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Recreation in child patients: a systematic review

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The Turkish Language Association defines the term "Recreation" as "voluntary participation in activities for entertainment and sporting activities during leisure time". From a personal point of view, the term covers activities such as watching television, participating in opera, strolling on the lawn, taking children to the zoo, playing checkers, downloading music, spending an evening in the city and etc. "Therapeutic Recreation" is defined as the service which uses activity, training and recreational treatment methods to help individuals who need special attention in sickness, disability or social situations. In this context, this paper aims to examine the "recreation" in pediatric patients in Turkey and to raise awareness of pediatric nurses. This descriptive study covering the definition of recreation and results of recreational activities in child patients, carried out a retrospective review of studies during 2010-2019. There are a limited number of studies in the literature, where it was found that the recreational activities of child patients with acute/chronic diseases have a significant effect on their psychological, social, cognitive and comprehension skills. In addition, these child patients were found to show progress in initiating and maintaining a social relationship, doing group work, emotional self-control and in coping with aggressive behaviors, and that recreational activities contribute to children's integration with environment and society, the development of friendship and also to the formation of social acceptance. It has been observed that recreational activities in child patients with acute/chronic disease contribute to the psychological, social, cognitive and emotional development of these child patients and it is recommended to organize educational programs in order to increase the awareness of pediatric nurses about the subject. In addition, considering the working systems and workloads of nurses, they may have limited activities with pediatric patients therefore; it is considered that these activities will increase with the arrangements in their working hours and conditions to be made by hospital managers.

Biography

Selen Ozakar Akca was born in Samsun, Turkey in 1980. She received her PhD degree from Istanbul University Institute of Health Science with the thesis entitled "Risk-Taking Behaviours of Adolescents and The Effect of Nursing Practice on Substance Abuse in Accordance With Model of Change in Adolescents" in 2013. She has been working in Hitit University Health School since 2008. She is married and has a son.

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