

Stages of Illness/Injury & Recommendations

Stage	Medical Condition	Recommendations
<p style="text-align: center;">Pre-admission/Admission</p>	<p style="text-align: center;"><u>Chronic Illness:</u> Unexpected and uncertainty regarding diagnosis</p> <p style="text-align: center;">Subjective interpretation of life threat</p> <p style="text-align: center;"><u>Injury:</u> Sensory experiences of ambulance, especially in context of developmental understanding of experience</p> <p style="text-align: center;">Subjective interpretation of life threat</p> <p style="text-align: center;">Intense pain and separation from parents</p>	<p style="text-align: center;"><u>Chronic Illness:</u> Provide simple explanations for diagnosis & for what is going to happen</p> <p style="text-align: center;">Normalize common reactions; ask about fears/worries</p> <p style="text-align: center;">Encourage parental presence and support parents in how to "help" child</p> <p style="text-align: center;"><u>Injury:</u> Minimize exposure to "scary" sights/sounds</p> <p style="text-align: center;">Control pain</p> <p style="text-align: center;">Normalize common reactions; ask about fears/worries</p> <p style="text-align: center;">Encourage parental presence and support parents in how to "help" child</p> <p style="text-align: center;">Give simple explanations for procedures/plans</p>
<p style="text-align: center;">Diagnosis & Treatment Planning</p>	<p style="text-align: center;"><u>Chronic Illness:</u> Increased life threat (subjective)</p> <p style="text-align: center;">Initial distress is common (i.e., shock, disbelief, crying, overwhelmed, worry)</p> <p style="text-align: center;">Recent loss as risk factor</p>	<p style="text-align: center;"><u>Chronic Illness:</u> Normalize common reactions</p> <p style="text-align: center;">Ask about fears/worries</p> <p style="text-align: center;">Connect family with hospital support services</p> <p style="text-align: center;">Provide explanations for procedures/treatment</p> <p style="text-align: center;">Allow child/adolescent involvement</p>
<p style="text-align: center;">Inpatient Treatment</p>	<p style="text-align: center;"><u>Chronic Illness & Injury:</u> Unfamiliarity with expectations/hospital routine/treatment/prognosis</p> <p style="text-align: center;">Pain management</p>	<p style="text-align: center;"><u>Chronic Illness & Injury:</u> Educate family regarding hospital setting and routines</p> <p style="text-align: center;">Connect family with in-hospital resources</p> <p style="text-align: center;">Provide simple explanations of procedures/medical routines</p> <p style="text-align: center;">Help family establish/maintain daily routines and expectations</p> <p style="text-align: center;">Identify family strengths/resources and monitor family distress</p> <p style="text-align: center;">Normalize reactions to painful procedures</p>

Inpatient Treatment Cont.		<p>Teach pain management techniques & use pharmacologic support</p> <p>Provide as much age appropriate involvement as possible</p> <p>Involve psychosocial team to support family with difficult aspects of treatment</p>
Treatment Set-back	<p><u>Chronic Illness:</u> Initial distress is common (i.e., sadness, irritability, anger, withdrawal, fear)</p> <p>May be considered "failure" versus "bump in the road"</p>	<p><u>Chronic Illness:</u> Emotional and resource support</p> <p>Normalize reactions/concerns</p>
Rehabilitation	<p><u>Injury:</u> Another transition for the family; uncertainty & loss</p> <p>Pain, frustration, sense of loss when challenged with difficult tasks</p> <p>Traumatic reminders of injury</p> <p>Social comparison; withdrawal</p>	<p><u>Injury:</u> Support transition; anticipate, plan, prevent</p> <p>Provide simple explanation for therapies/expectations</p> <p>Involve psychosocial team in helping family anticipate and address concerns</p>
Discharge	<p><u>Chronic Illness & Injury:</u> Transition and loss of medical team support/direct care; worry</p>	<p><u>Chronic Illness & Injury:</u> Anticipate possible challenges; assist with problem-solving</p> <p>Normalize concern and provide reassurance</p> <p>Support physical and emotional transition home</p>
Outpatient & Primary Care	<p><u>Chronic Illness & Injury:</u> Feelings of isolation</p> <p>Re-establishing routines/expectations/relationships</p> <p>Concern about changes and others' reactions</p> <p>Hypervigilance for symptoms</p>	<p><u>Chronic Illness & Injury:</u> Monitor patient and family's adjustment</p> <p>Connect family to community resources</p> <p>Make referrals to mental health professionals as needed</p>

*From the Medical Traumatic Stress Working Group of the National Child Traumatic Stress Network (NCTSN)
http://www.nctsn.org/nctsn_assets/acp/hospital/brochures/T&MBrochure.pdf