



The Children's Hospital

www.thechildrenshospital.org

## Clinical Rotation Descriptions

### Center for Cancer and Blood Disorders

CCBD serves patients as they are inpatient and outpatient. Patient ages range from newborn to young adult. This unit is designed to treat hematology and oncology patients, including such diagnosis as leukemia, Ewing's sarcoma, osteogenic sarcoma, Hodgkin's disease, Wilm's tumor, brain tumors, sickle cell anemia, anemia, and hemophilia. Preparations, procedural support, medical play, compliance plans and expression of feelings are important aspects of this rotation. Work with patients, parents and siblings surrounding diagnosis, treatment and coping is done throughout the various phases of treatment. TR/CL Specialists also work with patients to decrease the perceived limitations the diagnosis places on their daily lives by providing various support groups and school visits.

CCBD Clinic has an outpatient clinic seeing about 40-60 patients per day. CTRS/CCLS offers services to patients receiving various chemotherapies, blood products, propofol for lumbar punctures and bone marrow aspirates, radiation as well as patient receiving routine exams.

CCBD inpatient is a 24 bed unit designed to treat patients as they are hospitalized for treatment. The Bone Marrow Transplant Unit, which is included on the floor, is a six bed unit designed specifically for the care of patients undergoing bone marrow transplants and stem cell rescues for a variety of diagnosis.

### General Medical/Clinical Research Center

This general medical unit providing care for medical patients from newborn to early adulthood. A variety of medical conditions are treated, including but not limited to pulmonary, renal, liver, gastrointestinal, eating disorders, infectious diseases and metabolic disorders. Length of stay ranges from a few hours to several weeks depending upon the diagnosis. Many patients have chronic illnesses requiring repeated and lengthy hospitalizations. Specialists on this unit also provide interventions for the Clinical Research Center. Patients are admitted for research on a variety of disorders including but not limited to diabetes, cystic fibrosis, childhood and adolescent obesity, polycystic kidney disease, and metabolic disorders.

A clinical rotation would include patient assessments, planning and implementation of therapeutic interventions. TR/CL interventions include designing developmental plans, providing procedural support, stress and pain management, preparation, body image evaluations, compliance with treatment plans and supervision of volunteers.

### Heart Institute

The Children's Hospital Heart Institute is currently one of the fastest -growing pediatric cardiac programs in the country. The Heart Institute has state-of-the-art facilities for testing, diagnosing and treating patients with congenital or acquired heart disease. The Heart Institute has a Cardiac Catheterization Lab which allows doctors to both diagnose and treat certain types of heart defects less invasively. There are cardiac operating rooms designated for only cardiac procedures with specialized medical equipment. The Cardiac Intensive Care Unit (CICU) is a 16 bed unit that is designed to monitor recovering surgical and critical patient's infancy through young adults. Lastly, the Heart Institute has a Cardiac Progressive Care Unit (CPCU), which is a 14 bed unit that cares for patients who are well enough to be discharged from the CICU but are not well enough to go home.

The Children's Hospital Heart Institute offers a broad spectrum of clinical services. Services and clinics available to patients are: Echocardiography, Fetal Cardiology, Cardiac Catheterization Laboratory, Cardiac Transplantation, Cardiac Surgery, Pulmonary Hypertension Clinic, Arrhythmia Clinic, Cardiomyopathy/Heart Failure Clinic, Exercise Physiology Lab, Obesity/Shapedown Clinic, High Cholesterol Clinic, Marfan Syndrome Clinic, Adult Congenital Heart

Disease Clinic, Leading Research Programs, Focused Cardiac Nursing, Cardiac MRI and the Cardiac Intensive Care Unit.

Primary Child Life Services offered to patients and their families in The Heart Institute is: preparation for surgeries and procedures, stress/pain management during line placement, dressing changes and painful procedures, compliance with treatment goals to obtain optimal outcomes, expression of feelings related to diagnosis, treatments and end of life concerns, medical play to help patients overcome fears and offer greater adjustment with treatment, and, overall normalization of the hospital experience.

### **Level One Trauma Center/Emergency Department**

As a Level One Trauma Center, the Emergency Department is the main referral center for critically ill and injured children within a seven-state region. A visit to the Emergency Department can be an overwhelming and unexpected experience for patients and their families. Child Life Interventions in the Emergency Department involve quick assessments as the patient population continually changes, in order to determine how to best help children and families cope with and understand the events that occur during an Emergency Department visit.

TR/Child Life Specialist's interventions aim to normalize a patient's visit to the ED by providing preparation for procedures, assistance in developing coping strategies, education regarding what to expect, and recreational play opportunities. The ED serves patients of all ages, from birth to young adult with varying medical diagnoses, injuries, and acuity levels. The TR/Child Life Student will have a wide range of opportunities to improve his or her skills in procedural preparation, procedural support, sibling support, stress and pain management, and recreational play while having multiple opportunities to be involved in the one-on-one care for patients and families. TR/Child Life Specialists also supervises the Emergency Department volunteers.

### **North Campus**

The North Campus is a free-standing satellite center located 30 miles northwest of the main Aurora hospital.

Services offered are: a 27/7 Urgent Care w/ 6 72-hour inpatient rooms, Radiology w/ x-ray, CT, MRI, and Ultrasound, a Sleep Lab, and specialty clinics including: Orthopedics, Neurology, GI, ENT, Peds Surgery, Dermatology, Urology, Cardiology, Pulmonary, Rehab medicine, and Audiology.

TR/Child Life Specialists' interventions include: preparation for procedures, clinic visits, and radiology, procedural support, stress and pain management, expression of feelings, and sibling support.

### **Outpatient Floors 1 & 2**

Outpatient 1 and 2 is an outpatient area that serves a wide variety of families through the following clinics. The list includes but is not limited to Burn, Neurosurgery, GI/Liver, ENT, Dermatology, Urology, Pediatric Surgery, Plastic Surgery, Special Care Clinic, Child Health Clinic and other primary care practices. The types of visits range from pre and post-op exams, assessments, consultations, education and procedures. The daily census contains an average of 120 to 170 patients. Patients range in age from 0 to 45 years.

TR/CL Specialists are responsible for preparation, medical play, procedural support, compliance with treatment plans, expression of feelings, recreational play, and patient/family education. These interventions are most often done on a one-on-one basis, but may occasionally include groups.

### **Outpatient Floors 3 & 4**

Outpatient 3 and 4 is an outpatient area that serves a wide variety of families through the following clinics: Allergy, Endocrine, Pulmonary, Clinical Research, Good Life, Genetics, CHIP, Pediatric Rheumatology, Infectious disease, Child Protection Team, Orthopedics, and Rehabilitation. The daily census contains an average of 40 to 100 patients. Patients range in age from 0-20 years of the patients that are seen by TR/CL.

TR/CL Specialists are responsible for preparation, developmental screenings, medical play, procedural support, alternative focus, treatment compliance, pain management, leisure education and patient/family education. TR/CL Specialists also work with patients to decrease the perceived limitations the diagnosis places on their daily lives.

### **Pediatric Intensive Care Unit**

As a Level One Trauma Facility, the PICU at TCH serves as the regional referral center for critically ill children from Colorado and the surrounding 7 state area. With an extremely diverse patient population, the PICU is a 26 bed unit serving patients ranging in age from newborn to adult. Common patient populations include medical/surgical, trauma, transplant, orthopedic, trach/vent dependent and oncology.

With an average length of stay of 5-7 days, interventions vary greatly and may include stress/pain management, developmental play, normalization of the often overwhelming ICU setting, sibling support programming, facilitation of weekly Parent Group and parent support and education regarding child development issues. Child life involvement during end of life care, around the death and dying process is extensive. Additional opportunities include attendance at Family Care Conferences, psychosocial rounds and medical teaching rounds.

Due to the critical condition of many of the patients in PICU, students should be aware that opportunities to provide preparation for surgery and/or procedures are limited; procedural coaching opportunities are also limited.

### **Resource Child Life Specialist**

The Resource Child Life Specialist provides a variety of interventions to patients in all areas of the hospital, ages infant through young adult. While traveling to various units/areas (including outpatient clinics, intensive care units, inpatient floors), this specialist provides other TR/CL staff with assistance during busy times, or simultaneous procedures throughout the day. While some interactions/patient care is scheduled, much of the time the Resource Specialist is responding to requests "on the spot." Interventions range from procedural & surgical preparations, procedural support, compliance with treatment plans, sibling supports, bereavement support, and normalization during hospitalization. The Resource Specialist additionally provides supervision of activity room volunteers.

In this fast-paced environment, a TR/Child Life Student will have opportunities to develop/enhance skills for prioritizing patient care, preparation for a variety of procedures, stress/pain management, pre-surgical tours and supporting siblings/families throughout the hospital.

### **Surgery Center and Procedure Center**

The Surgery Center is an outpatient and inpatient unit servicing the main OR. The patient population served by this unit is a diverse group undergoing surgical procedures in the main operating room. The types of surgeries performed are general pediatric surgery, ENT, Plastics, ophthalmology, orthopedics, GI, and Neurosurgery.

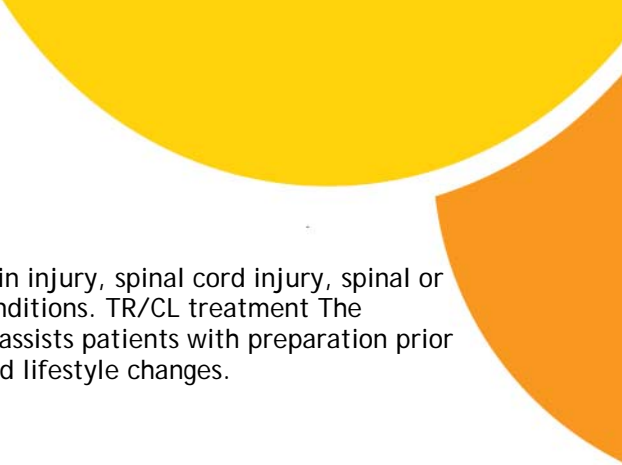
The Procedure Center is an outpatient unit servicing non-sterile procedures requiring general anesthesia or conscious sedation. The types of procedures performed are dentals, bronchoscopy, and GI procedures.

In both areas TR/CL interventions include: pre-surgical preparation for patients and families through tours and same day teaching, distraction during pre-op procedures or post-operatively, diversional pre-op activities, educational information specific to procedure or recovery and support during anesthesia induction. Ages range from newborn to adulthood.

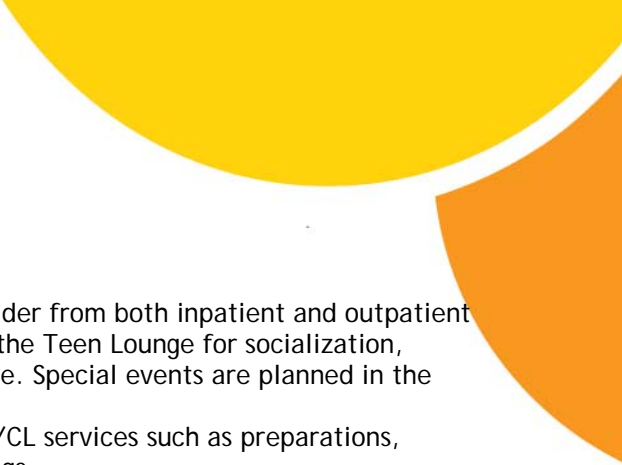
### **Surgical Multidisciplinary Specialties Center**

6th floor is a 48 bed unit which services a very diverse patient population. There is a West and South wing of the unit, with differing populations on each. The West wing of the 6th floor primary populations include burn, liver and kidney transplant, complex medical/surgical, ventilator dependent and a variety of surgical patients (general surgery, ENT, plastics, trauma, and urology). The unit includes patients ages newborn through young adult, although the primary population is typically infants through young school age. The majority intermediate care/surgical patients demonstrate age appropriate developmental abilities. The average length of stay is 3-5 days. This can vary from an overnight hospitalization to many months in the hospital. Therapeutic Recreation/Child Life interventions on this unit are primarily done on a one-to-one basis.

The South wing of the 6th floor is the orthopedic, neurosurgery and rehabilitation side. Orthopedics has primary diagnoses on this service include hip dysplasia, orthopedic surgical management for cerebral palsy patients, osteomyelitis, fractures, scoliosis, and club feet. Orthopedics has patients whose ages range from infancy to twenty years of age. A multidisciplinary team of medical professionals delivers care to patients who are admitted for various orthopedic conditions, many of which require surgery. TR/CL treatment issues for these patients include the need for developmentally appropriate preparation prior to surgery, coping techniques for pain management and immobility during hospitalization. Neurotrauma/Rehabilitation houses patients from infancy to



adolescence. Primary diagnosis for these children can include traumatic brain injury, spinal cord injury, spinal or brain tumors, non-accidental trauma, and well as a variety of congenital conditions. TR/CL treatment The Children's Hospital - Therapeutic Recreation/Child Life Internship primarily assists patients with preparation prior to surgery, normalization of hospital experience, unpredictable routines, and lifestyle changes.



### The Teen Lounge/Teen Specialist

The Teen Lounge is an activity room for patients and visitors 13 years and older from both inpatient and outpatient areas. A variety of recreational and therapeutic activities are facilitated in the Teen Lounge for socialization, normalization, and expression of feelings related to their hospital experience. Special events are planned in the Teen Lounge such as movie nights, tie-dyeing, etc.

Teen Specialist also works with teens throughout the hospital to provide TR/CL services such as preparations, procedural support, medical play, compliance plans and expression of feelings.

Opportunities for an intern would include increasing communication skills with teenagers/young adults, providing age appropriate activities, planning and implementing special events, developing leisure education tools, and helping patients establish and use coping techniques while dealing with pain/stress, procedures, and life inside and outside of hospital.