

Teaching With Teddys: Using Toys to Increase Comfort with Medical Equipment

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BACKGROUND

- Founded by Grace Bauer in Lafayette, IN in 1929 to keep children occupied (Bauer Family Resources, 2022)
- We are Undergraduate Senior Purdue nursing students in NUR 414, Pediatric Nursing
- Three separate age groups: infants, toddlers, 2-5 year olds
- Bauer Head Start Centers in Lafayette and Frankfort



METHODS

- Teddy bears were purchased via the Service-Learning Fellowship through the Office of Engagement
- Purdue School of Nursing supplied old medical equipment
- Children were shown how to use stethoscopes, syringes, blood pressure cuffs, etc. on the teddy bears distributed
- Children practiced using supplies on peers, nursing students, and teachers.
- Children took the teddy bears used in the sessions home with them

FINDINGS

- Evidence has found that using teddy bears to create exposure children to medical equipment has lowered anxiety levels, increase healthcare knowledge, and created more positive feelings around doctor visits. (Rashid, et. al.,)
- Through our research, we found that this activity was more beneficial for children ages 2-5 years took more from the teddy bear clinic and medical play sessions compared to children under 2 years

CONCLUSIONS

- Why: Children often have increased anxiety and stress when visiting the doctor, and exposure to common medical equipment and procedures can decrease distress at appointments and interactions with medical professionals
- By playing with the medical equipment and getting used to it, the children will be less afraid and anxious of the equipment.
- By role playing nurses, kids can now feel more comfortable when medical staff

