



CENTRE FOR
PAEDIATRIC
SPIRITUAL CARE

NEWSLETTER

October 2017

In this month's newsletter, we want to tell you about an exciting project that we ran at the end of August and beginning of September – hatching quail chicks in our Chapel!

We set the eggs in the Chapel, a public space so that everyone could see them, although we kept the incubator in a locked cage, both for infection control reasons and because it was important that the eggs weren't disturbed too much. The eggs were incubated for about two and a half weeks, during which time there was already a lot of interest in the project.

The main part of the event was of course after the chicks hatched. We were caught by surprise when they hatched a day early and in the middle of the night, so we came in on a Friday morning to discover four newly hatched chicks. They spent a few hours in the incubator to dry off and we then moved them into a bigger cage where they lived for a week.

Anyone who was not immunocompromised could come in at any time to have a look at the chicks. They were very popular with patients, staff and families! We ran a few activity sessions themed around the chicks, including making chocolate nests, paper plate quails and an egg and spoon race. We also had a set of posters around the hospital called the 'Quail Trail'. Each poster had a question about quail on it, and all the answers were available in the Chapel. If they had permission from ward staff and their parents, then we allowed children to handle the quail chicks for a short amount of time.

After a the week was up, we said goodbye to the quail as they went to live with a member of the Chaplaincy team, who is keeping them as pets. We asked anyone visiting the quail for name suggestions, then we put all the suggestions in a bag and drew four of them out at random, giving the four names: Pippin, Ichabod, Chirpy and Beaky. Keep an eye on our twitter feed for updates about the quail!

We would like to say a huge thank you to Dr Chicken (a.k.a. Lewis) who rented all the equipment to us, and also gave us lots of invaluable advise and support: <http://drchicken.wixsite.com/drchicken>



From eggs to birds!



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Blog Posts

In [this month's blog](#),

Emma Roberts, Project Coordinator at Birmingham Children's Hospital, writes about the impact that having animals in hospital can have, and

reflects on the effects that having the quails hatch in the chapel had on patients, families and staff.



Upcoming dates

1st November—All Saints Day
Christian

4th November—Birthday of
Guru Nanak
Sikh

24th November—Martyrdom
of Guru Tegh Banabur
Sikh

30th November—St Andrew's
Day
Cultural

Paediatric Chaplaincy
Network (PCN) Annual
Meeting:

Trauma: Individual and
communal trauma and the
role of paediatric
chaplaincy

16th November 2017

10am-4pm

St George's Hospital, Tooting,
London

Cost: £10

The PCN is for anyone interested in paediatric chaplaincy. This year's meeting will be looking at how chaplains can support children involved in traumatic events. Contact

emma.roberts33@nhs.net for more details and to book.

Featured Article

Tielsh Goddard, A., and Gilmer, M.J. (2015) The Role and Impact of Animals with Pediatric Patients. *Pediatric Nursing* 41(2), 65-71.

<https://www.pediatricnursing.net/ce/2017/article41026571.pdf>

Abstract

Animal-facilitated therapy (AFT), more specifically known as animal-assisted therapy (AAT) or "pet therapy," has had an increased presence in the literature with a surge of recent research methodologies exploring this complementary alternative medicine (CAM) intervention. However, limited studies have been conducted in the pediatric population, with many articles anecdotal in nature. A literature review included primary data sources PubMed, PsychINFO, Medline, and CINAHL, and yielded positive and beneficial outcomes to be gained through AAT in the pediatric population. Primary outcome variables of decreased anxiety and pain are the most commonly reported results. Further research studies are indicated to include the effects of AFT with children with different diseases and diagnoses. Exploration of other psychosocial and physical variables, such as self-esteem, would be useful. Interdisciplinary strategies are needed to develop interventions to help reduce patient symptoms and treatment-associated stress, as well as to facilitate healing and wellness beyond traditional medical treatment plans. Complementary therapies are of continued interest to the health care community, especially for pediatric nurses. Effective use of animals to facilitate conversation, lead discussion, or break communication barriers has been demonstrated through both research and anecdotal reports.



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