

STORYTELLING AS MINIMIZER OF PAIN IN HOSPITALIZED PEDIATRIC PATIENTS: AN EXPERIENCE REPORT

A CONTAÇÃO DE HISTÓRIAS COMO MINIMIZADORA DA DOR EM PACIENTES PEDIÁTRICOS HOSPITALIZADOS: RELATO DE EXPERIÊNCIA

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Received in: 11/09/2022; Approved in: 12/12/2022

ABSTRACT

Hospitalization is a delicate moment that involves pain, physical discomfort, and emotional instability, requiring patience from the hospitalized pediatric patient due to restriction to bed for a long period. During hospitalization, storytelling may promote moments of leisure and culture and reduce discomfort by allowing the patient to enter the world of the story. Therefore, storytelling is important for pediatric hospitalization due to its potential to temporarily reduce pain, facilitating the hospitalization process.

Keywords: Hospitalization; humanization; story; pain perception pediatrics.

RESUMO

A hospitalização é um momento delicado que envolve condições como dor, mal-estar físico e instabilidade emocional. Portanto, exige paciência do paciente pediátrico hospitalizado devido à restrição ao leito por um longo período. Durante a hospitalização, a contação de histórias pode promover momentos de lazer e cultura e amenizar o desconforto por permitir que o paciente adentre no mundo da história. Assim, a contação de histórias se torna importante para a hospitalização pediátrica, dado seu potencial de minimizar as reações à dor, mesmo que temporariamente, facilitando o processo da hospitalização.

Palavras-chave: Percepção da dor; hospitalização; humanização; história; pediatria.

INTRODUCTION

Humanization is a constant theme in debates and research in the health field due to its relevance in improving care and consolidating the values and principles of the Unified Health System.¹ Humanization involves the promotion of well-being and the appreciation of social circumstances and psychic, educational, and ethical aspects present in human beings.

Hospitalization is a delicate moment that involves pain, physical discomfort, and emotional instability, requiring patience from the hospitalized pediatric patient due to restriction to bed for a long period. This condition temporarily

limits access to leisure and cultural activities.^{2,3}

Humanized practices involve creativity and sensitivity for producing and promoting health. These moments can be promoted by storytelling during hospitalization and diseases. Furthermore, the attention received by the patient can reduce the discomfort of hospitalization since the physical or emotional pain is momentarily forgotten during the story.^{4,6}

OBJECTIVE

This case report aimed to show the practice of storytelling in pediatric hospitalization, which identified the minimization of patient impacts and suffering.

METHODOLOGY

The methodology included training the authors in storytelling and hospitalization, storytelling in wards of a hospital in the city of Recife, the preparation of individual reports, and debates between students and the supervisor about their experiences.^{4,5}

RESULTS

The hospitalization period refers to fragility, discomfort, pain, anguish, and fear, differing from other social contexts.³ Therefore, storytelling in this environment becomes more careful since the presence of the accountant causes interest, fun, and curiosity, contributing to the receptivity of children and their caregivers to this activity that promotes leisure and culture.^{2,6}

Patients can become discouraged, withdrawn, and emotionally shaken during hospitalization. In this sense, a good story changes moods, stimulates smiles, and encourages speech, reducing suffering and favoring an exchange relationship. The thanks and requests for an encore at the end of each story reinforce the importance of this moment for the hospitalized pediatric patients.

FINAL CONSIDERATIONS

Comprehensiveness is one of the fundamental principles of the Unified Health System¹ and refers to the integral condition of understanding of the human being. Therefore, the union of healthcare professionals is essential to develop health practices that consider the biopsychosocial spheres of the individual.

Even when the patient does not verbally express what they are feeling, their look can communicate a lot, highlighting the importance of this attention for pediatric hospitalization patients. Although the storytelling reduces pain only temporarily, it facilitates the hospitalization process.

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