

PLANS FOR THERAPEUTIC ACTIVITIES

See chapter 4 on Play in the Child Life Theory book for more information on play categories and theories

Name of Activity: **Medicine Helper**

Activity Specifics	
Target Age Group	School Age
Individual or Group Play	Individual
Location	Clinic room (SPU)
Technology	None
Play Materials/Supplies Required	Stuffed animal, IV prep kit (turnikit, cleaning sponge, J-tip, IV, dressing)

- List 2 -3 goals of the intervention:
 1. **Correct any misconceptions about IV**
 2. **Allow the patient to verbalize any emotions towards getting an IV**
 3. **Reduce any anxiety or fear about the IV procedure**
- List 2 -3 therapeutic benefits of the intervention:
 1. **Supports emotional expression**
 2. **Encourages coping by practicing with the stuffed animal**
 3. **Promotes normalization**
- Description of/Process of activity:
 - **This activity will focus on medical play by letting the patient, who is developing a fear of IVs, explore real medical tools and practice PIV procedures on a teddy bear in a safe, child-led way. This activity will help this CLI correct any misconceptions about the PIV procedure and allow the patient to express emotions, so we can prepare her and reduce her fear of her own PIV procedure.**
- Discuss if Diversity, Equity and Inclusion (DEI) was incorporated in this activity and if not, list opportunities when you could incorporate DEI in a future therapeutic activity.
 - **DEI was incorporated by offering inclusive stuffed animals for the patient to choose from. In the future, I could provide different skin tone dolls, giving a more diverse selection.**