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From PALS to Besties: Transform your approach to pediatric patients

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Objectives



Apply clinically relevant milestones to the approach to pediatric exams/procedures



Highlight key aspects to the approach, examination and immobilization of pediatric patients

Hello
my name is

Introduction

EXTRIC

EXTRIC

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EXTRIC



- **Appear calm and approachable**
- **Model positive behavior with the guardian**
- **Break the ICE**



Age Related Considerations



Age	Milestone	Action
Infant (0-2 years old)	Stranger anxiety, easily startled, easily distracted	Warm hands, distractions, lean into parent interaction





Age	Milestone	Action
Toddler (2-3 years old)	Stubborn, minimal language, short attention span	Model calm behavior, short direct language, distraction





Age	Milestone	Action
Preschool (3-6 years old)	Improved language, emotionally reactive, social	Explain/involve without overwhelming





Age	Milestone	Action
School age (6-12 years old)	Body awareness, good at negotiation, cognitively	Direct language, involve patient, limit negotiations,



Preparation

The background of the slide is a close-up photograph of a person's hand holding a blue fountain pen, pointing at a set of architectural blueprints. The blueprints show various lines, dimensions, and a staircase. The hand has light-colored nail polish. The overall scene is brightly lit, with the blueprints being the central focus.

- **Set expectations**
 - **Discuss plan with parents**
 - **Define clear roles with your team**
- **Equipment**
 - **Have a plan and a back up plan**
 - **Gather materials beforehand**
 - **Keep sharps out of sight!**

Distraction

- **Tablet/Cell phone**
- **Toys**
- **Games**
- **Music**
- **Parents**
- **Guided imagery**
- **Child life specialist**



Extra Analgesia

- **Topicals**
 - **Creams/Gels**
 - **Freeze spray**
- **Oral medications**
- **Injectables**



Analgesia	Time of onset
Lidocaine	1-3 minutes
Bupivacaine	5-10 minutes
EMLA	60 minutes
LET	15-30 minutes
Ethyl chloride	<30 seconds

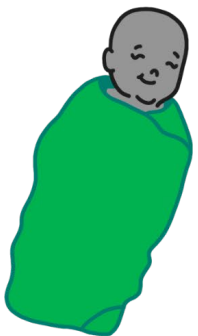
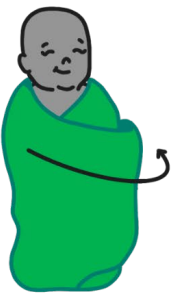
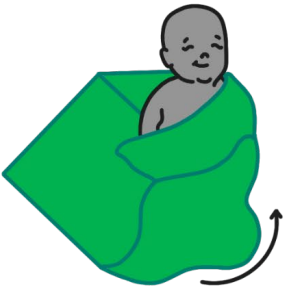
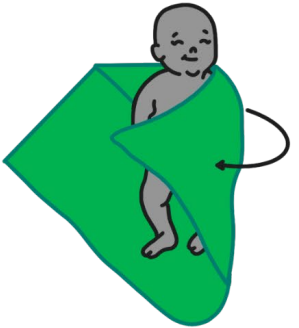
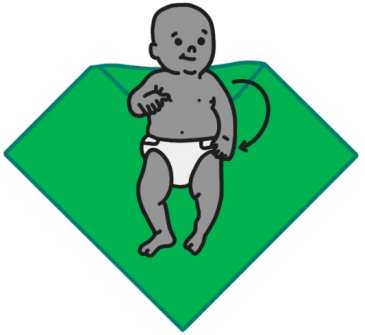
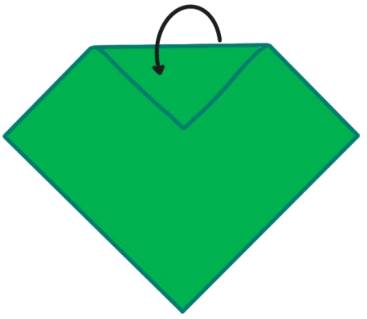
***Decreases pain,
improves cooperation,
and may avoid the use
of needles***



PMID: 31386316



Examination Techniques



Infanti: Swaddle



Newborn/infant: swaddle



Infant > school age: side sitting



Older infant: back to chest



Toddler: chest to chest





Immobilization



Superhero Burrito Cape



PMID: 21296532



Recap



LESS IS MORE



**TAKE A BREAK/DEBRIEF
BEFORE DISCHARGE**



END ON A POSITIVE NOTE



Bedside Magic

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The Floating Cup



Coin Magic



BAND-AID



Disney PIXAR
TOY
STORY

The Magic Wand

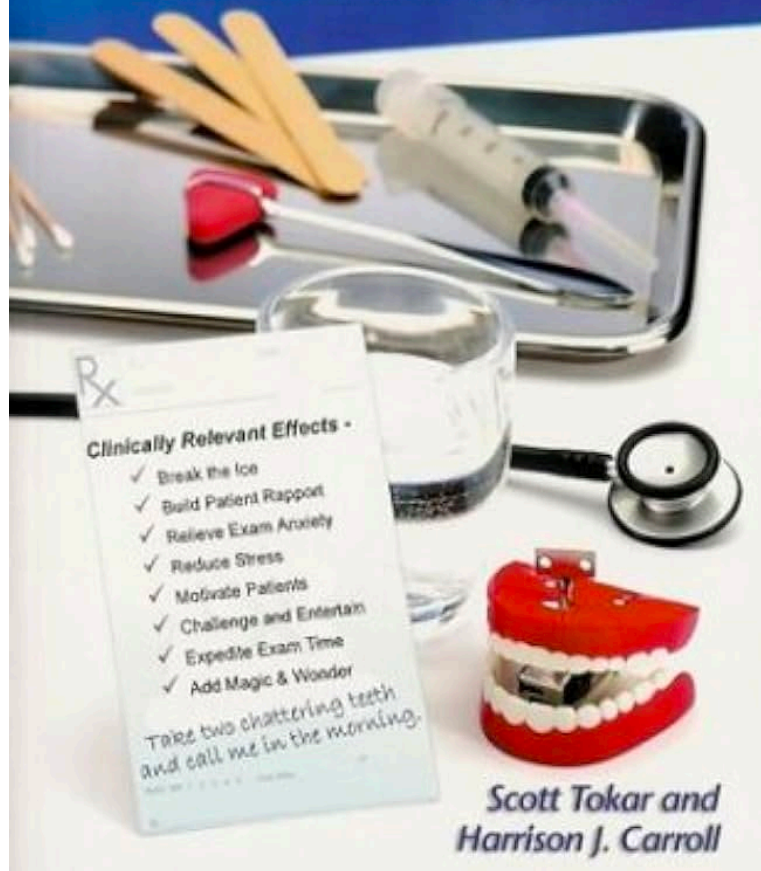


Special Considerations

- **Patient selection**
 - **Read the room**
- **Prop selection**
 - **Sterility**
- **Presentation**
 - **Make the patient the star of the performance**
 - **Consider leaving the patient with a souvenir**
 - **Disposal of props**

Side-Fx™

Clinically relevant magic tricks and effects for the health-care provider.



Rx
Clinically Relevant Effects •

- ✓ Break the Ice
- ✓ Build Patient Rapport
- ✓ Relieve Exam Anxiety
- ✓ Reduce Stress
- ✓ Motivate Patients
- ✓ Challenge and Entertain
- ✓ Expedite Exam Time
- ✓ Add Magic & Wonder

Take two chattering teeth
and call me in the morning.

**Scott Tokar and
Harrison J. Carroll**

**Practice Makes
Perfect !**

References

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