

Clown Doctors: The Emerging Concept of Hospital Clowning

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Health care setting & stress:

Hospital setting itself is a stress inducing factor for majority of patients. The medical procedures particularly those that involves needles may stimulate fear anxiety and distress particularly in young, they not only aggravate pain in children but also hinder the medical procedure that has to be done. Physicians can elevate the pain tolerance by using Cognitive psychological practices such as distraction. The commonly employed distraction techniques in children includes making them watch television, kaleidoscope, story reading, bubbles blowing, usage

Humor in Hospitals:

According to recent scientific evidences, humour have been shown to have a positive effect on patients. It was observed that there has been a

swift evolution in the health care approaches that includes the concept of medical clowning. For reducing the pain and anxiety, predominantly in paediatric hospital settings, where the Medical clowns are more and more used.

The studies have shown that the clown intervention has been found to diminish the child's pain, anxiety and psychological distress. They were also able to lessen the levels of parental anxiety. It may also advance the communication skills among healthcare professionals which indirectly plays a major role in the doctor-patient relationship [1].

Keywords: patients; kaleidoscope; physicians; paediatric hospital; doctor-patient relationship; clinicclowns; therapies; clown doctors



Medical Clowns cheering the children along with their families in a Paediatric setup.

Therapeutic medical clowning:

The medical clowns use the beneficial effects of play and humor which aids to reduce fear and anxiety among the patients and their family members. They also increase the mental strength of the patient and motivate them to handle the effects of the disease and the therapy that is administered by the health professionals. Multimodal expressive therapies such as puppetry, music, magic and circus are cast-off to the patient as a part of the therapeutic process. Such activities are witnessed by the patients, their families, healthcare professionals in various venues of a hospital setting such as waiting rooms, OPD, emergency department, wards, Inpatient rooms, ICU, hallways, and even inside the elevators.

CliniClowns:

In the Netherlands, medical clowns are called as "CliniClowns". They pay their visits to paediatric hospitals, rehabilitation centres and schools for mentally disabled children in order to arrange distinct events such as circuses. They also provide online activities for the children, health care providers and the parents. Such activities have numerous positive effects called as clown effects. The clown effects are determined by the clown physiognomies, healthcare professionals, concerned child, parents, and the organization that is arranging such visits. In addition to fetching joy these cliniclowns are able to galvanize and provide a happy-go-lucky moment for the children who are in pain and distress [2].

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