# Pediatric Patients in Isolation

## Promoting Emotional Health and Well-Being

<table>
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<tr>
<th>What Children may think/feel*</th>
<th>What Parents may think/feel*</th>
<th>What health care staff can do to help</th>
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| 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 | • “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 | • 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 | • 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. | • 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. | Tell patients that they did not do anything wrong and that many other children need the same kind of care. 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. | • “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*