



O BRINCAR NO CUIDADO DE ENFERMAGEM EM ONCOLOGIA PEDIÁTRICA: UMA REVISÃO INTEGRATIVA

Playing in nursing care in pediatric oncology: an integrating review

Karine Gabriele de Jesus Lima¹
Sabrina de Jesus Oliveira Neves²
Kamilla de Oliveira Santos²
Bruna Emanuelle Santos²
Bruna Katerine Godinho Gomes²
Ludmilla Aparecida Nery Rodrigues³
Patrícia Fernandes do Prado⁴
Warley Pereira de Freitas⁵

Abstract: In the context of pediatric oncology, it is understood that it is necessary to include play in care as a resource for comprehensive and humanized nursing care. The aim of this study was to identify the ways in which play in nursing care in pediatric oncology can be used. This is an integrative review of the literature with scientific articles published in the period 2012 to 2017, whose research was national and was available in full in the periodical platform of the Virtual Health Library (VHL). Of the 21 studies identified, 11 were included in this review. The main results point to some forms of use of play by the nursing team active in pediatric oncology, highlighting the story telling, toy library and therapeutic toy. It is concluded that playing should be present in the care, as far as possible to provide comprehensive and humanized care to these children and the reduction of trauma and developmental harm.

Key-words: Pediatric nursing. Games and toys. Oncology.

Autor para correspondência: Karine Gabriele de Jesus Lima
E-mail: karynneh.lima@gmail.com

¹ Acadêmica do Curso de Graduação em Enfermagem da Universidade Estadual de Montes Claros (UNIMONTES).

² Acadêmica do Curso de Graduação em Enfermagem da Universidade Estadual de Montes Claros (UNIMONTES).

³ Acadêmica do Curso de Graduação em Enfermagem das Faculdade de Saúde Ibituruna (FASI).

⁴ Enfermeira. Mestre em Ciências da Saúde. Docente da Universidade Estadual de Montes Claros (UNIMONTES).

⁵ Acadêmico do Curso de Graduação em Enfermagem da Universidade Estadual de Montes Claros (UNIMONTES).

Resumo: No âmbito da oncologia pediátrica, entende-se ser preciso incluir o brincar na assistência como um recurso para um cuidado de enfermagem integral e humanizado. O estudo teve como objetivo identificar, na literatura, as formas de utilização do brincar no cuidado de enfermagem em oncologia pediátrica. Trata-se de um estudo de revisão integrativa da literatura com artigos científicos publicados no período de 2012 a 2017, cujas pesquisas fossem nacionais e estivessem disponíveis na íntegra na plataforma de periódicos da Biblioteca Virtual em Saúde. Dos 21 estudos identificados, 11 foram incluídos nesta revisão. Os principais resultados apontaram algumas formas de utilização do brincar pela equipe de enfermagem atuante em oncologia pediátrica, destacando-se a contação de histórias, a brinquedoteca e o brinquedo terapêutico. Conclui-se que o brincar deve estar presente no cuidado, sempre que possível, para propiciar uma assistência integral e humanizada a essas crianças e a diminuição de traumas e prejuízos no seu desenvolvimento.

Palavras-chave: Enfermagem pediátrica. Jogos e brinquedos. Oncologia.

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INTRODUCTION

The childhood cancer is a group of diseases which have in common the disorderly and uncontrolled proliferation of abnormal cells, impairing tissues and organs¹.

According to estimates of the incidence of the National Cancer Institute, the number laid down for the year 2018 are 12,500 new cases of cancer in children and adolescents up to 19 years. Despite the severity of the disease, it is known that around 80% of the children and adolescents can be cured if diagnosed early and treated in specialized centers. This possibility of cure is due to the technological advances made in different treatment modalities, such as surgery, chemotherapy and radiotherapy².

In the hospital context, regarding the pediatric hospitalizations for the treatment of cancer, the child suffers for being away from home and everything that is common in their daily routines and, especially, are subjected to painful and invasive procedures, such as chemotherapy and its effects, which can affect their physical, intellectual and emotional development seen as a barrier

in the fight against diseases of the hospital routine².

On the basis of these amendments, which occurred suddenly in the child's life, note the importance of projects essential for overcoming the negative aspects that cancer brings including adequate assistance aimed by the playful actions, minimizing the effects of hospitalization, prevent the patient's emotional state, thus reducing the pain in order to promote a better relationship with the family and the professional before the hospitalization³.

Among the possible strategies used, is the play, which is a right of the child and has a role of great relevance to your her emotional, mental, and social development. Playing is a form of the child to communicate actively and express her feelings, anxieties and frustrations. Fulfilling its therapeutic function, the toy can promote the continuity of the child's development, as well as assist in better adherence to oncologic treatment⁴.

It is the nursing's responsibility to stimulate the use of the playfulness in the most varied contexts of the child's life. In the context of pediatric

oncology, it is understood that it is necessary to include play in care as a resource for comprehensive and humanized nursing care.

METHODOLOGY

To subsidize research, the integrative review of literature was elected as a methodological strategy whose purpose is to examine possible research that has great relevance in clinical practice by establishing enriching knowledge for new studies⁵.

This modality is composed by six distinct phases: establishment of the issue of the review, which will be formed the guiding question; the descriptors and criteria for inclusion/exclusion of articles selected; sampling - selection of articles in their entirety; categorization of studies; definition of the information to be extracted from the revised studies, analysis and discussion of the theme and the synthesis of knowledge obtained in the analyzed articles or presentation of the integrative review⁵.

To guide this review, first, the following question was elaborated : What are the forms of use of playing in

The aim of this study was to identify, in the literature, the forms of playing in nursing care in pediatric oncology can be used.

nursing care in pediatric oncology described in the literature?

For the identification of the publications an *online* search was performed in the Virtual Health Library (VHL), using the following Descriptors in Health Sciences (DeCS): Pediatric Nursing, games and toys, oncology. The search was performed in the following informatized databases: Latin American and Caribbean Literature in Health Sciences (LILACS), *Scientific Electronic Library Online* (SciELO) Nursing Databases (BDENF).

21 studies on the subject were found. After evaluating titles and performing a careful reading of the abstracts, resulted in a final sample of 11 publications that met the objective proposed by the study according to the inclusion criteria: studies published in the period from 2012 to 2017; in the modality of scientific article; available in full and published in Portuguese. The exclusion criteria were: articles in duplicity, theses, dissertations and reporting of cases.

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LITERATURE REVIEW

Of the 11 selected publications in this integrative review 7 articles were found (63.4%), on the basis of data from BDENF; 2 (18.1%) in the LILACS; 2 (18.1%) in SciELO. Regarding the methodological design of articles, the following were identified: Qualitative study 6 (54.5%); Literature Review, 4 (45.4%) and

Experience Report, 1 (9%). The studies were published, in their majority, in the year 2014, with 4 (36%).

Regarding the goal of publications, the authors sought, in their majority, to talk about the importance of playfulness during the child's hospitalization period and its influence in this process.

Table 1 presents the selected articles, according to the authors, title, type of study and year.

Table 1. Characteristics of the articles selected according to authors, title, type of study and year of publication, 2012-2017

#	Authors	Title	Type of study	Year
1	CAMPOS, R.B; SILVA-SOBRINHO, R.A.	The playfulness and health education in the daily routine of Pediatrics of a Public Hospital	Experience report study of qualitative approach	2014
2	MARQUES, E.P; GARCIA, T.M.B; ANDERS, J.C <i>et al.</i>	Playfulness in care delivery to children and adolescents with cancer: perspectives of the nursing team	Exploratory descriptive of qualitative approach	2016
3	DEPIANTI, J.R.B; SILVA, L.F;	Benefits of playfulness in health care	Descriptive	2014

	CARVALHO, A.S <i>et al.</i>	to child with cancer in the perception of the nursing: a descriptive study	study with a qualitative approach.	
4	PEREIRA, D.M. B; BERTOLDI, K; ROESE, A.	Perceptions of nursing professionals in assistance to children with cancer	A study of the descriptive and exploratory study with a qualitative approach	2015
5	OLIVEIRA, J.D; MIRANDA, M.L.F; MONTEIRO, M.F.V <i>et al.</i>	Playing and the hospitalized child: vision of nurses	Exploratory study, of qualitative approach	2016
6	PESSOA, A.C. B; SOUZA, M.H.F; FONTES, F.C.O.	The playfulness within the hospital environment: some reflections	Qualitative research of bibliographic imprint	2012
7	SOUZA, L.P.S; SANTANA, J.M.F; JUNIOR, R.B.S <i>et al.</i>	The nurse's performance in the assistance to children with cancer: a Literature Review	Literature Narrative Review	2014
8	SOUZA, L.P.S; SILVA, R.K.P; AMARAL, R.G <i>et al.</i>	Child Cancer: feelings manifested by children in chemotherapy during the therapeutic toy sessions.	Qualitative Research	2012
09	MONTEIRO, A.C.M; RODRIGUES, B.M.R.D; PACHECO, S.T.A <i>et al.</i>	The nurse's performance to the child with cancer: palliative care	Descriptive and qualitative approach	2014
10	COSTA, D.T.L; VERISSIMO, M.R; TORIYAMA, A.T.M <i>et al.</i>	Playing in nursing care to the child - integrative review	Integrative Review	2016
11	SANTOS, S.S; ALVES, A.B.S; OLIVEIRA, J.C; GOMES, A <i>et al.</i>	Play-therapy as a tool in the humanized nursing care	Integrative review of the scientific literature	2017

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The pediatric cancer imposes on the child suffering and the traumatic experience by the fact of living with unknown procedures, distancing from her beloved ones and change her routine, which affects not only her emotional state, as well as the intellectual one. Therefore, a way of helping the pediatric patient to understand what is happening at the moment of his or her life, it is the therapeutic toy (TT)⁶.

The therapeutic toy is a structured technique inside symbolic games, which enables the pediatric oncology patient to relieve anxiety obtained through negative experiences within the evolution context. In the hospital environment it is an intervention that leverages the adaptation process, aiming to reach the well-being of the sick as well as help in the health-disease process and interaction among the professional and the child and the family^{7,2}.

The TT technique can be classified into three types: dramatic or cathartic, which enables the emotional discharge; instructional and aims to explain the procedures that the child

will be subjected to and enabler of physiological functions, because it allows the child to be able to use her functions in accordance with her development⁸.

Its use is regulated by the Federal Nursing Council (COFEN), by means of Resolution n° 546/2017, which says in its first article that it is up to the nursing team, operating in the pediatric area, the use of the technique of toys/therapeutic toys, in assistance to the hospitalized child and family⁹.

Person *et al.*,¹⁰ mention that TT is not a strategy used only for pain relief, but also a tool for the child's development during hospitalization in the Oncological Pediatrics, since it contributes to resume her joy, self-esteem, exposure of her opinions, conflict and feelings, thus achieving a good communication before the nursing team and consequently a better recovery.

The most used TT in pediatrics are those dolls whose goal of reducing the trauma of pediatric clients during the implementation of care within the oncology unit, explaining the procedures and diseases. Telling stories

is also used as a tool that allows the child to try and discover her skills, stimulate creativity through reading and listening to providing confidence in health care professionals. Furthermore, it enables to identify the patient's needs and his or her way of expressing his or her feelings^{10,2,11}.

Another method used is the toy hospital that has as its goal to continue the global development and make the child face more easily the unpleasant situations arising out of the hospital environment to reduce stress, facilitate the acceptance and adherence to treatment allowing the child interaction with other children and motivates them to changes¹².

Within this context, there are also other strategies, such as for example the use of playful activities as the Art Therapy, Clown theater and music therapy, which favor the strengthening of ties between the nursing staff and the child, the child development and adaptation to reality¹³.

Therefore, the nursing staff need to be able to provide humanized care to pediatric client throughout his or her hospitalization. They have the role of using the playful strategies to decrease the child's stress and anxiety in the face of oncology care, with the aim of forming a therapeutic bond about

the procedures to be performed so that it is possible to achieve non-traumatic care services^{14,11}.

The nurse then must look holistically every individual seeking effective norms to offer them an integral and humanized assistance and thus mediate the relationship among the family- child- nurse. Thus, it can be evidenced that the playfulness within the pediatrics, especially in oncology, brings several benefits such as the understanding and acceptance of the oncologic pediatric patient regarding procedures to be performed; pain minimization; work optimization; ease of adherence to therapy and favor of the bond between the child and the nursing team^{6,13,7,15}. In addition, Costa *et al.*,¹¹ claim that the playfulness extends the vision of care as a purely physiological body, since it involves demonstrations of affection to the child and allows that there is knowledge of the subject as a whole and not just the disease that affects him or her.

However, Oliveira *et al.*,¹⁶ clarify that despite this strategy provide benefit during the hospitalization, it can be observed that the playfulness, many times, is not used in the process of nursing assistance in pediatric oncology patients, because the toy is still something distant among the nursing

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staff and the patient, since these professionals have a routine job that demand high overload of service, scarce

number of professionals and the lack of knowledge and interest regarding the method

FINAL CONSIDERATION

Playing is an important experience and may have therapeutic effects for the child during the period of oncologic treatment as the rebuild of her emotional state and the establishment of bonds. Various forms of use of play have been highlighted in this review: Therapeutic toy, storytelling and playroom.

The nursing staff should

recognize this need and provide the means for its realization in the assistance to achieve an integral and humanized care.

It is suggested that further research should be conducted in order to address the use of playing as a resource for the process of care to children with cancer in other contexts, the situation of hospitalization.

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