



The Advantage of Art Activities in Assisting Hemophilia Children to Cope with Intravenous Factor Concentrate Injection P-T-216

Pakawan Wongwerawattanakoon, B.Sc.¹, Ampaiwan Chuansumrit, M.D.², Nongnuch Sirachainan, M.D.², Ekawat Suwantaraj, M.E.³

Department of ¹Nursing, ²Pediatrics, Faculty of Medicine Ramathibodi Hospital, Mahidol University, ³Thai Hemophilia Patient's Club, Bangkok, Thailand

Multidisciplinary topics: Self-Infusion and Home Treatment

INTRODUCTION

Patients with hemophilia require life long replacement therapy of either blood component or factor concentrates. For the newly diagnosed patients especially young children, this situation is stressful for the patients themselves and their parents to cope. However, the venepuncture is an essential process to achieve the proper prophylaxis or early treatment of bleeding episode at home.

MATERIALS AND METHODS

An easy-to-understand picture of intravenous injection process was prepared and introduced to young hemophilia children and their parents. The pictures of children receiving intravenous factor concentrate were also provided. Hemoaction card, an education card game from WFH, is the useful tool for the new patient to learn about hemophilia. Additionally, coloring books associate with the disease and the injection were provided according to their ages.

OBJECTIVE

To demonstrate the usefulness of art activities in lessening the stressful situation for intravenous factor concentrate injection.

RESULTS

Children with hemophilia and their parents obtained the knowledge of hemophilia and the infusion process from the prepared material. They also painted the picture and drew the pictures either by themselves or with the assistance of their parents. The color and the stroke of some pictures were aggressive and strong. Ultimately, all of them could understand the clinical manifestations and proper management. They realized the importance of factor concentrate infusion and were able to cope and accomplish the venepuncture process successfully. The painting and drawing reflected the non-verbal emotional psychosocial aspects and created for relaxation.



CONCLUSIONS

Art activities are non-verbal helpful tools to assist young hemophilia children to achieve the stressful venepuncture process successfully. It can help the patients express their hidden emotions, reduce anxiety, depression, and pain; and finally improve their quality of life.

