Support for Maternal, Neonatal and Pediatric Patients and Their Caregivers

PRESENTED BY:
CHASITY D. ARNOLD, PSYD, LP
LICENSED CLINICAL PSYCHOLOGIST WITH COXHEALTH
COX MEDICAL CENTER SOUTH

Focus Areas of Support

• Perinatal Care Unit (PCU) or other areas for Antepartum
  • Assessment, Supportive Therapy, Recommendations
    - Pregnancy Complications/High-Risk Pregnancy
    - Maternal Physical and Mental Illness
    - Preterm Delivery Expected
    - Extended Hospital Stay/Bed Rest

Focus Areas of Support

• Labor & Delivery
  • Assessment, Supportive Therapy, Recommendations
    - Maternal Mental Illness
    - Fetal Demise/Stillbirth
    - Unexpected Complications/Trauma
Focus Areas of Support

• Postpartum/Mother-Baby Floor
  • Assessment, Supportive Therapy, Recommendations
  • Maternal Mental Illness
  • Postpartum Mental Health Education
  • Adoption Support

Focus Areas of Support

• Neonatal Intensive Care Unit/Intensive Care Nursery (NICU/ICN)
  • Family Support
    • Preterm Birth with Anticipated Long NICU Stay
    • Neonatal Abstinence Syndrome (NAS)
    • Syndromes and Dysmorphic Features
    • Death of Twin, Triplet, etc.
    • Surgical Procedures
    • Traumatic Birth
    • Caregiver Mental Illness (including PPD Screenings with EPDS)
    • Continuation of Care (ex. PCU during pregnancy to NICU following birth)

Focus Areas of Support

• Pediatric Floor and Pediatric Intensive Care Unit (PICU)
  • Assessment, Individual and Family Therapy, Recommendations
  • Mental Illness/Suicide attempt
  • Chronic Illness
  • Non-compliance with Medical Treatment
  • Supportive Therapy
  • Family/Caregiver Support
Acute and Prolonged Stressors in NICU/ICN

- Death of Child
- Bereavement on Many Levels
- Loss Of Ideal Pregnancy/Birth/Future
- Going Home without Baby
- Loss of Confidence in Having a Healthy Baby
- Loss of, or Significant Fear of, Having More Children
- Anticipatory Grief
- Decision Making
- Family/Support Team Separation
- Difficulty with Acceptance

Acute and Prolonged Stressors in Pediatrics and PICU

- Similar to NICU in Many Areas
- Many Unknowns
- Transportation/Housing/Financial/Benefits Issues
- Relationship/Family Stain & Distance
- Depression & Anxiety in Caregivers
- Poor Self-Care in Caregivers
- Bereavement on Many Levels
- Decision Making
- Limited Support
- Hopelessness About Improvement
- Difficulty with Acceptance
- New/Worsening Conditions
- Prolonged/Multiple Hospitalizations
- Caregiver Burnout
- Development of Mental Illness in Children
- Suicidal ideation and/or Attempts
- Poor Coping in Child as well as Caregiver
- History of Trauma
- Poor Child-Caregiver Relationship and/or Communication
- Disbelief

How Can Mental Health Providers Assist with These Patients and Families?

- Provide Support from the Beginning of the Hospital Stay
- Provide Continuity of Care and Support Throughout and Across Hospital Stays
- Educate Caregivers on the Decision-Making Process and Provide Support Throughout that Process As Needed
- Mediate and/or Facilitate Between Caregivers and Treatment Team
- Mediate Between Family Members
- Participate in Care Conferences
- Screen for Depression and Anxiety
How Can Mental Health Providers Assist with These Patients and Families?

- Provide Outpatient and/or Inpatient Referrals for Mental Health Needs
- Assist with Creating Behavior Plans
- Assist with Creating Safety Plans
- Provide Family and Social Interventions to Allow Nurses to Focus on Patient Care
- General Mental/Behavioral Health Consultation as Needed

How Can Other Members of the Treatment Team Assist with These Patients and Families?

- Provide simple explanations for diagnoses, treatment and procedures to reduce fear
- Provide accurate and consistent documentation and verbal information
- Acknowledge common emotional reactions
- Ask about fears and worries
- Address concerns that make families hesitant to leave the hospital

- Identify family strengths and resources
- Allow age appropriate involvement of the patient and family in treatment planning
- Connect family and patient to support resources in the hospital
- Psychological Services
- Child Life
- Pastoral Care
CoxHealth Psychological Services

- Located on the 7th Floor of the Wheeler Heart & Vascular Center on the corner of Primrose and National Ave.
- Phone: 417-269-6891
- 3 Health Psychologists and 1 LPC on Staff at Cox South Hospital for Inpatient Care and Support
- 15 Other Psychologists, LPCs, PLPCs, and LCSWs Providing Inpatient and/or Outpatient Care
- Outpatient Care is Limited to Medically Based Behavioral Health Care

Other Resources for Support

- High Risk Hope - www.highriskhope.org
- Education and resources for high risk pregnancy and NICU parents
- Postpartum Support International (PSI) - www.postpartum.net
- Education and support for Perinatal Mental Health Issues
- Graham's Foundation - www.grahamsfoundation.org
- NICU Parent Support
- Support 4 NICU Parents - www.support4nicuparents.org
- NICU Helping Hands - www.nicuhelpinghands.org
- NICU Parent Support
- Pediatric Chronic Illness Resources and Parent Support
- KidsHealth - www.kidshealth.org
- Pediatric Chronic Illness Resources and Parent Support

References