stresses and strains of life as they press upon them.

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It acts as a safety valve, allowing them to relieve and overcome the feelings of fear and anxiety. Hospitalization can be very frightening for children. Time in hospital is very stressful for children. The fantasy world of a child is very active and much of the anxiety they experience comes from the working of their imaginative mind. It is therefore vitally important that their emotional and psychological needs are cared. So the play therapy has a role in faster recovery. Understanding of children’s feelings and an insight into their view of the world can help the child to cope with their illness, their fear of hospital and can also reassure their parents about their normal reactions to these circumstances. Medical staff can use medium of play by using various toys and build up
relationships with young patients and prepare them for medical or surgical procedures. Therefore, this pilot study was carried out to evaluate effectiveness of toy room in our hospital.

MATERIALS AND METHODS
A toyroom was established in Department of Pediatrics in this newly developing medical college. This was done with support of NGO Vyom who actively work for kids. We started our toyroom on the auspicious day of 15th August, 2012. It was decided that all the patients admitted will be taken to toy room daily between 3 to 5 p.m. One play therapist was appointed to guide and supervise the child patient. The Toy room was situated within the Pediatric ward complex to facilitate easy access to all the admitted patients. After 6 months, we decided to study the effectiveness of the toy room in our hospital by preparing a questionnaire and taking interviews of beneficiary parents of toy room. Interviews were conducted over two days and results were analysed. The questionnaire used was indigenously prepared and points included were related to the type of child’s illness and his / her duration of stay, how much time the child spent in the toy room, what type of toys the child preferred, whether the child would suggest any other type of toys, whether he / she got a chance to play at home and the parents’ overall impression of the facility and the facilitator. (Questionnaire added as an appendix 1)

RESULTS AND DISCUSSION
Out of 38 patients interviewed, 20 patients (52.63%) were aware of the Toy Room and were willing to use Toy Room. 18 patients (47.37%) were not aware of the Toy Room. They were too weak or too sick, had contagious diseases or were either sleeping hence could not use the toy room. Out of 20 patients who use Toy Room, all 20 patients (100%) liked to be in the Toy Room and were of the view that every hospital must have such facility as this provides a different environment and helps healing fast. Among the 20 patients interviewed, 11 patients (55%) parents were Laborers, 3 patients (15%) parents were Hawkers, 3 parents (15%) were drivers, and 3 parents (15%) worked as farmers.

Graph 1: Father’s Occupation

Most patients’ parents were financially not stable and belong to blue collar profession with low monthly income. Among the interviewed parents who were using Toy Room for their kids, 16 parents (80%) were of the view that there were adequate toys in the Toy Room and were happy with the different varieties of Toys. While parents of 4 (20%) patients were of the view that the numbers of Toys needed to be more.

Figure 1: Toy Room

Figure 2: Playing children in toy room
**APPENDIX**

Name of patient:  
Age of patient:  
Diagnosis:  
Duration of hospital stay:  
Monthly Income:  
Family details:

<table>
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<tr>
<th>Sr.no</th>
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Questionnaire

1. Do you use the toyroom?  
   Yes( ) No( )
2. Do you like to be in the toyroom?  
   Yes( ) No( )
3. Would you like to have more toys in the toyroom?  
   Yes( ) No( )
4. What kind of toys you like to play in toyroom?  
   Yes( ) No( )
5. Do you have friends in the toyroom?  
   Yes( ) No( )
6. How many hours do you spend in the toyroom?  
   1/2hr( ), 1hr( ), 2hr()
7. Are you comfortable using the toyroom?  
   Yes( ) No( )
8. Dose the toyroom bring change in your childs behavior?  
   Yes( ) No( )
9. Dose the playtherapist help you in choice of toy?  
   Yes( ) No( )
10. Do you accompany yourchild in playing in toyroom?  
    Yes( ) No( )
11. Do you get time at home to play with your child?  
    Yes( ) No( )
12. How has the toyroom helped your child?  
    

**Graph 2: Numbers of Toys needed**

A total of 10 parents were interested in answering this question, among them 9 (90%) parents were of the view that they were comfortable with the place and type of toys provided in Toy Room. 1 (10%) of the parents was of the view that the toy room should have a window in the room where kids could feel a different environment. A total of 10 parents responded to this question, among them 8 (80%) parents were of the view that Toy Room is a must in every hospital, as this helps the patients to divert their mind and changes the environment.

**Graph 3: Usage comfort**

This is for the first time they saw such a room. 2 (20%) parents of patient were of the view that they cannot link how it is useful but their children love to play there.
CONCLUSION
All parents were happy and look forward to toy room. 80% of the Parents liked the Concept of Toy Room as this provides a new environment all together and helps in healing the patients quickly. 55 % parents among all were labors hence it is a need based project and appreciated the initiative of Toy Room. 80% parents were of the view that the toys are of different varieties and will suffice the purpose and did not ask for new and different types of toys. 50% of the parents take their kids and spend more than an hour daily at the Toy Room, which shows that the objective has been met. 90% parents were comfortable and looking forward to take their kids to the Toy Room. The Nurses spoke about this view. Toy room facility is essential for indoor and outdoor patients in every hospital. With this pilot study we also started another toy room in OPD area whose effectiveness we will be soon analyzing.

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