

Pediatric Patients in Isolation

Promoting Emotional Health and Well-Being

What Children may think/feel*	What Parents may think/feel*	What health care staff can do to help	Examples
Scared of PPE	Confused on how to explain isolation/contact precautions to their child and others	Provide ongoing developmentally appropriate information, including what isolation means and why it is important	<ul style="list-style-type: none"> • “When people come into your room, they will be wearing hospital gowns, gloves, and maybe even masks over their mouths that protect them from germs” • “ Doctors and nurses wear these a lot when they take care of kids in the hospital. They help us keep germs from going from one person to the other.”
Lonely	Guilty, worried, and under increased pressure to spend all of their time at patient’s bedside.	Promote virtual experiences to get out of their room	<ul style="list-style-type: none"> • Teleconferencing with family and friends (i.e. FaceTime, Zoom) • Using meditation/imagery apps • Utilizing telepresence robots
		Spend time interacting with patient at bedside as much as possible	<ul style="list-style-type: none"> • See below examples of activities!
Bored	Concerned about child’s development and learning	Provide developmentally appropriate play/activities – and do them with the child whenever possible.	<ul style="list-style-type: none"> • Play a card game or board game • Talk, tell jokes, tell stories • Do an art activity • Play with toys • Listen to music together
Fault/Guilt	Unaware that many children feel that they are at fault for the hospitalization/isolation.	<p>Tell patients that they did not do anything wrong and that many other children need the same kind of care.</p> <p>Let children know that it is okay to have a lot of different feelings about being in the hospital/being in isolation. Explore those feelings with them.</p>	<ul style="list-style-type: none"> • “You are not in the hospital/isolation because you did something wrong.” • “Some kids have told me that they feel ___about being in isolation. Do you feel that way? How do you feel?” • Do an art activity or writing activity to help patients express their feelings.

*Based on research