



4 WAYS TO FOSTER A PEDIATRIC HEALING ENVIRONMENT

BRINGING YOUTH-CENTRIC ATTENTION AND SERVICE TO HEALTHCARE ORGANIZATIONS

Spending time in the hospital can be intimidating for children, regardless of whether the stay is routine, extended, unexpected or critical. Pediatric hospitals can create more comfortable and uplifting environments by concentrating on these 4 important areas.

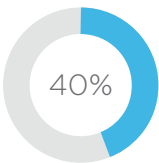
BOOSTING PEDIATRIC SAFETY — LOWER ALLERGY RISKS, NOISE AND INFECTIONS



Several factors can disrupt a pediatric patient’s healing process. Hospitals can address these issues to lower risks and improve healing from a range of medical conditions.



Food Allergies



Over six million children under the age of 18 have food allergies — 1 in every 13 children —and about 40% of children with food allergies are allergic to more than one food.”
— [Food Allergy Research & Education](#)

TODAY’S HOSPITALS and healthcare systems provide innovative solutions designed to address and code for allergens on patient menus. Aramark’s **Little Treats & Tasty Eats** pediatric menu program includes several high-impact features to support alignment with the meals children are served. Also, every recipe is coded to identify 60 allergens so dietitians can identify allergens as a part of the nutrition care order and, through the use of technology, ensure only meals that don’t contain that allergen are served.



Noise Reduction

Designing child-friendly healthcare environments requires careful consideration and attention to detail. One element often overlooked is sound - from medical staff interactions to loud equipment. [Disrupting the sleep patterns](#) of babies and adolescents can impact their healing process, as well as add undue stress and anxiety.

BEST PRACTICES TO REDUCE DISRUPTIONS INCLUDE:



Install modern technologies and machinery that have sound-minimizing features



Add sound-absorbing materials to walls, ceilings and gathering spaces



Infection Control

Pediatric patients are particularly vulnerable to hospital-acquired infections (HAIs) because of their young age, weaker immune systems and dependence on adults for their safety. Hospitals can take measures to not only reduce the risk of spreading infection but also provide visual cues to reinforce room cleanliness.

BEST PRACTICES FOR REDUCING INFECTION RISKS INCLUDE:

- Deploy advanced, systematic patient room cleaning and disinfecting programs
- Train staff in high-touch areas popular with a child’s interest level or height
- Secure personal storage



INTEGRATING TECHNOLOGY — IMPROVE CARE WITH MOBILE DEVICES AND IoT



Many healthcare organizations adopt an integrated technology approach into the care of both patients and the hospital infrastructure. Familiar mobile technologies, such as tablets, are used in patient rooms as a needed distraction for fearful children. Alongside clinical usage, adaptive Internet of Things (IoT) technology solutions serve as an integral component of the hospital’s preventative maintenance strategy and financial efficiency.



Mobile Technologies

Children need comforting distractions to relieve their anxieties when in an unfamiliar clinical space. Hospitals are integrating mobile technologies into the treatment plan for their pediatric patients — using bedside tablets to explain medical jargon or employing wearable technologies so patients can participate in their medical care. Providing an interactive experience for pediatric patients, such as a [device that provides biofeedback](#), enables them to interact with the recovery process and caregivers to become advocates for their care.



IoT Technologies

IoT technologies are on the rise, especially in today’s hospitals. [Intel estimates](#) that almost one-third of smart devices are already in healthcare buildings — not just in pockets or on wrists.

IoT devices are increasing safety, optimizing operational performance, improving financial efficiency and boosting peace of mind. For example, sensors and scanners monitor HVAC and lighting systems use, ensuring optimal performance, and barcodes on NICU incubators allow technicians to remotely monitor essential equipment, the frequency of its cleaning and by whom.

ENHANCING CAREGIVER VISITS — PROVIDE FASTER MEAL OPTIONS AND COMFORTABLE AMENITIES



Caregivers form the backbone of pediatric care during hospital stays — providing comfort, familiarity and moral support. Hospitals can deliver sources of comfort for caregivers in a variety of ways through meal service and space amenities.



On-Site Dining
Providing on-site dining options allows your patients’ care-givers to seek nourishment and recharge right on campus, rather than having to leave, giving up precious time with their little ones.

For example, Aramark has helped hospitals leverage its popular kiosk ordering concept to alleviate wait times in the café and give people quick, convenient and customized meal options.



Space Amenities
Many pediatric hospitals design patient rooms to add more comfort for visitors. [Modifications include](#) reconfiguring room sizes, increasing space around the bed and adding comfortable furniture like couches and daybeds. These additions allow for caregivers to spend more time at the patient’s bedside and even stay overnight.

- OTHER AMENITIES THAT IMPROVE GUEST COMFORT:**
- Aesthetically pleasing interior design
 - In-room refrigerators
 - Secure personal storage
 - Entertainment with sound controls
 - Personal device charging and viewing stations

CREATE A THERAPEUTIC ENVIRONMENT — ENCOURAGING PERSONALIZATION



The cold, sterile, unfamiliar environment of many hospitals often adds to pediatric patients’ discomfort and anxiety. They do not have their own beds, pillows, toys, devices and more to bring them joy. To increase children’s comfort, hospitals can allow personalization to children’s rooms, add kid-friendly visuals around the facility and bring outdoor daylight inside.



Personalized Spaces
Hospitals can include familiar touches, such as items from home and community-focused imagery — making kids feel more “normal” and comfortable. Also, community-based imagery, such as photographs of local landmarks, provide familiarity and comfort, reminding children that they’re not far from home.



Child-Friendly Visuals
Colorful murals and graphic-wrapped walls can soften the often-sterile healthcare environment. Aramark pioneered an innovative cartoon wrap for floor care machines to ease patients by creating a more joyful depiction of large cleaning machinery.



Natural Lighting
Patient rooms bathed in natural light feel more normal, reduce anxiety, improve sleep and alertness, and speed recovery times. Glass partitions, modern window treatments and even modern lightbulbs can bring in or simulate natural light in common spaces where patients and caregivers interact.

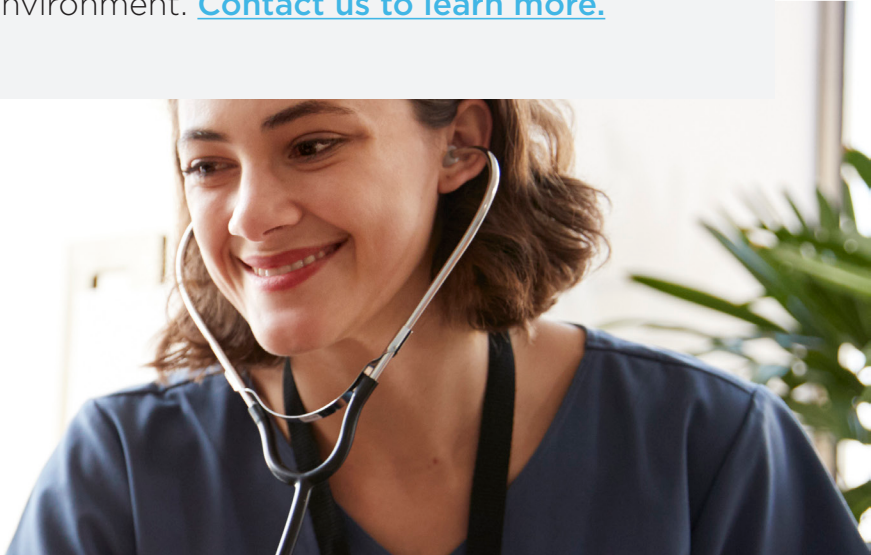


Customized Meals
Allowing children to customize their meal service helps them have choices that drive their satisfaction and nutritional outcomes. In fact, 90% of pediatric patients prefer to customize their meals.¹ With Aramark’s **Build Your Own** menu, patients can choose from delicious and fully customizable options. This customization gives patients the freedom to exercise control and creativity around mealtime.

IS YOUR PEDIATRIC FACILITY READY TO IMPROVE THE HEALING PROCESS?

Focusing on these four variables in your organization’s facilities can help lower children’s (and caregivers’) anxieties and fears, while improving their healing and speeding their recovery process.

Aramark understands the non-clinical elements that drive patient satisfaction and other desired healthcare outcomes. Our experience and expertise will elevate the healing potential of your pediatric hospital environment. [Contact us to learn more.](#)



¹Aramark Pediatric Menu Creative Refresh Final Report, Cue Insights, August 2017