

The Management of Procedure-Induced Anxiety in Children

Cambridge University Press

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Richard Martin

Frontmatter

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‘Educational and enlightening, this book is like turning a light on with regards to how children feel and behave when they get anxious and stressed. All healthcare professionals will find it incredibly useful for understanding how children actually feel and their response to fear caused by the need for any sort of medical intervention, and how this can develop over time to become a major phobia. Not only does this book teach us about behaviour, it also shows us how we can modify and change what we do and how we do it to positively influence the children we look after and care for. The techniques and strategies described made me reconsider and change how I behave when I come across children in a healthcare setting, and how I behave with my own (young) children. This is rare in a “textbook”, but then this is not a regular textbook, and I would urge anyone working with children throughout healthcare to read and treasure it.’

Dr Andrew Klein

Consultant, Royal Papworth Hospital, Cambridge, UK

Editor-in-Chief, *Anaesthesia*

Macintosh Professor, Royal College of Anaesthetists, London, UK, 2019

‘*The Management of Procedure-Induced Anxiety in Children* by Richard Martin is one of the most interesting factual books I have read for a very long time.

Richard Martin shows that recognition by the operative team (including anaesthesiologists, surgeons, nurses and operating room staff and technicians) makes an enormous difference not only to the child's experience before, during and immediately after surgery, but also in the weeks following surgery.

There is so much that I could say about this book, but I think that it is summed up beautifully by a subheading that is labelled “we all communicate”. This book demonstrates that communication is the key to both understanding and improving a child's procedure-induced anxiety.

I think that this book should be part of the core curriculum for doctors or other providers in anaesthesia, surgery and nursing. It is easy to read and evidence based. In years to come, it will be considered a game-changer with respect to how healthcare providers view and understand procedure-induced anxiety in children.’

Ken K. Nischal MD, FAAP, FRCOphth

Division Chief, Pediatric Ophthalmology and Strabismus

Medical Director, Digital Medicine, UPMC Children's Hospital of Pittsburgh

Professor, University of Pittsburgh, School of Medicine

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Great Ormond Street Hospital



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Preface

Helping to support anxious children in medical practice has been my passion since the late 1990s. From then until now, I have been lucky enough to be on this journey: a journey of evolution for both the subject and myself. During this time, I have come to understand what I believe are the considerations that are fundamental to the success of any initiative to address the mental health of children who experience procedure-induced anxiety. In my humble opinion, these considerations are as follows:

- Children experiencing procedure-induced anxiety are best served by the many, armed with a core competency to do so
- The training required to support such activity must be embraced and delivered by our governing institutions
- While the day-to-day management of these children should be delivered predominantly by these many, there will be children with more significant and challenging issues that will require the support of a multidisciplinary group with advanced training in this field of practice
- Finally, but most important of all, this initiative and the understanding that will dictate training and practice belongs to every single one of us. It does not belong to, and should not be delivered by, any single individual or subgroup of individuals. The nature of any solution and evaluation of subject material must be inclusive, collaborative – never exclusive. We know only what we know, never what we don't know – yet others may

With this in mind, you would be justified in asking why I have written this textbook as a single author, and you would not be alone. I asked myself the very same question. In answer to this, first, I wished to share everything and anything I knew or had thought on this subject, with a view to connecting with others who were similarly inquisitive, in the hope they may be encouraged to take up the baton and run with it. Second, I believe this text merely contributes momentum to just the *beginning* of a far, far greater and incredibly exciting dialogue and exchange of ideas that is yet to come. I believe the time is right.

I feel incredibly privileged to have stumbled upon this area of interest. It represents a home and outlet to who I am and what I feel passionate about. I hope this is reflected in the practices, ideas and perspectives I have tried to represent in this book and I hope this will encourage and inspire you to begin or continue the invaluable journey of your own. Everything you do makes a difference.

Acknowledgements

My journey to this point would never have started without the support of my mother. She instilled in me the belief that everything and anything is possible, while securing an environment rich with opportunity. As a teacher with a degree in psychology, I watched her utilise behaviour management strategies and listened to her explain the origins and complexities of these techniques. As such, she was the first to fan the flames of an interest in people and behaviour that has led me to this point. I feel compelled to additionally acknowledge the outstanding training in hypnotherapy I was lucky enough to receive, as well as the eternal positive support and ongoing friendship from Gavin Emerson. His influence came at a critical time in my journey leading to a fundamental shift in direction both professionally and personally. Leaving the most important of all to last, I would not miss an opportunity to thank Clare, my wife. She has patiently supported me throughout my journey, no matter where it has taken me. She is my best friend, my wife and an exceptional mother to our four children. She and my family will always be, hands down, the most important thing to me in life. Without Clare's support and encouragement, I would not have been able to write this book. She must take equal credit for the completion of this book and any improvement in the experiences of children it may encourage.