

PEDIATRIC CANCER



APPLYING KNOWLEDGE OF GROWTH AND DEVELOPMENT TO CHILD LIFE PRACTICE



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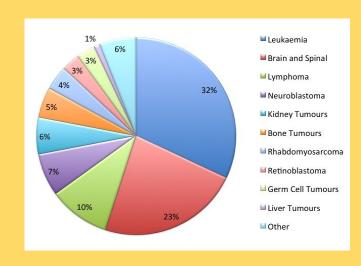
WHAT IS CANCER?

- CANCER IS DEFINED AS "THE DISEASE CAUSED BY AN UNCONTROLLED DIVISION OF ABNORMAL CELLS IN A PART OF THE BODY."
- CHILDREN CAN INHERIT DNA CHANGES GENETICALLY ALSO KNOWN AS MUTATIONS
- THESE UNCONTROLLABLE CELLS CAN LEAD TO UNCONTROLLABLE GROWTHS THAT WE CAN CALL A MASS OR TUMOR
- TUMORS CAN BE BENIGN OR MALIGNANT
- BENIGN MEANS THE TUMOR IS NOT CANCEROUS AND CAN GROW IN SIZE BUT IT WILL NOT SPREAD
- WHEN A TUMOR IS MALIGNANT MEANS IT IS CANCEROUS AND CAN SPREAD THROUGHOUT THE BODY DEPENDING ON THE TYPE OF CANCER
- IN CHILDREN CANCER IS NOT CAUSED BY ENVIRONMENTAL CHANGES OR TOXINS

Types of Cancer Seen Mostly in Children

- "CHILDHOOD CANCER IS AN INCREASING AND PREVALENT TYPE OF CHRONIC DISEASE WORLDWIDE. LEUKEMIA IS ONE OF THE MOST COMMON CANCERS IN CHILDREN UNDER 15 YEARS OF AGE AND REPRESENTS 25% OF ALL CANCERS IN CHILDREN. " (MAHMOUD, & ELAZIZ, 2015 p.13)
- LEUKEMIA.
- BRAIN AND SPINAL CORD
- NEUROBLASTOMA.
- KIDNEY TUMORS
- LIVER TUMORS
- GERM CELL TUMORS
- WILMS TUMOR.

- LYMPHOMA (INCLUDING BOTH HODGKIN)
- RHABDOMYOSARCOMA
- RETINOBLASTOMA.
- BONE CANCER (INCLUDING OSTEOSARCOMA AND EWING SARCOMA



WHO IS TODAY'S PATIENT?

- SCHOOL-AGED CHILD WHO IS 7 YEARS OF AGE
- CANCER: LEUKEMIA
- SINGLE-PARENT FAMILY
- UNDERGOING CHEMOTHERAPY / RADIATION
- FIRST TIME EXTENDED HOSPITAL STAY



IMPORTANCE OF PSYCHOLOGICAL PREPARATION INTERVENTION

- ACCORDING TO THE JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY A INTERVENTION WHICH HAS BEEN PROVEN TO SHOW PATIENT IMPROVEMENT IS "THE COGNITIVE BEHAVIOR-THERAPY INTERVENTION CONSISTED OF A PACKAGE OF FIVE COMPONENTS: FILMED MODELING, BREATHING EXERCISES, POSITIVE INCENTIVE, IMAGERY/DISTRACTION, AND BEHAVIORAL REHEARSAL." (JAY, ELLIOTT, KATZ, & SIEGEL, 1987)
- IT IS IMPORTANT TO PROVIDE THE PATIENT WITH PSYCHOLOGICAL PREPARATION INTERVENTIONS TO FEEL A LITTLE MORE COMFORTABLE WITH WHAT TO EXPECT, WHAT IS HAPPENING IN THEIR BODY AND WHAT IT WILL BE LIKE IN THE HOSPITAL



PSYCHOLOGICAL PREPARATION INTERVENTION VIDEOS

- AS A PART OF PSYCHOLOGICAL INTERVENTION WE CAN HAVE THE PATIENT WATCH CARTOON VIDEOS CALLED ASK JAKE ON YOUTUBE TO EXPLAIN DIFFERENT PARTS OF BEING HOSPITALIZED
- SOME VIDEOS EXPLAIN SIMPLE THINGS LIKE HOPITAL GOWNS AND WHAT DOCTORS AND NURSES LOOK LIKE AS WELL AS THEIR TOB
- Some videos explain more complex subtects like chemo and radiation at the child's level
- lacktriangle Another great preparation video found on youtube is called \emph{A} boy named find
- HIS VIDEO EXPLAINS HIS FIRST DAY AT THE HOSPITAL, WHAT IT WAS LIKE

 DURING HIS STAY AND HOW EVEN THOUGH HE'S BACK HOME HE HAS TO GO BACK TO VISIT

 THE HOSPITAL



PSYCHOLOGICAL PREPARATION INTERVENTION BLOOD SOUP

- EVERY CHILD LEARNS DIFFERENTLY. SOME CAN LEARN THROUGH A VIDEO WHILE OTHERS NEED TO HAVE A MORE HANDS ON
- A GREAT INTERVENTION MANY CHILDREN WITH LEUKEMIA BENEFIT FROM IS MAKING "BLOOD SOUP" TO EXPLAIN LEUKEMIA
- BLOOD SOUP IS MADE UP OF WATER AND DIFFERENT COLORED CANDIES
- lacktriangle The water represents the blood and the candles represent the different cells
- FIRST YOU MAKE HEALTHY BLOOD WITH THE PATIENT AND THEN LEUKEMIA BLOOI
- THEY CAN THEN PHYSICALLY SEE THE DIFFERENCE BETTER UNDERSTANDING WHAT IS GOING ON THEIR BODIES
- A LINK BELOW IS A CHILD LIFE SPECIALIST EXPLAINING AND MAKING BLOOD SOUP WITH A PATIENT



PHYSICAL MILESTONES

- THE PATTENTS MOTOR DEVELOPMENT BEGINS TO IMPROVE
- THE PATIENT SHOULD BE ABLE TO HAVE MORE CONTROL OVER PERSONAL HYGIENE SUCH AS BRUSHING THEIR OWN TEETH
- THE PATIENT MAY ALSO EXPERIENCE GROWTH SPURT

COGNITIVE MILESTONES

- PIAGET'S CONCRETE OPERATIONAL STAGE RANGES FROM 7-11 YEARS OLD
- THE PATIENT IS 7 YEARS OLD
- DURING THIS STAGE THE CHILD WILL BE MORE ORGANIZED AND BEGIN TO PROCESS AND THINK IN A MORE RATIONAL WAY
- THE PATIENT BEGINS TO HAVE SELF AWARENESS AS WELL AS UNDERSTANDING THAT EVERYONE HAS THEIR OWN OPINIONS

SOCIAL EMOTIONAL MILESTONES

- DURING AND AFTER LEUKEMIA TREATMENT IT IS IMPORTANT FOR A PATIENT TO DISCUSS ANY EMOTIONAL OR PSYCHOLOGICAL ISSUES
- IT'S IMPORTANT IF POSSIBLE TO MAINTAIN A ROUTINE SUCH AS ATTENDING SCHOOL
- THE PATIENT MAY WORRY ABOUT LEUKEMIA RETURNING, FEELING LIKE AN OUTSIDER, ABOUT LIFE AFTER LEUKEMIA
- DURING THIS AGE THE PATIENT WILL BE MORE AWARE OF THEIR SURROUNDINGS, SENSITIVE AND FEARFUL OF THE UNKNOWN
- BY ESTABLISHING A RAPPORT WITH THE PATIENT AND GAINING THEIR TRUST WE CAN HELP MAKE THE UNKNOWN LESS SCARY

ADVICE FOR SINGLE PARENTS DURING EXTENDED HOSPITAL STAYS

- A CHILD'S FIRST TIME HOSPITAL STAY CAN BE CONFUSING AND SCARY
- AS A SINGLE PARENT THERE IS A LOT TO DO ON A DAILY BASI:
- IT'S IMPORTANT TO RELY ON OTHERS DURING THIS DIFFICULT TIME SO THAT YOU CAN BE A PART OF THE PROCESS WITH YOUR CHILD
- ALTERNATING WITH A FAMILY FRIEND OR FAMILY DURING THE HOSPITAL STAY CAN ALLOW YOU AS THE PARENT TO KEEP WORKING EVEN THOUGH YOU WOULD RATHER BE WITH YOUR CHILD
- TECHNOLOGY HAS ALSO MADE IT A LITTLE EASIER TO BE PRESENT FOR YOUR CHILD SUCH AS FACETIME

ADVICE FOR SINGLE PARENTS DURING EXTENDED HOSPITAL STAYS

CONTINUED..

- ITS OK TO ASK FOR HELP AND ASK QUESTIONS
- IF SOMETHING SEEMS OFF DON'T BE AFRAID TO SPEAK UP
- CONTINUE TO PAREN
- NO MATTER WHAT THE DAY BRINGS REMEMBER ITS IMPORTANT THAT YOU TAKE CARE OF YOURSELF
- DEPENDING ON YOUR CULTURE OR RELIGION ITS IMPORTANT TO KEEP FAITH
- HAVE HOPE THAT YOUR CHILD WILL BE IN THE HANDS OF THOSE WHO LOVE HIM/HER AND THE
- ASK FOR A LIST OF RED FLAGS AND A HOME CARE PLAN FOR WHEN YOUR CHILD GOES HOME

ADVICE FOR SINGLE PARENTS DURING EXTENDED HOSPITAL STAYS

CONTINUED...

- IT IS DIFFICULT TO WATCH YOUR CHILD TO GO THROUGH SOMETHING PAINFUL
- THERE ARE SUPPORT GROUPS PARENTS AND SINGLE PARENTS CAN JOIN
- "THE PROGRAM WAS NOT DEVELOPED WITH THE INTENTION OF TEACHING PARENTS TO INTERVENI DIRECTLY WITH THEIR CHILDREN; RATHER THE INTENTION WAS TO TEACH PARENTS COPING STRATEGIES THAT THEY MIGHT USE IN COPING WITH THEIR OWN ANXIETY ABOUT THE PROCEDURE. THE STRESS INOCULATION PROGRAM INCLUDED THREE COMPONENTS: FILMED MODELING AND EDUCATION, BRIEF SELF-STATEMENT TRAINING, AND RELAXATION TRAINING COMBINED WITH COPING IMAGERY" (JAY. & ELLIOTT. 1990 P. 800)

ADVICE FOR SINGLE PARENTS EXPLAINING CANCER TO CHILDREN

- WHEN EXPLAINING CANCER TO A CHILD IT IS IMPORTANT TO USE AGE APPROPRIATE LANGUAGE
- BE PREPARED FOR ANY REACTION THE CHILD MAY HAVE
- THIS DIAGNOSIS MEANS MISSING SCHOOL AND THEIR FRIENDS
- THEY MIGHT THINK CANCER IS CONTAGIOUS
- IT'S IMPORTANT TO GIVE THEM AS MUCH SUPPORT AS POSSIBLE BECAUSE THEY CAN BE UPSET OR SAD
- IT MIGHT TAKE A FEW WEEKS FOR A CHILD TO UNDERSTAND AND BEGIN TO COPE WITH THEIR DIAGNOSIS
- IT MAY FEEL EASIER TO NOT TALK ABOUT THE DIAGNOSIS BUT THE MORE INFORMATION WE PROVIDE THEM WITH HELPS.
- IT HELPS THEM BUILD RAPPORT AND TRUST WITH THOSE AROUND THEM HELPING THEM THROUGH THE PROCESS

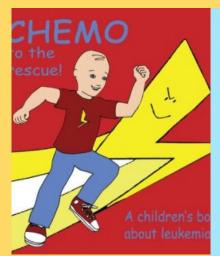
EXPLAINING CANCER TO CHILDREN CONTINUED...

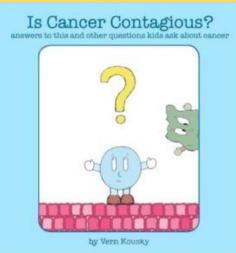
BOOKS FOR EXPLAINING CANCER TO CHILDREN

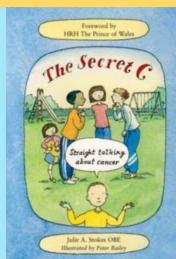


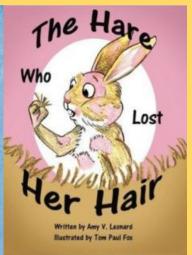
BOOKS FOR EXPLAINING CANCER TO CHILDREN

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CULTURAL FACTORS

"A GROWING MULTICULTURAL SOCIETY PRESENTS HEALTHCARE PROVIDERS WITH A DIFFICULT TASK OF PROVIDING APPROPRIATE CARE FOR INDIVIDUALS WHO HAVE DIFFERENT LIFE EXPERIENCES, BELIEFS, VALUE SYSTEMS, RELIGIONS, LANGUAGES, AND NOTIONS OF HEALTHCARE. CULTURAL PRACTICES AND SPIRITUAL BELIEFS ARE THE FOUNDATIONS ON WHICH MANY LIVES ARE BASED, AND QUALITY CARE REQUIRES MEDICAL PROVIDERS TO BE BOTH CULTURALLY SENSITIVE AND CULTURALLY COMPETENT." (WIENER, MCCONNELL, LATELLA, & LUDI, 2013 P.1)



CULTURAL FACTORS

- CULTURE INCORPORATES A PATIENT AS WELL AS THEIR FAMILIES VALUES, TRADITIONS AND HISTORY
- OUR JOB IS TO FOCUS ON THE PATIENT AND INTERACT WITH THEM EFFECTIVELY AND WITH SYMPATHY NO MATTER WHAT THEIR BACKGROUND CONSIST OF
- TRY TO LEARN A LITTLE BIT ABOUT THE PATIENTS AND FAMILIES CULTURE. DON'T TRY TO LEARN EVERYTHING ABOUT THEIR CULTURE.
- GAIN AN UNDERSTANDING FROM THE FAMILY AND PATIENT THEMSELVES
- SENSITIVITY, KNOWLEDGE, RESPECT, OPEN MINDEDNESS, FLEXIBILITY AND EFFECTIVE INTERACTIONS ARE KEY
- THEY MIGHT BE ANXIOUS AND CAUTIOUS ESPECIALLY IF THIS IS THEIR FIRST TIME BEING IN A HOSPITAL SETTING
- IT IS UNREALISTIC TO BE UNDERSTAND EVERY CULTURE, BACKGROUND AND ETHNICITY AND BELIEFS EVERY PATIENT MAY HAVE BUT IT IS IMPORTANT TO STRIVE IN UNDERSTANDING EVEN IF IT IS NOT SOMETHING WE ARE USE TO

CULTURAL FACTORS CONTINUED...

- IF THE PATIENT AS WELL AS THE FAMILY SPEAKS A DIFFERENT LANGUAGE IT IS STILL IMPORTANT TO FIND WAYS TO
- SPEAK CLEARLY (ENUNCIATE)
- USE SIMPLE PHRASES OR SENTENCES
- REPEAT THEM IF NECESSARY
- LISTEN
- PAUSE FREQUENTLY GIVING THEM A CHANCE TO COMMUNICATE
- USE PICTURES OR VIDEO
- IF POSSIBLE AND IT IS STILL DIFFICULT TO COMMUNICATE FIND A TRANSLATOR

CHEMOTHERAPY

CHEMOTHERAPY IS ALSO CALLED "CHEMO". THIS MEDICATION KILLS THE CANCER CELLS THAT ARE CURRENTLY DIVIDING. CHEMO CAN BE GIVEN IN DIFFERENT FORMS DEPENDING ON THE TYPE OF CANCER:

- INTRAVENOUS: INJECTIONS WHICH MAY REQUIRE A PORT
- ORALLY: PILL, CAPSULE, LIQUID

SIDE EFFECTS OF CHEMO CAN INCLUDE

- 💻 HAIR LOSS 🔲 NAUSEA /VOMITINO
- BRUISING INCREASE DINFECTION
- 🖿 SORES IN THE MOUTH 🛄 FATIGU

RADIATION

RADIATION IS ANOTHER TYPE OF CANCER TREATMENT. RADIATION IS USED TO TARGET CANCER. IT IS PAINLESS AND IT'S LIKE GETTING AN X-RAY. RADIATION IS NOT ALWAYS USED TO TREAT LEUKEMIA.

IT CAN BE GIVEN

- INTERNALLY
- EXTERNALLY

STDE FFFFCTS OF RADIATION

- HAIR LOSS IN THE TREATED AREA
- SUN BURNED LIKE SKIN
- ☐ FATIGUE
- DIARRHEA
- NAUSEA / VOMITING

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