

## Psychosocial Workshop in Paediatric Respiratory Care

**Aim:** This workshop is aimed to provide a more in depth understanding of some of the psychosocial factors that impact on management of paediatric respiratory care.

**This course will cover:**

- Range of psychosocial needs in children and young people with chronic respiratory conditions
- Different ways to support adherence to treatment
- Psychosocial risks that are evident in some families
- Resilience skills to support families and professionals

**Target Audience:** Doctors, Nurses, Allied Health Professionals, Trainees

**Duration:** 1 day: 8:50 am to 4.45pm

**Learning outcomes:** After completing this course, you should be able to:

- Understand some of the common challenge's families' face with having a child with chronic respiratory illness and how to help children and families cope with this.
- Identify how to prevent procedural anxiety developing and how to recognize when it needs to be addressed and managed.
- Develop more confidence to engage children/young people and their families in conversations about improving adherence.
- Recognize key vulnerabilities within families that can complicate the clinical care.
- Discuss complex psychosocial case studies as part of multidisciplinary working.
- Understand how to build resilience skills as an antidote to professional and personal stress.
- Identify practical ways of supporting family's resilience and coping.

**Programme:**

8.50	<b>Welcome and Introductions</b>
	<b>Session 1: Psychosocial Needs in Children and Young People</b>
9:00	<b>Why Psychosocial Care in Respiratory Clinical Care?</b> <i>Speaker: Dr Fran Beresford, Royal Brompton Hospital, London</i>
9.15	<b>Everybody Lying, Sitting Across from Somebody Having Responsibility Without Power.</b> <i>Speaker: Dr Mark Rosenthal, Royal Brompton Hospital, London</i>  <b>Aims:</b> <ul style="list-style-type: none"> <li>• To highlight the challenges of responsibility without power.</li> <li>• Difficult asthma is a social disease.</li> </ul>
9.45	<b>Ways of Working with Procedural Anxiety: A Multidisciplinary Perspective</b> <i>Speakers: Dr Fay Coster, Simran Dhupar, Kings College Hospital, London</i>  <b>Aims:</b> <ul style="list-style-type: none"> <li>• Explore some of the reasons why children may experience procedural anxiety and/or "needle phobia" and how play specialists and clinical psychologists approach</li> </ul>

	<p>these difficulties, both separately and together.</p> <ul style="list-style-type: none"> <li>• Explore case examples ranging from the simple to treat to more complex difficulties, with some helpful tips for all professionals on how to support children who experience procedural anxiety and their families.</li> </ul>
10:15	<p><b>Helping Your Child with a Physical Health Condition’: Practical Strategies from Diagnosis to Caring for Parental Wellbeing</b>  <i>Speakers: Dr Mandy Bryon, Dr Penny Titman, Great Ormond Street Hospital, London</i></p> <p><b>Aims:</b></p> <ul style="list-style-type: none"> <li>• To share excerpts from their new book with the same title. The book provides parents with practical strategies for helping their child manage their health condition from understanding diagnosis to coping with symptoms and treatment as well as looking after themselves.</li> <li>• The strategies are also useful for health care professionals to use in guiding and supporting parents.</li> </ul>
11.00	Tea/ Coffee
	<b>Session 2: Supporting Adherence to Treatment</b>
11.30	<p><b>Understanding Sub-Optimal Adherence in Paediatric Respiratory Care.</b>  <i>Speaker: Dr Alistair Duff, St James' University Hospital, Leeds</i></p> <p><b>Aims:</b></p> <ul style="list-style-type: none"> <li>• Explore adherence to ICS in difficult to treat asthma.</li> <li>• Psychosocial factors involved in causing sub-optimal adherence in respiratory conditions.</li> <li>• Team and individual strategies to improve adherence.</li> </ul>
12.30	Session 1 and 2 Wrap Up and Discussion
12:45	Lunch
	<b>Session 3: Psychosocial Risks in Families</b>
13.40	<p><b>It’s Complex! - Vulnerable Respiratory Paediatric Patients and their Families</b>  <i>Speaker: Suja Chandran, Kings College Hospital, London</i></p> <p><b>Aims:</b></p> <ul style="list-style-type: none"> <li>• To recognize key vulnerabilities within families that could complicate the child or young person’s clinical care.</li> <li>• To develop strategies that help manage risk in complex families, who are caring for children with chronic respiratory conditions.</li> </ul>
14.10	<p><b>Parental Mental Health - Case Study</b>  <i>Speaker: Dr Amy Shayle, Addenbrookes Hospital, Cambridge</i></p>
14:35	<p><b>Perplexing and Confusing – A Case Presentation from the Difficult Asthma Service</b>  <i>Speaker: Dr Fran Beresford, Royal Brompton Hospital, London</i></p> <p><b>Aims:</b></p> <ul style="list-style-type: none"> <li>• To present a case that will highlight some of the challenges we see in patients seen in our Difficult Asthma service.</li> </ul>

	<ul style="list-style-type: none"> <li>• To consider how our team addressed the challenges.</li> <li>• To highlight how our service is evolving to meet the needs of perplexing and confusing cases.</li> </ul>
<b>15:00</b>	<b>Tea/ Coffee</b>
	<b>Session 4: Developing Resilience Skills</b>
<b>15:30</b>	<p><b>Building Resilience in Children and Families</b>  <i>Speaker: Dr Jo Blundell, St George's Hospital, London</i></p> <p><b>Aims:</b></p> <ul style="list-style-type: none"> <li>• To explore the factors which contribute to resiliency in children and families and practical ways of identifying and promoting resilience in clinical practice.</li> <li>• To share reflections on the development of a multidisciplinary breathing clinic for children with asthma aimed at developing coping strategies within children and the families that support them.</li> </ul>
<b>16:00</b>	<p><b>Promoting Staff Resilience When Teams Are Under Pressure</b>  <i>Speaker: Dr Harriet Conniff, Evelina Children's Hospital, London</i></p> <p><b>Aims:</b></p> <ul style="list-style-type: none"> <li>• To share staffs debrief protocol developed by a multidisciplinary working group.</li> <li>• To learn from the value of holding regular reflective practice sessions, supportive training and debriefs facilitated by psychologists after distressing incidents.</li> </ul>
<b>16:30</b>	<b>Session 3 and 4 Wrap Up and Discussion</b>
<b>16:40</b>	<b>Review and Feedback for the Day</b>
<b>16:45</b>	<b>Close</b>
<b>17:00</b>	<p><b>Main Conference Opening Ceremony</b></p> <p>Main conference welcome presentations, poster walk and drinks reception</p>