

Pre-op anxiety affects **more than half** of all children undergoing surgical procedures<sup>1</sup>

It can manifest as agitation, crying, shivering, fighting and escape behaviour<sup>2</sup>

Every year, over 500,000 children undergo elective surgery in the UK<sup>3</sup>



Little Journey enables children to 'visit' the day case ward, anaesthetic and recovery rooms and interact with staff and equipment they'll see on the day of their operation



For every **£1** invested in the project Little Journey is estimated to deliver...

Tangible value of **£3.03** and **£3.50** of benefit within the health care system (cash and non-cash releasing)

A further **£5.12** and **£6.00** in social benefits



Little Journey is good for hospital reputation

Patients' relatives are often very conscious of the care received, with parents having great expectations from health professionals when their child is undergoing surgery

Little Journey can help mitigate distress and anxiety and better share information ahead of the hospital visit



A virtual reality (VR) app to help calm pre-operative anxiety in children

Little Journey offers children a cardboard VR headset alongside a smartphone app



Little Journey is a child-centred product, with information for parents

The app includes age-appropriate animated characters and games, and a parent menu with checklists and a telephone link to the hospital

One version is tailored for 3-7 year olds and another for those aged 8-12



A pilot study proves the value of Little Journey

Currently **38 hospitals** are using Little Journey across the UK and Republic of Ireland

Out of these, **5 hospitals** agreed to provide data to demonstrate its value\*

Across the 5 pilot sites over a 5-year period, Little Journey is estimated to create a total net value of **£586,200**



Across all 145 potential sites, the total net value estimated is **£11,757,100**

This includes NHS savings and societal benefit, less time off work for parents, fewer late appointment cancellations, less time needed for pre-op paediatric anaesthesia and medication, and reduced staff time cost

Statistics taken from: Eastern AHSN and Kent Surrey Sussex Academic Health Science Network. Evaluation report of the Little Journey mobile application. October 2019

Additional references

1. Kain, Z., Mayes, L., O'Connor, T. & Cicchetti, D., 1996. Preoperative anxiety in children. Predictors and outcomes. *Archives of Pediatrics and Adolescent Medicine*, Volume 150, pp. 1238-1245.

2. Litke, J., Pikulska, A. & Wegner, T., 2012. Management of perioperative stress in children and parents. Part I - the preoperative period. *Anaesthesiology Intensive Therapy*, Volume 44, pp. 165-169.

3. Sury, M., Palmer, J., Cook, T. & Pandit, J., 2014. The state of UK anaesthesia: a survey of National Health Service activity in 2013. *British Journal of Anaesthesia*, Volume 113, pp. 575-584.

\*South Tees Hospital NHS Foundation Trust, Royal Berkshire Hospital, Stoke Mandeville Hospital, Wexham Park Hospital and Cambridge University Hospital NHS Foundation Trust

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