

# *Clinical Practice of Medical Psychology in Pediatrics*

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**Keywords:** Clinical practice in pediatrics; Medical psychology; Mental health; Professional ethics; Professional skills

**Abstract:** Medical psychology is an interdisciplinary discipline which integrates medicine with psychology deeply and conducts in-depth research on the relationship between health variables and psychological variables, and studies and solves the psychological and behavioral problems of diseases and health.

## **1. Introduction**

In the process of clinical diagnosis and treatment in pediatrics, doctors should have professional physiological and pathological knowledge, as well as some basic psychological knowledge, so as to analyze the basic psychology of children and make their own psychological adjustment. Doctors should keep their emotions healthy and stable, and observe and analyze clearly and sensitively. In the process of analyzing children's psychology, pediatricians should determine the follow-up treatment effect after taking into account children's emotions and living environment. If the child's psychology is not very healthy, the communication between the doctor and the child will be hindered, and it is unable to take drugs reasonably that will also hinder the diagnosis of the disease. For children, unhealthy emotional reactions and psychological factors will affect the vegetative nerves and cerebral cortex of children, and the neuroendocrine axis cannot be secreted normally, which also affects the physiological change process of children, and may also cause pathological changes.[1] Therefore, in the process of treatment and clinical diagnosis, it is practical and significant to master the knowledge medical psychology.

## **2. Importance of medical psychology in clinical practice in pediatrics**

### **2.1 Effective treatment for children**

As a "mute department", paediatrics is facing great psychological pressure and workload. Pediatricians are treating children, especially young infants, who cannot accurately express their problems, speak and point out the exact location the problems in. And the patient's condition is complex and changeable with rapid progress and acute onset, and the early clinical manifestations are not consistent with the severity of the disease. [2]In addition to treating their own diseases, pediatricians should also take into account the personality characteristics and different ages of children, use corresponding means and methods to get the cooperation of children, and take into account the actual psychological status of family members to make targeted interventions. The parents of the child are not familiar with the child's condition, they are full of fear for the disease and are uncertain about the prognosis, so that they are not trusting of the doctor and have a negative mood of doubt and panic. And they are also full of reluctance and heartache for the child's physical

discomfort.[3] In the process of diagnosis and treatment, the children's degree of cooperation is relatively insufficient, and the treatment compliance needs to be improved, resulting in poor communication between doctors and patients, as well as doctor-patient disputes and doctor-patient conflicts, and the satisfaction of children's families and the efficiency of medical staff will be reduced. In clinical work, doctors should use medical psychology and take relevant psychological intervention, and communicate effectively with family members, so as to get children's cooperation, reduce parents' bad emotions, avoid wasting medical resources and medical disputes, and improve the treatment effect.[4] Pediatricians should have more effective psychological intervention skills, predict various situations of family members in advance, and make targeted intervention measures. Clinicians can carry out their work smoothly through effective application of medical psychology. In the daily work, we can find that children in pediatrics are afraid of some operations, such as intravenous puncture, disinfection and suture of wounds, and aerosol inhalation. In the process of general physical examination, the children may be more resistant and cry violently, and the family members may also have negative feelings of suspicion and excitement. The degree of cooperation of the family members and the degree of trust in the doctor will also decline. Medical staff should have relatively deep basic knowledge of psychology, deeply study the psychological and physiological characteristics of children, distract children's attention, understand the methods of caring and pacifying children, and effectively alleviate their fear. Medical staff should also achieve empathy with parents, adjust the methods of communication, and improve parents' compliance to more actively cooperate with treatment[5-6].

## **2.2 Guarantee for the psychological health of doctors**

For pediatricians, the cultivation of medical ethics is undoubtedly very important. They should have a healthy psychology. The medical and health industry has strong practicality and serviceability. The nursing, diagnosis and treatment, and nursing behavior of medical staff can help children recover their health, reduce the economic burden, maintain a pleasant spirit, and promote the development of medical science and human health. Through in-depth study of medical psychology knowledge, doctors can effectively master the research methods, be familiar with the psychological performance of people under different pathological and physiological conditions, flexibly use the basic principles of medical psychology in clinical practice, maintain relatively stable physiological characteristics, and correct the pathological state. Pediatricians should understand the common psychological changes of children, as well as the individual differences between different diseases and children. Through the use of medical psychology, doctors can learn interdisciplinary subjects, and use psychological guidance, psychological testing, psychological counseling and other technologies in clinical practice to help children stay away from the suffering of illness[7-8].

## **3. Countermeasures of applying medical psychology in clinical practice in pediatrics**

### **3.1. To maintain good professional ethics and professional skills**

Faced with all kinds of diseases and people, pediatricians need to find out the causes of these diseases and study relevant treatment methods. A qualified doctor should have good adaptability to the environment, excellent professional skills, as well as strong unity and cooperation ability, learning and innovation ability and interpersonal skills. As a social ideology, professional ethics can reflect and adjust people's interests and effectively measure a person's moral sentiment. Compared with ordinary practitioners, doctors' professional ethics are quite different. Doctors can use modern scientific and technological instruments, professional knowledge and biochemical indicators to confirm the cause of the disease of children. In the process of communicating with children and their families, doctors should be compassionate and understand children and have broad love. In the

face of various temptations from the outside world, if doctors lack the will to abide by moral norms and relatively strong beliefs, their professional ethics may change and deviate from the track.

In the process of language communication between doctors and patients, there is a lack of smooth communication, lack of thoughts and emotions, and a lack of scientific and artistic communication. Ignoring patient information can reduce the quality of medical services, further exacerbate the tension between doctors and patients, and in extreme cases, may lead to medical disputes. Nowadays, the medical model is undergoing a dramatic change. The model of treating patients with disease is being broken. We should focus on patients and form a holistic understanding of the pattern formation of treating patients. Doctors should have a deep understanding of the disease, as well as grasp the personality traits, psychological conditions, individual differences and social factors of patients, establish a relationship of interdependence, harmony and equality, and achieve treatment and rescue. Pediatricians should also enhance their humanistic qualities. Sun Sisui stated in his book "Qian Jin Yao Fang • Da Yi Xi Ye" that if doctors study diligently, they can further promote the research of medical cultural values. He said, 'If you don't read the Five Classics, you don't know what benevolence and righteousness are; if you don't read the 'philosophers', you can't silently understand them. '; Without reading the 'Inner Canon', one does not know the virtues of compassion, joy, and sacrifice; If one does not read 'Zhuang Lao' and cannot let their physical luck run, they will be constrained by good or bad luck and will be born by confusion. As for the Five Elements, the Seven Radiant Astronomy, and the need to explore. If one can learn from all of them, then there is no obstacle in the way of medicine, and they are perfect Pediatricians can expand their cultural background, enhance their mental state, enrich their imagination, and become an excellent doctor in the future by being exposed to and learning about literature, history, philosophy, and art, even if they cannot directly teach you some detailed surgical procedures and teach you how to carry out gene recombination experiments.

### **3.2. To apply medical psychology in daily work**

Pediatricians may encounter a large number of different children and parents in their daily clinical work. Their age, personality, gender, economic situation, family environment, and types of diseases are very different, and the reactions and emotions of each family will naturally be different. If pediatricians only treat treating patients as a simple task and complete daily work mechanically, it may lead to various problems and contradictions. At present, the modern biomedical model has gradually undergone some changes. In the whole process of diagnosis and treatment, pediatricians should patiently listen to and analyze the actual thoughts of children's parents, and accurately analyze the physical characteristics and psychological conditions of children of different ages. In addition, they should think in a different way, make objective analysis, and give children friendly guidance and appropriate encouragement based on the actual situation. In this process, pediatricians can continuously accumulate experience, adjust their perspectives, and use the theory of medical psychology in their actual work to carry out continuous learning, integration and transformation, so as to lay a foundation for their future career development.

### **3.3. To accurately analyze and master children's psychology**

There are differences in the life experience, knowledge structure and living environment of each child, and the world outlook is naturally different. In clinical practice, pediatricians should really understand a child and accurately analyze the child's psychology. In medical services, pediatricians should pay more attention to the language art of communication with children, and smoothly transfer information, express feelings and exchange ideas with children. If the communication between doctors and children is not smooth, the language information of children will be ignored. The lack of scientific, normative, artistic and emotional language communication will reduce the quality of medical services, create increasingly tense doctor-patient relationship, and also lead to

medical disputes. Pediatricians should recognize and treat the children, understand the disease, deeply analyze the personality traits, psychological status, individual differences, and social factors of the children, and establish a relationship of mutual dependence, equality and harmony, so as to finally cure the disease and save the people.

### 3.4. To establish a holistic view for medicine

First of all, the knowledge structure of many medical students is relatively simple. It is difficult for clinicians to break through the limitations of the biomedical model, and build a holistic medical concept. Pediatricians need to learn medical psychology, deeply study the physiological mechanism of children themselves, and study the external and internal environment that forms these physiological mechanisms. Doctors should treat children as a unity of mutual influence and interaction, and define their health status from three different aspects of children's social adaptation function, psychology and physiology, not just to determine the patient by whether children have diseases. Secondly, pediatricians should also deeply understand the harmonious doctor-patient relationship. In the past, the medical model paid more attention to the leading role of doctors and technical authority. Children must follow the doctor's instructions unconditionally and cooperate with the doctor's treatment methods. The doctor-patient relationship is to obey and command. The new medical model has changed the relationship between doctors and patients to a large extent. The doctor-patient relationship is mainly through equal cooperation, and more attention has been paid to the self-regulation of children and the development of their own potential, so as to effectively focus on patients, and the doctor-patient relationship lies in cooperation and guidance. Finally, pediatricians should treat both physically and mentally. There are many main reasons why children get sick, including biological factors, social factors and psychological factors such as genetics, emotional stress, obesity, depression, etc.

## 4. Conclusion

For pediatricians, children are the target of service and need to be paid special attention to. Children is the hope of society and the country. In the process of treating diseases, pediatricians should also pay close attention to the psychological factors of parents. With the development and progress of the times, medical staff should have higher humanistic quality and bring care to children. By learning the knowledge of medical psychology, pediatricians can combine psychology with clinical practice, and give full play to the role of medical psychology, so as to improve the effect and efficiency of clinical work, and create a smoother process of diagnosis and treatment for children.

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