



Tumaini La Maisha Bed Programme

Muhimbili Hospital

Paediatric Oncology

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Muhimbili Paediatric Oncology Wards Bed Programme

1. INTRODUCTION

The aim of the bed programme is to provide daily activities to the children admitted to paediatric oncology wards that are unable to attend the school programme in the classroom due to being too weak, in isolation or attached to a drip. The activities provided will either be educational or playful or a combination of the two. A range of toys, books and activity sheets for all ages from 3 months to 18 years has been selected for ease of sterilizing in between patients. This is paramount to prevent cross infection of patients.

Two TLM staff members each afternoon-2pm-5pm - will visit the wards and offer activities to which every child is able and willing to participate. Activities are done individually on a one to one basis or left with the patient and their carer to play together. Extra volunteers will also aid in running activities when we have them.

The TLM staff member's role is to assess the number of children willing and able to participate when they arrive at the ward and their abilities on that particular day. Rotating wards each day so quality time can be spent engaging with each child. 15 mins one on one time with a TLM staff member is allocated based on each staff member seeing 15 children each per day (30 in total).

There are 3 boxes of toys and activities allocated especially for the children in bed. Plastic boxes with lids are to be used to take the toys to the ward as they can easily be disinfected. The activities should be rotated between the boxes each week to make sure children get varied activities. 2 plastic stools are available to take to sit on rather than the bed. These should also be sprayed and wiped after the session.

Hand sanitizer must be used before and in between contact with each patient. All toys must be wiped with sanitizing gel and wet wipe or cloth in between each child. The boxes and all the toys must be wiped and cleaned thoroughly after each day.

2. Activities

2.1 Items needed:

Bed program boxes containing, many colourful selected toys and games; photo copies of academic work for all age ranges, pens, pencils, colouring in books / sheets and plastic stool.

TLM staff member aim is to sit and give one child at a time focused attention for 15 minutes before moving on to the next one. You can distribute other toys for them to play with until you get there but make sure you give individual 15 mins of attention to every child at some point.

- Look in the bed box and bed bag. Choose toys from bag to update the box weekly.
- Take bed box to the ward for that day making sure you rotate fairly each day.
- Go to each bed in the ward with the box: Ask the children what they want, show them a few age appropriate choices.

2.1.1 Music

For all age groups music can be played on the CD player as long as everyone is in agreement in that ward.

2.1.2 Bubbles

Bubbles blow bubbles around the room near where the child can see but not directly on the child.

2.1.3 Work sheets and colouring sheets

Give out work sheets appropriate to the age of the child and sit and explain it to them helping the child to do what they can themselves.

2.1.4 Games

Sit on the stool by the bed and teach them to play snap, checkers, puzzles...engage and focus on the child teaching and explaining if they don't know the game.

2.1.5 Stories and books

Read stories and let the child look at the pictures holding the book up so they can see it. Encourage questions and interaction if the child is able.

3. Age guide for activities

3.1 For babies and infants:

- Bells and other musical instruments
- Wooden cars
- sensory toys
- Bubbles to be blown for them to pop

3.2 For younger children roughly 3-8 years old:

- Chunky wooden puzzles
- Picture books, sticker books, story books
- Colouring books
- Academic photo copy sheets for them to keep with basic writing skills and simple maths
- Cookie jar with shapes
- Picture books made of thick card
- Bubbles and blower (to be sterilized thoroughly in between each patient)
- Cars

3.3 For older children roughly aged 9-16 years old:

- Books in Swahili for them to read themselves or for their carer to read to them
- Crossword puzzles, mazes, dot to dots, colouring books
- Academic photo copies of text books for them to complete and then have marked by a teacher (keep in a plastic folder by their bed). These can also be given as homework to be marked the following day. Maths, Swahili and English sheets are available.
- Toy laptops
- Playing cards
- Connect 4
- Jigsaw puzzles
- Checkers
- Tic tac toe

4. Daily check list for bed program staff

- Have seen approximately 15 individual children this afternoon for 15 mins each
- Wipe all hard toys with sanitising gel and disposable tissues.

5. Weekly Check list for bed program staff

- Check boxes have supplies needed:
 - Paper
 - Photo copied work sheets for all ages
 - Pens and pencils that work
- Change the toys in the boxes
- Clean the 2 plastic stools with disinfectant and cloths
- Clean spray and wipe the outside of the boxes