

Asian Society of Pediatric Anesthesiologists (ASPA 2023)

Tanuja Nair- Biography

Title:

Non-Pharmacological Approach to Post-Operative Pain Management in Children with Multiple Traumatic Injuries. - A Presentation by KKH CHAMPs (Child Life, Art and Music Therapy Programmes)

Day/ Date:

16 June 2023, 5-5.20pm

Speaker:

Tanuja Nair (Ms.), CCLS , CCRT
Head of CHAMPs (Child Life, Art and Music Therapy Programmes)
Senior Principal Child Life Therapist
Rehabilitation Centre, AHS
KK Women's and Children's Hospital

SYNOPSIS OF PRESENTATION

A visit or stay in the hospital can be a daunting and stress inducing experience for children and their families. Processing information and making sense of procedures, medical equipment, medicine taking etc. can be overwhelming. Child Life therapists is an integral part of every child's hospital experience. They advocate for the care and wellbeing of children and families through both child centred and family oriented support.

In KK Women's and Children's Hospital, Singapore, there is a multi-professional and modality team comprising of Child Life therapists, Art Therapist and Music Therapists. Collectively known as CHAMPs (Child Life, Art and Music Therapy Programmes), this team focuses on empowering patients to become champions of their hospital experiences by attending to their psychosocial, functional, and emotional needs in a creative and holistic manner.

During this talk, participants will gain an insight into the work of these professionals from CHAMPs and the ways they provide non-pharmacological pain support for children with multiple traumatic injuries.

ABOUT THE SPEAKER

Tanuja has been with KK Women's and Children's Hospital (KKH) since 2007 as a Child Life therapist and works with children and their families. Tanuja is a certified Child Life Specialist and Children's Recreational Teacher. She also holds certifications as a Pediatric Massage Therapist and a trauma informed yoga educator for children and youth.

As a Senior Principal Child Life therapist, she works closely with medical, nursing and allied health professionals to support children, adolescents and families through various challenging and complex hospital experiences. Tanuja is also the head of service for CHAMPs (Child Life, Art and Music Therapy Programmes) and as a team, they have received commendations and accolades for their work with patients and their families- the most recent being the Hospital Management Asia 2022 Gold Award for Best in Community Involvement in recognition for their work during COVID-19.

Tanuja is also the recipient of the 2022 Superstar Award-Singapore Health Quality Service Awards, the 2020 National Day Efficiency Medal and the 2018 GCEO Excellence Awards: Outstanding Allied Health Professional. She is committed and passionate about her work and continues to work alongside her team to advocate for and champion the needs of paediatric patients and their families- be it through clinical, educational and research initiatives.