

UW HEALTH JOB DESCRIPTION

Child Life and Therapeutic Recreation Specialist

Job Code: 540045	FLSA Status: Non-Exempt	Mgt. Approval: J. Auenson	Date: 08.2018
Department: AFCH Child Life Services/10130		HR Approval: M. Buenger	Date: 08.2018

JOB SUMMARY

The Child Life and Therapeutic Recreation Specialist (CLS/TRS) is a health care professional whose knowledge of growth and development and of children's responses to the stresses of illness and medical care enables them to provide play encouraging achievement of maximum developmental potential and mastery of the difficulties that often accompany treatment. The CLS/TRS provides age-appropriate information, administering appropriate child life services or therapeutic recreation therapies in conjunction with the patient's age, medical condition and family/significant others.

The CLS/TRS works with both outpatients and inpatients (and families) during their medical encounters to foster a level of trust and comfort, which allows children to express their fears, discontents and misconceptions about their care. Furthermore, the role of the incumbent is to advocate for patients and provide appropriate clinical interventions to the ever-changing needs of children with chronic illness and handicapping conditions that are potentially disruptive to children's development and effective family functioning.

The CLS/TRS works with an interdisciplinary team to set priorities in the planning, implementation and evaluation of therapeutic and psychosocial programming of child life and therapeutic recreation services with all children and families receiving care in the outpatient and inpatient areas in which children are being serviced across UW Health. This position is responsible for programs that support family centered care, for the scheduling and coordination of special events, both internally and externally.

The CLS/TRS assumes responsibility and accountability with pediatric patients on the rehabilitation service and chronic regional pain service by providing opportunities for staff and patient education in individualizing the patient's treatment in accordance with established hospital and departmental policies and procedures, incorporate community programs and events as appropriate related to patient goals and treatment plans. The CLS/TRS assists patients in reaching their maximum performance levels in the areas of leisure education, adaptive recreation and recreational activities, while working in a team in the delivery of care.

The CLS/TRS maintains ongoing communication with the department manager to establish and maintain overall child life and therapeutic recreation programming.

MAJOR RESPONSIBILITIES

The incumbent performs the following **job responsibilities**:

- 1. Assesses and interacts with patients and families using theories of human growth and development, family systems, and cultural background.**
 - a. Uses developmentally appropriate play as a primary tool in assessing and meeting the child's psychosocial needs in the health care setting.
 - b. Matches interactions and activities to developmental level and emotional state.
 - c. Uses informal and formal assessment techniques to accurately determine patient's developmental/emotional state.
 - d. Seeks the involvement of families in their child's care, matching expectations with family needs and views.
 - e. Uses resources to accommodate cultural needs and to bridge differences.
 - f. Works with the interdisciplinary team to formulate and implement plans of care which include child life goals based upon individual assessments.
 - g. Recognizes and addresses the importance of therapeutic play in facilitating child's mastery of coping with the health care experience, e.g. medical play.
 - h. Determines with the health care team, level of patient coping with medical treatment, and provides age appropriate interventions to assist with reactions to the overall hospitalization experience.
 - i. Provides child life services within UW Health and AFCH, monitoring requested services less frequented by children.
 - j. Collaborates with medical, nursing staff to coordinate pre-op tours. Contacts families to arrange tours.
- 2. Provides a therapeutic and safe environment for individuals and groups, ages 0-18.**
 - a. Provides varied activities matching patient's condition and need.
 - b. Sets up and organizes activity areas.
 - c. Follows infection control and safety procedures and policies.
 - d. Maintains and assists others in respecting the privacy and confidentiality of children and families in a constructive informative manner.
 - e. Follows medical orders and procedures.
 - f. Prepares and offers procedural support to the child and family for impending procedures, surgical experiences.
- 3. Assists patients and siblings coping with the stress of hospitalization, illness, death and/or loss.**
 - a. Empathizes objectively. Maintains therapeutic relationships with patients and their families.
 - b. Demonstrates, explains, and/or provides techniques to aid coping, matching technique, developmental and emotional state to stressor.

UW HEALTH JOB DESCRIPTION

- c. Provides support to parents and siblings regarding patients' health care experience and responses.

4. Participates in patient/family teaching.

- a. Uses developmentally appropriate accurate teaching aids and techniques in such a way that knowledge is increased and emotional needs are supported. Identifies and develops teaching aids as needed.
- b. Advocates for the patient and family throughout hospitalization, surgical processes, and medical procedures for a less anxious experience. Uses relaxation and mental imagery techniques when appropriate.
- c. Participates in patient/family conferences and team conferences.

5. Participates in staff education

- a. Provides staff education, formal and informal, as appropriate around developmental approach to care, comfort, distraction, and other areas of expertise.

6. Patients on chronic regional pain and rehabilitation services

- a. Organizes community trips effectively and in accordance with patient goals, making appropriate community contacts, coordinating patient schedules, and vehicle schedules with the adherence to hospital policies and procedures.
- b. Obtain community resources, as needed, for staff and patient use regarding community reintegration
- c. Collaborates with Department of Vocational Rehabilitation and other community resources aimed at helping the hospital's patient re-integrate into the community.
- d. Orients patients, families and staff to the role of Recreational Therapy and provide resources as indicated.
- e. Facilitates appropriate group events in conjunction with identified interests of the hospital's patients with a focus on restoring functions and abilities.
- f. Consults other departments, as appropriate, to collaborate in patient care and performance improvement activities.

ALL DUTIES AND REQUIREMENTS MUST BE PERFORMED CONSISTENT WITH THE UW HEALTH PERFORMANCE STANDARDS.

JOB REQUIREMENTS

Education	Minimum	Bachelor's degree in Child Life, Therapeutic Recreation, Child Development, Psychology, or related field.
	Preferred	Master's degree in Child Life, Therapeutic Recreation, Child Development, Psychology, or related field
Work Experience	Minimum	<ul style="list-style-type: none"> • Completion of a dual internship in Child Life and Therapeutic Recreation as approved by the Association for Child Life Professionals (ACLP) and National Council for Therapeutic Recreation Certification (NCTRC). <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Completion of Child Life Internship and approved equivalency path for Therapeutic Recreation as approved by NCTRC.
	Preferred	<ul style="list-style-type: none"> • Two (2) years related experience working with children and adolescents in a hospital setting • Experience in specific specialty area (rehabilitation services) • Paid clinical experience
Licenses & Certifications	Minimum	<ul style="list-style-type: none"> • Certified Child Life Specialist (CCLS), or certification in progress with ability to obtain this credential within one year from date of hire. • Certified Therapeutic Recreation Specialist (CTRS), or certification in progress with ability to obtain this credential within one year from date of hire. • Current Basic Life Support/CPR certification.
	Preferred	<ul style="list-style-type: none"> • Current CCLS and CTRS certifications
Required Skills, Knowledge, and Abilities		<ul style="list-style-type: none"> • Knowledge of and an ability to use various computer programs such as word processing, database, spreadsheet, calendar and email • Effective verbal and written communications skills • Demonstrated ability to plan individualized interventions. • Demonstrated professionalism interacting with patient/families. • Ability to build relationships and trust.

UW HEALTH JOB DESCRIPTION

AGE SPECIFIC COMPETENCY (Clinical jobs only)			
Identify age-specific competencies for direct and indirect patient care providers who regularly assess, manage and treat patients.			
Instructions: Indicate the age groups of patients served either by direct or indirect patient care by checking the appropriate boxes below. Next,			
	Infants (Birth – 11 months)		Adolescent (13 – 19 years)
	Toddlers (1 – 3 years)		Young Adult (20 – 40 years)
	Preschool (4 – 5 years)		Middle Adult (41 – 65 years)
	School Age (6 – 12 years)		Older Adult (Over 65 years)
JOB FUNCTIONS			
Review the employee's job description and identify each essential function that is performed differently based on the age group of the patient.			
PHYSICAL REQUIREMENTS			
Indicate the appropriate physical requirements of this job in the course of a shift. <i>Note: reasonable accommodations may be made available for individuals with disabilities to perform the essential functions of this position.</i>			
Physical Demand Level	Occasional Up to 33% of the time	Frequent 34%-66% of the time	Constant 67%-100% of the time
	Up to 10#	Negligible	Negligible
Sedentary: Ability to lift up to 10 pounds maximum and occasionally lifting and/or carrying such articles as docket, ledgers and small tools. Although a sedentary job is defined as one, which involves sitting, a certain amount of walking and standing is often necessary in carrying out job duties. Jobs are sedentary if walking and standing are required only occasionally and other sedentary criteria are met.			
x Light: Ability to lift up to 20 pounds maximum with frequent lifting and/or carrying of objects weighing up to 10 pounds. Even though the weight lifted may only be a negligible amount, a job is in this category when it requires walking or standing to a significant degree.	Up to 20#	Up to 10# or requires significant walking or standing, or requires pushing/pulling of arm/leg controls	Negligible or constant push/pull of items of negligible weight
Medium: Ability to lift up to 50 pounds maximum with frequent lifting and/or carrying objects weighing up to 25 pounds.	20-50#	10-25#	Negligible-10#
Heavy: Ability to lift up to 100 pounds maximum with frequent lifting and/or carrying objects weighing up to 50 pounds.	50-100#	25-50#	10-20#
Very Heavy: Ability to lift over 100 pounds with frequent lifting and/or carrying objects weighing over 50 pounds.	Over 100#	Over 50#	Over 20#
Other - list any other physical requirements or bona fide occupational qualifications not indicated above:			

Note: The purpose of this document is to describe the general nature and level of work performed by personnel so classified; it is not intended to serve as an inclusive list of all responsibilities associated with this position.