

Children's Adaptation to Cancer

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Overview

- Research findings & personal experience
- Core principles
- Psychosocial Timeline
- Biopsychosocial Model
- Promoting Adaptation

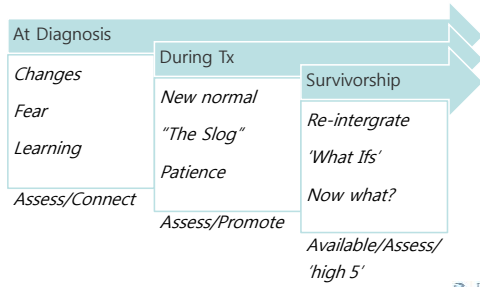


Core Principles

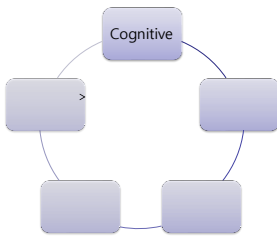
- Every child is different
- Influences of family, environment
- Developmental considerations
- Human behavior is difficult to predict



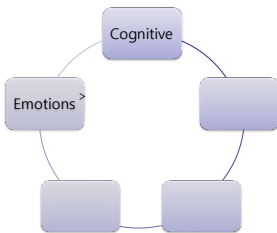
Psychosocial Timeline



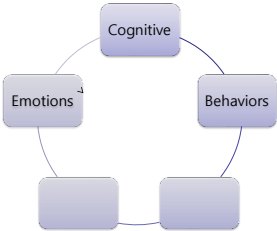
The Biopsychosocial Model



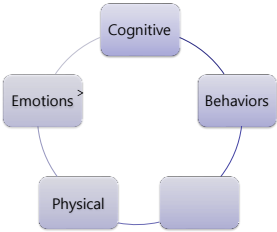
The Biopsychosocial Model



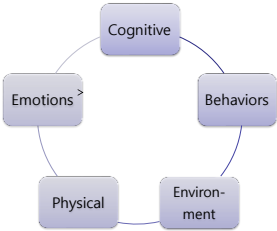
The Biopsychosocial Model



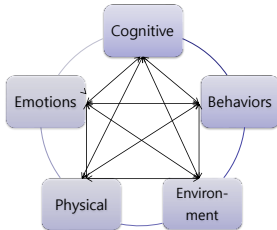
The Biopsychosocial Model



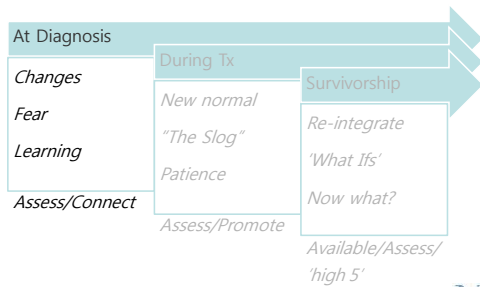
The Biopsychosocial Model



The Biopsychosocial Model



Psychosocial Timeline



At Diagnosis: Child Experience

- Cognitive
 - Uncertainty, confusion, “wh” questions
- Emotions
 - Fear, sadness,
- Behavioral
 - Limitations; sig changes



At Diagnosis: Child Experience

- Physical
 - Symptoms, painful procedures
- Environment
 - Inpatient/outpatient, MD communication
- *Parents*



At Diagnosis: Intervention

- Biopsychosocial Model
- Make/Keep Connections
- Instill Realistic Optimism
- Parents
 - Trust & Honesty
 - Communication
 - Self-care



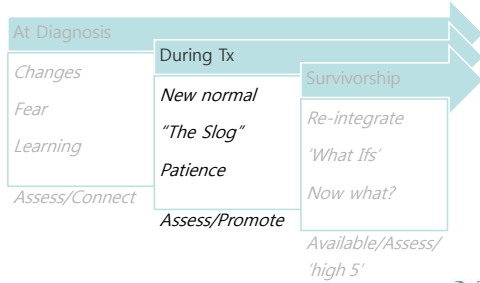
Being Honest



"You want the truth, the whole truth or nothing but the truth?"



Psychosocial Timeline



In Treatment: Child Experience

- Cognitive
 - Loss of "normal life"; taking "forever"
- Emotions
 - "sick of this"
- Behavioral
 - Limitations, social connections



In Treatment: Child Experience

- Physical
 - Hair, side effects
- Environment
 - Inpatient, outpatient
- *Parents*

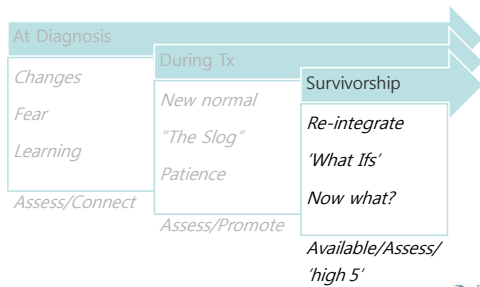


In Treatment: Intervention

- Refer to Biopsychosocial Model
- Maintain Connection
- Normalize Experiences
- Encourage Realistic Optimism
- Highlight successes



Psychosocial Timeline



Survivorship: Child Experience

- Cognitive
 - Trusting health; re-integrating worries; cognitive late effects
- Emotions
 - "sick of this"
- Behavioral
 - Now what?



Survivorship: Child Experience

- Physical
 - Long-lasting affects
- Environment
 - Returning to hospital
- *Parents*



Survivorship: Intervention

- Normalize Experiences
- Maintain Availability
- Behavioral and cognitive strategies to get back in flow of life
- Reflect on psych gains; highlight successes