



Barbara Jones

EASING PSYCHOSOCIAL DISTRESS FOR CHILDREN AND FAMILIES

When a child is diagnosed with cancer, the entire family is confronted with psychological distress not only for the child, but for the entire family. There are moments that can be particularly difficult such as at diagnosis, relapse, end of treatment and/ or end of life. The goal of this presentation is to discuss ways that healthcare practitioners can work with the child and family to reduce psychological and social distress and improve coping and quality of life throughout the cancer trajectory. We will focus on strategies that increase our abilities to listen to the unique needs of the child and family, improve quality of life, reduce suffering and distress, and provide compassionate care. We will consider both psychosocial screening and assessment as well as interventions that enhance resilience and coping. The ultimate goal is to discuss ways to help reduce psychological distress in children and adolescents with cancer and their families to improve their coping strategies, enhance individual and family strengths, and improve quality of life throughout their experiences with cancer and beyond.