

Therapeutic Activity Plan

Carina Bergouignan

Nova Southeastern University

Professor Jennifer Fieten

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This Therapeutic Activity Plan is to benefit a 7-year-old school -aged child diagnosed with asthma. Asthma is defined as “a chronic lung disorder that is marked by recurring episodes of airway obstruction (as from bronchospasm) manifested by labored breathing accompanied especially by wheezing and coughing and by a sense of constriction in the chest, and that is triggered by hyperreactivity to various stimuli (such as allergens or rapid change in air temperature).” (Merriam-Webster's Dictionary, 2018)

Signs of asthma in children under 5 are usually coughing, wheezing, and frequent chest colds which can be triggered by allergies. According to *Treating asthma in children under 5* asthma can also be seen in a child if one or both parents have asthma. Any child over the age of 5 can be diagnosed through a discussion with the child’s physician on the child’s medical history, a physical exam, and lung function test. Depending on the severity of the asthma diagnosis other tests may be administered as well as a sinus or chest x-ray. (Asthma in Children, March 20, 2017)

Other specialists the child may need to see includes pulmonologist, pediatrician, primary care provider as well as a respiratory therapist. Depending on the severity of the asthma many individuals who deal with asthma attacks can have shortness of breath, chest pains, coughing, wheezing, respiratory infections, anxiety, and or fast heart rate. (Asthma in Children, March 20, 2017) Asthma can last a few years or be a lifelong condition, but it is treatable through rescue inhalers such as Albuterol, controller inhalers such as Steroids or long-acting inhalers such as Formoterol, Salmeterol, or Tiotropium. Anti-inflammatory medication can also be prescribed such as Prednisone. (Asthma in Children, March 20, 2017)

Objective/ Intervention

Objective for this intervention is to be informative and educational for the child as well as therapeutic and engaging. That is why the intervention I choose was a D.I.Y bubble wand. As they blow into the bubble wand, they will have to inhale deeply and exhale slowly to produce a bubble. This same concept applies when a child is learning to use his or her inhaler which I will explain while we make the bubble wand.

Materials:

- Dowel craft wood
- Plastic container
- Store bought bubble solution
- Wire
- Wire cutter scissors (only if the wire comes in a large roll)
- Waterproof tape

Materials for decorating:

- Beads
- Craft pipe cleaners
- Craft pom pom's
- Paint
- Stickers

Material Warnings:

A parent or an adult such as a child life specialist must be present if the child needs to use a wire cutter scissor for safety purposes. When in a hospital setting using bubbles can be a little tricky as you do not want someone to trip and fall from the bubble solution residue. For example, when using bubbles in the hospital laying down hospital chuck pads or towels to blow the bubbles on top of makes for easy cleanup and keeping the floor dry.

Lesson flow/Steps:

Step 1: First, take the dowel craft wood and allow the child to paint and decorate it as they choose. When they are finished, let the craft wood dry.

Step 2: Next, take a piece of wire and let the child create a shape. Leave extra wiring to wrap it around the craft wood a few times when dry.

Step 3: Third, wrap the extra wiring around the top part of the craft wood. When done cut the excess wiring.

Step 4: Use the waterproof tape to cover the wrap around wiring to avoid any wire injury to hands or fingers.

Step 5: Allow the child to decorate the small jar or container with leftover stickers and decorations.

Step 6: Pour the store bought bubble solution in the jar.

Step 7: Put the finished wand top wiring into the jar and blow some bubbles.

Therapeutic rationale for intervention chosen:

The rationale and reasoning behind this therapeutic activity is so the child can practice taking slow, deep breaths. The bubbles are the therapeutic component to this activity. Bubbles

are therapeutic and provide many benefits such as following directions, visual tracking skills, hand-eye coordination, communication skills, sensory processing skills, oral motor skills, fine motor skills, gross motor skills, and cognitive skills. Bubbles are typically seen as a therapeutic activity for 3-5-year-old children, but they are beneficial at any age. For example, studies have even shown that the elderly who have issues breathing are captivated by bubbles while also providing them with extra mental stimulation. The bubble wand activity can also be used to play games as children 7 years of age like to play. It is also very inexpensive, allows the child to express themselves through their creativity and can be used in different environments such as at home or in a park.

Final outcome/product:

For 6 through 12 years old children vocabulary begins to expand as the child ask questions of the meanings of words unknown to them. At this age, they are also taking in a lot of other new information and discovering games with rules. The developmental stage of appropriate play for 6 through 12 years old is called Games with Rules. These games and styles of play can include things like problem-solving, health games, music games or board games. There are also many other games that can help with a child's stimulation and cognitive function. (Thompson, 2018, p.25).

Using the bubble wands for breathing exercises are the primary focus of this plan, but as a 7-year-old they may want to use the wand to play games while following rules. This can include games such as who can blow the biggest bubble while hula hopping, how many bubbles can you pop in a certain amount of time, or even start a bubble relay race and see who can cross the finish line with a bubble still on the wand (similar to an egg and spoon relay race). The

number of games one can create are endless, and maybe the child has an idea for a bubble game you can play together.

The final product is a D.I.Y bubble wand and bubble solution jar. Many children love bubbles, and this can be an excellent way for them to practice taking slow, and deep breaths as that is what they will need to do when using an inhaler and receive the medication. It also allows children to be creative and use the bubble wands to play with their friends or siblings.

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