



Child Life Internship and Application Guidelines

SSM Health Cardinal Glennon Children's Hospital
1465 South Grand Boulevard
St. Louis, MO 63104
www.cardinalglennon.com



Dear Applicant,

Thank you for your interest in our Child Life Internship program at SSM Health Cardinal Glennon Children's Hospital. We offer a 640 hour (16 week) comprehensive internship for fall and spring semesters. Our program is designed for students in the discipline of child development or related areas who have fieldwork experience with hospitalized children, and are seeking to enter the child life profession. A certified child life specialist (CCLS) will supervise the student while he/she participates in clinical experiences with children and families. The following are required to be an eligible candidate:

- At least 100 hours of practicum experience within a child life department under the direct supervision of a CCLS and in-person. This must be completed prior to the start of the internship but can be in progress at time of application. We do not accept students who have only completed a virtual practicum.
- At least 100 hours of volunteer work experience with infants, toddlers, school-age and adolescents.
- Volunteer or work experience in a pediatric hospital setting.
- Successful completion and documentation of the core curriculum classes, including a course taught by a CCLS as approved by an Association of Child Life Professionals Eligibility Assessment/Coursework Review. These courses must be completed prior to the start of the internship but can be in progress at time of application.
- A strong knowledge of psychosocial issues related to illness and hospitalization
- Affiliation with a university and enrolled for credit during internship semester

Students interested in applying for a clinical internship must email the completed application no later than the application deadline set forth by the Association of Child Life Professionals for the appropriate semester. The child life team will review all applications, and then if selected the student will be contacted for a first round interview. Applicants that do not meet the selection criteria and/or do not have all required application materials will not be considered for the clinical internship and will be notified.

For questions regarding the internship program and application process, please email cgchildlife@ssmhealth.com.



Child Life Internship

The philosophy of the Child Life Department at SSM Health Cardinal Glennon Children's Hospital is in accordance with the Association of Child Life Professionals' Philosophic Base.

The Philosophic Base

1. Each child, youth and family is unique and deserving of respect. Children have basic rights as defined by the United Nations in its Declaration on the Rights of the Child.
2. Health care should take place in a humanistic environment.
3. Children must be provided with appropriate and meaningful ways to impact on their surroundings (i.e., must be given means of "control").
4. Normal life experiences must be continued within the health care setting. (See Child Life Position Paper of Association for the Care of Children's Health.)
5. The role the community plays in continuing and expanding the development begun by the child must be recognized.
6. Hospitalization is potentially traumatizing. If psychological stress is prolonged and excessive, it can result in long lasting or permanent emotional insecurity. It is possible to minimize many of the stresses.
7. Hospitalization can provide positive growth experiences with proper teaching, programming and supportive service.
8. The interdisciplinary model is the most efficient way of treating the "whole child."
9. Play is an essential life process, a natural part of childhood, and vital to normal development. Through play, the child learns, masters experiences, expresses himself, copes with anxiety, creates, achieves and develops skills.
10. Disabled children must be given help by trained professionals to enable them to play fully and to the limit of their needs.
11. Play is an essential means of understanding and assessing a child's needs.
12. The environment should more closely approximate a home-like environment.
13. The presence of the family should be encouraged. In the absence of supportive family members, other consistent supportive presence is essential.
14. Families from other cultures which have unique needs should be addressed. Child life clinical practice includes sensitivity to and consideration of cultural diversity.
15. Educational continuity is essential.
16. Pre-hospitalization orientation and teaching is essential for children and families.
17. Adequate preparation for medical experiences is essential.
18. Commitment of the child life specialists to their profession is essential for continued growth and excellence.



Objectives

The objectives of the child life program at SSM Health Cardinal Glennon Children's Hospital are in accordance with the Association of Child Life Professional's Service Standard.

Standard

The child life program shall include direct services to children and families, consultation, education, quality assurance, policy and program planning, advocacy and environmental planning. In organizations in which teaching and research are part of the organizational missions, child life should participate in these when appropriate. Field instruction of child life students, other child life teaching and research activities are appropriate and recommended functions of all child life programs.

Interpretation

Child life programming is based on an understanding of normal human development and the impact that illness, injury, disability and hospitalization have on this process. Program elements are designed to reduce distress, increase adaptive coping and protect and enhance developmental integrity by offering opportunities to play, learn and interact with others in an emotionally and physically safe environment. In collaboration with other health providers and in the context of a supportive and trusting relationship with children and families, child life services shall include the following:

1. Provide opportunities and facilitate a variety of play and activity forms which promote self- healing, self-expression, understanding and mastery.
2. Develop individual treatment plans based on an assessment of the child's development, temperament, coping style, medical plan and available social supports; development, assessments may be based on standardized scales.
3. Utilize therapeutic play techniques as a diagnostic and treatment tool.
4. Support family bonds and utilize family strengths in the care of the child.
5. Provide orientation to health care experiences and personnel.
6. Use developmentally appropriate methods in preparing children and families for diagnostic and treatment procedures.
7. Provide emotional support during identified stress points.
8. Utilize stress reduction techniques to facilitate adaptive coping.
9. Interpret the child's perception of his diagnosis and treatment as revealed through play and other means of communication both verbal and non-verbal.
10. Offer counsel specific to the impact of health care experience.
11. Extend support and offer counsel to family members with respect to their own stress and needs.
12. Provide parent education on child development.
13. Provide or cooperate with programs which assure continuity in the child's normal life experience (i.e., school programs, personal and holiday celebrations).
14. Provide interdisciplinary in-service and student teaching on child development and the impact of illness, injury and hospitalization on children and families.
15. Provide consultation to the health care team regarding the developmental status and individual needs of children to promote adaptation to treatment.
16. Provide consultation on the impact of environmental factors on the child's adaptation to hospitalization and treatment.
17. Provide child health care education.



Application Process

1. Complete the Internship Readiness Common Application found at aclp.smapply.io and email the completed PDF document to the submission email listed below. Any other formatting (e.g. google drive links, JPEG, etc.) will not be accepted. All documents must be sent and received by the application deadline. Late or incomplete applications will not be accepted.

Submission Email: cgchildlife@ssmhealth.com

Subject line: Candidate Name- Internship Application Session (Fall/Spring and year)

We follow the ACLP application dates for acceptance of applications, offer date, and second offer date. We only offer internships in the Fall and Spring semesters.

2. The applications will be reviewed, and those students who are qualified and meet the standards for the child life internship may be contacted for a first round Zoom interview.

Due to the amount of applications that we receive, an interview is not guaranteed but is based on a selection process. All interviews will be conducted via Zoom. Instructions for interviews will be emailed to those selected for the interview process.

3. After the first and second round interviews an intern will be selected. All applicants will be notified of either acceptance or rejection.



Requirements from College/University

1. Student interns must be affiliated with college or university for the internship semester.
2. At least two conferences via phone or email between academic advisor and internship coordinator.

Requirements from the Student

1. Agreement will be made and signed by the Intern, the University/College Supervisor, and the child life internship coordinator on:
 - Assignments & evaluations required by both the University/College and SSM Health Cardinal Glennon Children's Hospital.
 - Start & end dates accounting for any time off that is requested and scheduled.
 - Student will agree to work forty (40) hours per week for a minimum of sixteen (16) weeks. These sixteen (16) weeks are to be consecutive weeks with no provision for spring breaks.
2. A recent TB test, copy of vaccination records, and background check by the university is mandatory for students working at the hospital. This must be completed prior to the start date of the internship.
3. Notification of any physical limitations should be given to the child life department before start of internship (i.e., seizures, diabetes, disabilities, etc.) so accommodations can be made accordingly.
4. CPR Certification is required.
5. Student required to have read *Child Life in Hospitals: Theory and Practice*. By R. Thompson and G. Stanford - a classic reference for child life professionals. *Child Life in Hospitals* skillfully interweaves a sensitive treatment of the needs of hospitalized children with a practical discussion of the realities of administering a child life program. Using carefully-selected case studies, pertinent bibliographical resources, and personal experience, the authors provide readers with an abundance of practical aids, as well as a deeper understanding of the need for child life programs, and the mechanics of establishing them. This is a recommended reference in studying for the Child Life Professional Certification Examination and is available via the Association of Child Life Professionals @ www.childlife.org.
6. Documentation of at least 100 hours of practicum experience completed in a pediatric hospital/clinic setting under the supervision of a Certified Child Life Specialist.

During the Internship the Intern will:

1. Work a variety of hours, and it will vary depending on rotation. Some weekend shifts will be included as well. The internship typically consists of 3 rotations providing both inpatient and outpatient experiences. Each rotation will provide a unique experience with a CCLS on different units, with a range of patient populations.
2. Participate in curriculum modules through weekly readings and discussions.
3. Participate in prioritizing exercises, evaluating patients using the Stress Potential Model (Gaynard et. al., 1990).
4. Be required to plan, implement, & evaluate therapeutic activities for individual and group settings.
5. Participate in volunteer guidance & playroom management.
6. Participate in reviewing patient information and clinical documentation materials and will be required to learn basic documentation skills and policies.
7. Attend interdisciplinary meetings and any additional professional meetings.
8. Assist with planning/implementation of special events & community group visits.
9. Assist in the Pet Therapy Program.
10. Complete diagnosis reports on childhood diseases, illnesses, and child life interventions.
11. Complete and present a case study of a patient and family that the student has provided direct patient care to during the internship.
12. Complete an individual project that includes planning, implementation, and presentation to be agreed upon by the student and the child life internship coordinator.
13. Be required to participate in rotation, mid-term, and final evaluations.

Rotation Schedule

The rotation schedule changes with each intern and is based on staffing availability and intern interest. Interns typically experience three rotations. Rotation options typically consist of three of the following units: Infant/Toddler General Medicine & EEG, School-age/Adolescent General Medicine, Hematology/Oncology & Bone Marrow Transplant, Pediatric Intensive Care Unit, Neonatal Intensive Care Unit, Transitional Care Unit & Dialysis, Emergency Department, Outpatient Specialty Clinics, and Outpatient Surgery/Endoscopy. The rotation schedule is predetermined by staffing availability and intern preferences prior to start date.

Intern Assignments

1. Weekly reading and curriculum module discussions
2. Academic Journals (weekly)
3. Census Stress Potential (1/ Inpatient rotation)
4. Plan, Implement, & Evaluate Therapeutic Activities (throughout rotations)
5. Chart Notes (weekly)
6. Diagnosis Reports & Presentation (1/Outpatient rotation)
7. Case Study & Presentation (1)
8. Project & Presentation (1)
9. Family Centered Care
10. Evaluations: 1 per rotation



Example of Clinical Expectations

Week 1 Orientation and observation: Attend hospital orientation and tour the entity. Shadow each child life specialist to obtain a general overview of the different units covered by a CCLS. Orientation to child life office, program, supplies, and daily routine.

Weeks 2-End of Internship Assess developmental and psychosocial needs of patients by reading medical records and attending nursing rounds. Provide services, which include therapeutic play opportunities (at bedside and playroom), normalizing the environment through daily routine experiences, opportunities for self-expression and support for patients and their families.

Provide a therapeutic and safe environment by planning, implementing and evaluating individual and group activities. Communicate relevant information and provision of services through documentation in patients' medical records. Provide medical play, medical education opportunities to patients and families. Provide distraction and emotional support during procedures. Assist in maintaining equipment in areas by appropriate selection, cleaning, and disposal of items.

Hospital Regulations

Dress Code

Will be discussed with internship coordinator.

Absence

Please be sure to notify your supervisor if you will be late or absent. If you are ill, under no circumstances are you to have patient contact. You will be expected to work the hours of your rotation unless a two (2) week request has been given to the supervisor. (The only acceptable excuses for absence are illness or family emergency.) Time missed for family emergencies and illnesses/sick days will need to be made up.

Confidentiality

Being in a hospital setting, you will be exposed to situations involving patients and their families, which are confidential and are not to be discussed outside of the hospital. Do not hold conversations about a patient or the family in hallways, elevators, cafeteria, shuttle buses or other public areas of the hospital. In accordance with the federal HIPPA regulations, you must not disclose any information about the patient to another patient, volunteer, visitor or another patient's family. Violation of this policy will result in immediate termination.

Identification

Please wear your hospital I.D. badge at all times when you are in the hospital. This badge will be issued to you the first day of the internship.

Lodging/Meals

Lodging and meals are not provided by SSM Health Cardinal Glennon Children's Hospital.

Parking

Free parking is available for the student intern in the employee lot. A shuttle bus is provided for transportation to and from the hospital parking lot.



Firsts at Cardinal Glennon

SSM Health Cardinal Glennon Children's Hospital was the first...

- Hospital in Eastern Missouri to receive the Missouri Quality Award.
- Children's hospital to belong to a health system winner of the Malcolm Baldrige National Quality Award.
- Hospital to provide Extracorporeal Membrane Oxygenation (ECMO) west of the Mississippi River.
- Electronic infant cardiac/breathing monitors in the region developed in the Neonatal Intensive Care Unit.
- Living-related liver transplant and split liver transplant in Missouri.
- Infant kidney transplant in Missouri.
- In Missouri, and one of only five centers in the nation, capable of offering transcatheter closure of heart defects using a "button" device.
- Neonatal Intensive Care Unit in St. Louis and first to establish a dedicated Neonatal Transport Team.
- Cleft Palate, Genetics and Neurofibromatosis clinics in the state.
- Pediatric Sleep Disorders program and Lab in St. Louis.
- Hospital in the region to provide fully trained pediatricians in the Emergency Department 24 hours a day.
- Level I Pediatric Trauma Center in the state.
- Hospital in region to establish a Cord Blood Bank and one of the first four in the nation.
- Poison Control Center in the Missouri and the third busiest in the nation.
- Board-certified medical toxicologist in the St. Louis region.
- To develop the PACTS/PALS for Life course which includes the principles of pediatric advanced life support and the reality of trauma. The program has educated more than 3,000 physicians, nurses and paramedics from 18 states.
- Knights of Columbus Developmental Center and only interdisciplinary evaluation/treatment team for children with developmental disabilities in the region.
- Multidisciplinary comprehensive Hemophiliac Treatment Center in the Midwest established in 1963; also, first to establish a Pediatric AIDS Center.
- To have one of only a handful of pediatricians in the nation certified in sports medicine.
- Only multidisciplinary Myelomeningocele Clinic in eastern Missouri.
- Multidisciplinary Elimination Disorder Clinic for children.
- To perform a laparoscopic node dissection for Genito Urinary cancer in a child.
- To set up molecular DNA testing of the most inherited form of mental retardation (Fragile-X syndrome) in Missouri.
- And only center in Missouri to engage in both pediatric and neonatal nitric oxide studies and subsequent protocols.
- To perfect a new radiology technique which shortens X-ray exposure and reduces radiation risks in children.
- To operate and direct the research projects of the Missouri/Illinois Hemophilia Diagnostic and Treatment Center.