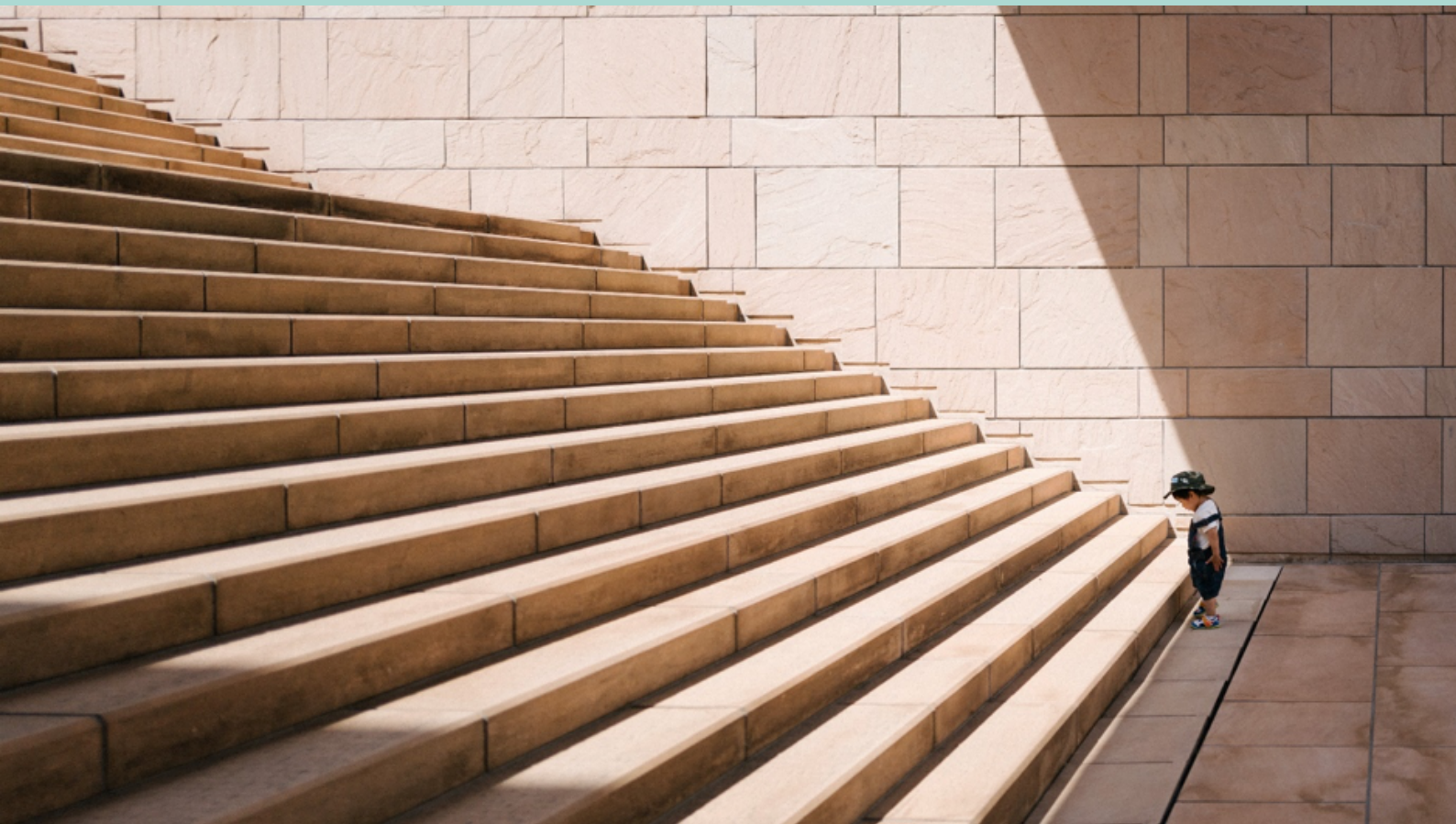


ACTLA CONFERENCE PROGRAM

"RISING TO THE CHALLENGE"

14th- 15th October 2021



THURSDAY 14TH OCT

9:15am - 11:15am

Keynote Presentation

Jenaya Gordon

MANAGER, CHILD LIFE DEPARTMENT
CHILDREN'S HOSPITAL COLORADO

Jenaya Gordon has supported children and families for over twenty years in a variety of settings. She has been a child life specialist at Children's Hospital Colorado for thirteen years and is currently the manager of their Child Life Department. Jenaya is a former Board member with the Association of Child Life Professionals and continues to support ACLP through committee work. Her presentations and trainings address such topics as emotionally safe pediatric care, trauma-informed care, and responding to children in crisis. She was a contributing author for the Handbook of Medical Play Therapy and Child Life and authored the paper Emotional Safety in Pediatrics.



THURSDAY 14TH OCT

11:30am - 12:30pm

Breakout Session 1

IMPROVING THE HOSPITAL EXPERIENCE FOR CHILDREN: POSITIVE PROCEDURAL SUPPORT DURING PHLEBOTOMIST MORNING BLOOD ROUNDS AT MONASH CHILDREN'S HOSPITAL

Tammy Young and Dinah Humphries

CHILD LIFE THERAPISTS

Many children experience distress and anxiety during pathology procedures. "It's the most talked about pain [that] kids experience, even more so than post-op surgical pain" (Aquino, 2017). Since 2019, the Monash Children's Hospital Child Life Therapy team has worked alongside the pathology team to deliver improved patient experience during morning pathology rounds. After a trial period including a Quality Improvement project which gathered feedback from patients, staff and families, a Child Life Therapist currently attends every weekday morning pathology round to offer procedural support to paediatric patients.

Breakout Session 2

KEEPING THE CONNECTION: TRANSITIONING AN IN-PERSON TEEN SUPPORT GROUP TO A VIRTUAL FORMAT

Alexis Castro

MS CCLS CTP - C

In response to changing hospital regulations due to COVID 19, a burn center in California transitioned its in-person teen burn survivor support group to a virtual platform. Through advanced planning and tailored content, the group has been holding meetings through a virtual platform since February 2020 and has grown in participants. This presentation will explore reasons a virtual platform may benefit your patient population and strategies for planning. Possible challenges to facilitating a virtual group and ways to overcome these challenges will be discussed. Lastly this presentation will explore free or cost effective resources for engaging activities.

THURSDAY 14TH OCT

12:30pm - 1:30pm

Breakout Session 1

HOW TO EXPLAIN CHRONIC-ILLNESSES TO CHILDREN, ACCORDING TO HEALTH PLAY SPECIALISTS (HPS) IN THE UNITED KINGDOM: A QUALITATIVE STUDY.

Paulina Pérez-Duarte Mendiola

MD, PAEDIATRICS, MSC

My professional experience as a Paediatrician directed me to pursue a career in 'Medical Anthropology. I wanted to find an effective way to explain chronic-illnesses to paediatric-patients. Therefore, my research was aimed to identify strategies and methods employed by Health Play Specialists to effectively communicate with children. This research highlights the importance of introducing a 'pro-play' mindset to healthcare workers, in order to facilitate children's basic human rights in hospital. It seeks to advocate for the potential of 'Play' and the value of HPS within paediatric healthcare-settings, as well as the need for further recognition and multidisciplinary research in this area.

Breakout Session 2

A COLLABORATIVE, MULTI-DISCIPLINARY TOOL TO IMPROVE PATIENT/STAFF COMMUNICATION DURING TIMES OF DISTRESS

Pam Hellema, Jody Rennison, Dinah Humphries

SNR ART THERAPIST, CHILD LIFE THERAPIST, CHILD LIFE THERAPIST

At Monash Children's Hospital, the Music, Art and Child Life Therapy department experienced increased referrals in 2020 to support adolescent admissions for mental health issues, including eating disorders, anxiety and self-harm. In response, the team devised a communication tool, the "About Me" poster, aimed at helping patients identify positive coping strategies whilst also communicating these to staff during their healthcare journey. In this presentation, participants will hear Art and Child Life therapists talk about their experience developing, introducing and using the poster with adolescent patients, including case studies.

THURSDAY 14TH OCT

2:30pm - 3:30pm

Whole Group Presentation

SOCIAL SKILLS FOR CHILDREN USING LEGO®
BASED THERAPY

Kate Gabb

ART THERAPIST AND LEGO THERAPIST

This presentation will briefly cover the theoretical background and research that underpins the development of Lego® based therapy. It will offer practical solutions to support children develop social and emotional skills, and in particular children on the Autism Spectrum.

The methods used in Lego® based therapy will be discussed and demonstrated through play and hands on experience. The session will focus on how we can adapt the skills learnt to a hospital and medical environment. In particular there will be a focus on working with individuals and families to support their medical diagnosis and inpatient experience by reducing stress and anxiety and adding fun into an unfamiliar and sometimes distressing environment. Participants will also learn how the use of Lego® based therapy can become another tool in their tool-box when supporting children.

Kate Gabb has been an Art Therapist for over 10 years and for the last year has added Lego® based Therapy to her tool box. Kate recently left her position of Art Therapist at the Monash Children's Hospital after working there for 5 1/2 years supporting paediatric inpatients from across the age range of 3 -18 years old to manage stress, anxiety and medical and mental health diagnosis. Kate is now working in private practice where she runs Social skills Lego® based therapy and art therapy groups and sees individual clients. She is passionate about supporting children on the spectrum and giving them an opportunity to express themselves in an environment where they feel supported and can develop their strengths.

THURSDAY 14TH OCT

3:30pm - 3:45pm

**Association of Child
Life Therapists Australia
(ACLTA) Update**

Carlie Alicastro

CHAIRPERSON

THURSDAY 14TH OCT

3:45pm - 4:45pm

Breakout Session 1

CHILD LIFE THERAPY LIVE - A NEW INITIATIVE BORN FROM A GLOBAL PANDEMIC

Irene Adam

CHILD LIFE THERAPIST

The COVID 19 pandemic created many obstacles for healthcare workers. Child Life Therapy Live was born from an early brainstorm of how the Child Life team at SCH, Randwick, could continue to service patients should our access to the wards be restricted. The content of this weekly TV program has been evidence based, and planned as a response to acute needs at the time, as well as the current interests of our hospital population. This presentation will share the steps of creating the Child Life Live program, as well as looking at some of the content that has been shared, and viewer feedback.

Breakout Session 2

BLOOD COLLECTION EXPERIENCE SURVEY: A COLLABORATION BETWEEN THE CHILD LIFE THERAPY AND MUSIC THERAPY DEPARTMENT AND PATHOLOGY, THE CHILDREN'S HOSPITAL AT WESTMEAD.

Sharon White and Susan Badman

CHILD LIFE THERAPIST AND QUALITY MANAGER, PATHOLOGY

Collecting blood from children and young people can be difficult for everyone: the patient, the parents/caregivers and the phlebotomist. In collaboration with the Pathology Department, the Child Life and Music Therapy Department at CHW received a funding scholarship to support a Child life Therapist to attend Pathology clinic two mornings a week (8hrs a week) for 18months. This provided the opportunity to assess the impact this service could have on the patient experience; to reduce distress and improve patient and family satisfaction, and to improve the patient experience. Within this small amount of time each week, the results clearly show the positive impact and value of Child Life Therapy being a dedicated part of this service.

FRIDAY 15TH OCT

9:15am - 11:15am

Workshop 11:30am - 12:30pm

Keynote Presentation

Bryan Jeffrey

DIRECTOR MOAT: MENTAL HEALTH SERVICES

Bryan Jeffrey is a Registered Psychiatric Nurse and has been providing clinical support for young people in Out of Home Care since 1995, in Scotland and in Australia. As the director of MOAT: Mental Health Services, Bryan develops and delivers interactive education sessions, to destigmatise and demystify the complex arena of child and adolescent mental health and wellbeing.

Further information regarding Bryan's services is available at www.moat.com.au.



FRIDAY 15TH OCTOBER

12:30pm - 1:30pm

Breakout Session 1

INTERDISCIPLINARY CHILD LIFE AND MUSIC THERAPY TELEHEALTH IN PAEDIATRIC PALLIATIVE CARE: THERAPISTS' REFLECTIONS ON AN EVOLVING FORM OF SERVICE DELIVERY

Vanessa Starr and Roxanne McLeod

CHILD LIFE THERAPIST AND REGISTERED MUSIC THERAPIST

Ongoing interdisciplinary care for children with a life-limiting condition and their families is imperative in improving quality of life. The COVID-19 pandemic has highlighted the importance of ensuring continued access to music and play for paediatric palliative care patients. This presentation outlines three case studies describing the implementation and development of music and play telehealth sessions by a paediatric palliative care music therapist and child life therapist. The cases highlight how a responsive, interactive, and individualised approach was implemented using visuals, props, and songs to maximise therapeutic outcomes for the child and their family.

Breakout Session 2

DIVERSITY IN THE PAEDIATRIC PATHOLOGY CHILD LIFE THERAPY SERVICES

Kirsty Nauth-Misir and Irene Adam

CHILD LIFE THERAPISTS

This presentation will explore the diverse nature of families who access the hospital for paediatric outpatient pathology services. Fitting with the theme of "Rising to the Challenge", the journey of integrating into an existing and well established Pathology team came with many challenges and obstacles which were overcome with the 3 C's; creativity, communication and collaboration. This will also support the audience in developing new ideas such as the Wall of Courage, interactive social stories, pre-admission visits and developing referral pathways to utilise within their own healthcare settings.

The journey of the diverse nature of children and families who access the hospital for Pathology appointments will be shared, in addition to adaptation to their specific needs.

THURSDAY 14TH OCT

2:30pm - 3pm

**Association for the
Wellbeing of Children in
Healthcare (AWCH)
Update**

Lizzy Harnett

CHIEF EXECUTIVE AWCH

FRIDAY 15TH OCTOBER

3pm - 4pm

Breakout Session 1

MAKING CLINICAL FOOTPRINTS: CHILD LIFE THERAPY BURNS
CLINICAL GUIDELINES

Sarah Scott

CHILD LIFE THERAPIST

Evidence based practice is essential for Child Life Therapists (CLT's) working in paediatric burns contexts, however there is little documented to guide new and emerging CLTs. New South Wales has had CLT Burns Guidelines accessible through Agency for Clinical Innovation (ACI) since 2011. As our practice and integration in the multi-disciplinary burns team has evolved, there appeared a need to update guidelines to better represent our specialised clinical practice and support new practitioners.

Our revised clinical guidelines are designed as a tool to inform and guide Child Life Professionals as we assess, intervene and evaluate our practice, providing assessment tools, education/preparation strategies, procedural support techniques, developmental play needs and family centred practice considerations specific to working with paediatric burns patients and their families.

Breakout Session 2

A PROACTIVE APPROACH TO SUPPORTING CHILDREN WITH COMPLEX
NEEDS IN THE CARDIAC COHORT

Kate Strickland

CHILD LIFE THERAPIST

How can we more effectively plan for and support children coming in for cardiac surgery? As a Child Life Therapist working in the inpatient setting, it was clear that children were arriving for cardiac surgery with not only complex medical needs, but also complex behavioural, emotional, social and developmental needs. Was there a way we could better support these children and families across their cardiac journey? How could we identify these issues and put plans in place before they even arrived at the hospital? This was the aim of Child Life Therapy in developing the cardiac pre-admission project.

