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# POSSUM Restraint-free Sedation for Kids

Initiative Type

Model of Care

Status

Deliver

Added

24 April 2018

Last updated

11 April 2022

URL

<https://clinicaexcellence.qld.gov.au/improvement-exchange/possum-restraint-free-sedation-kids>

## Summary

Paediatric Outpatient Sedation Support Under Multidisciplinary Support (POSSUM) comprises specialist Paediatrician, Clinical Nurse, Music Therapist, Occupational Therapist, Psychologist and Social Worker services. Child centred care is provided by clinicians who are compassionate, understanding and creative in their approach to providing individualised support to children based on their own unique needs.

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## Key dates

Jan 2016

Jan 2019

## Implementation sites

Sunshine Coast Hospital and Health Service

## Key Contacts

Paediatric Sedation Clinic

1044

[paul.blee.hiu](mailto:paul.blee.hiu)

Music Therapist

Sunshine Coast Hospital and Health Service

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## Aim

Reduce the anxiety and distress experienced by children as a result of previous medical procedure.

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## Benefits

Presents a non-threatening experience for the child and decreases the opportunity for a poor outcome.

## Background

POSSUM was developed in response to the growing need of children presenting to the health service who had previously undergone medical procedures which caused heightened anxiety and distress. Procedural distress can be perceived or caused by, but not limited to;

- Medically complex phobias
- Anxiety
- Developmental and behavioural barriers
- Intellectual and or physical impairment
- Sensory sensitivities and preferences

## Evaluation and Results

POSSUM clinic is the first of its kind in Australia and is setting a precedent within paediatric procedural care.

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