



Investigating the effects of clown therapy on the process of treatment and recovery and improving the morale of children hospitalized in the pediatric department of Shahid Madani Hospital Khorramabad.

Reza Moradi Azadbakht¹
Nursing student Lorestan University of Medical
Sciences, Khorramabad, Iran

Faezeh Khanjarian
Master of Nursing Pediatric Department, Lorestan
University of Medical Sciences, Khorramabad, Iran

Fatemeh Valizadeh
PhD - Pediatric Department, Lorestan University of Medical Sciences, Khorramabad, Iran

Abstract

Due to the weakness of their body systems, children are more susceptible to diseases than adults, and their care requires more attention and follow-up. Of course, in addition to the difficulty of taking care of children today, with various modern treatment methods, this difficulty can be alleviated to some extent. reduced work But the thing to think about is that in our country, there are no programs and methods (such as making the hospital environment attractive, etc.) to promote the growth and development of children and also for the recovery of hospitalized children due to the effect on their mental, emotional and even physical characteristics. does not have. In advanced countries, to get the hospital environment out of that stressful state, various methods are used, such as: clown therapy, animal therapy, music therapy, play therapy, etc., and since, based on various studies, clown therapy is possible to strengthen sense of self-confidence, help their growth and development, and on the other hand, help improve the health of children, especially sick children hospitalized, and because this method has not been comprehensively and widely implemented in our country, therefore by presenting and implementing this The idea was to treat children with clown therapy in the children's inpatient departments with the aim of stabilizing and strengthening the spirit of social health . As nurses, we can act effectively by performing a fun and entertaining show under the name of clown therapy to help patients better tolerate the disease and even accelerate recovery and give them morale.

Key word

Clown therapy - complementary medicine - stress - hospitalized children - morale



Method

clown therapy program was implemented in the children's departments of Shahid Madani Hospital on 1400/10/09 by nursing students . In order to perform clown therapy, we chose the general pediatric department of Shahid Madani Hospital, and then we made up a person with sense of humor and the ability to communicate effectively with Kokan as a clown during a one-hour process, and with the cooperation of other group members, we played fun music and jokes. As a child, we tried so that children and their parents can better accept the hospital and hospitalization problems.

Results

After performing clown therapy by our team, it was observed that clown therapy facilitates special nursing methods in the individual and collective dimension of hospitalized children and can bring them health improvement. This action can reduce the fear of hospitalized children from encountering a white coat and cause better communication between the doctor and the treatment staff. It seems that nurse clowns can help improve mental health in hospitalized children and adolescents with acute and chronic disorders, compared to people who only receive standard care .