

The 5 C's of Consultation Liaison

CRISIS

When a child has a serious injury or illness, shock is normal.
Psychologists help with adjustment to changes.
ex. newly learned diagnosis or adjustment to serious injury

COPING

Psychologists create plans to help adjust to hospitalization, and treatments.
ex. Juvenile Rheumatoid arthritis; medications take 8 weeks to start working, making it hard on the child to follow through.

COMPLIANCE

Sticking to a treatment plan can be difficult; psychologists can help problem solve to make sticking to a treatment easier.
ex. Swallowing pills, strict medication schedules

COMMUNICATION

A psychologist can help clarify information between the child, parents, and health care team.
Psychologists may help explain diagnoses and provide family therapy.

COLLABORATION

The consultation liaison psychologist emphasizes teamwork between you, your child, and the health care team.
They improve communication.

Success!

Treatment Outcomes:

- Better coping abilities
- Better attitudes for reaching their goals
- Shorter lengths of stay in the hospital
- Helps family discussion with health care team

In General:

- Viewed as being helpful to health care team and family
- Reduces questions while getting treatment
- Helps prepare children for treatments

How to Access Services

Psychological help can be very important to recovery:

- Mental well-being is important to a child's treatment
- If you believe psychological care may help you and your family, don't hesitate to get in touch with your physician or a psychologist.



Pediatric Psychology: Inpatient Consultation Liaison Services



What is Consultation Liaison Psychology?

- ▶ Consultation-Liaison services involve pediatric psychologists who work with other health care professionals in a health care setting.
- ▶ Psychologists help your child, your family, and are an important part of the health care team

As part of the pediatric health care team, Consultation Liaison Psychologists:

- ▶ Provide a supportive environment; they are there to help make sure your child's hospital stay is free of pain, distress, fears or troubles
- ▶ Ensure the best quality of care

A child may be referred if they are having difficulties with the treatment process, such as anxieties, depression, or pain.

Psychologists have tools which may help children:

- ▶ Interviews/questionnaires that help deliver the best outcomes for your child
- ▶ Information may be collected from the health care team and family and ask about home life, school, or medical history



Example Cases

Case 1: My son has always had a fear of needles and when he was diagnosed with diabetes, I was so worried he would be stressed and upset with his injections. Our psychologist worked with us and the hospital staff to help him get used to the injections.

They taught us a number of strategies, including distraction techniques. He made the environment so welcoming and talked him through the process. He still communicates with us to make sure my son is doing alright with his injections.

Case 2: I have trouble swallowing my pills. After meeting with the psychologist, I wasn't as worried. She talked to me and involved me in working with my problems. The psychologist worked out a plan to help me swallow the pills easier. We worked on swallowing small candies first, and worked our way up slowly. She still checks up on me to make sure I am feeling okay with my treatments.



A Psychologist May Help With

Long Term Conditions

- ▶ Cancer Diagnoses
- ▶ Burn Injuries
- ▶ Physical Rehabilitation
- ▶ Cystic Fibrosis
- ▶ & Many others



Fears/Troubles



- ▶ Needle fears, IVs, and injections
- ▶ Drawing blood
- ▶ Swallowing pills
- ▶ Difficulty in sticking to treatments
- ▶ Family adjustment

Consultation Liaison Psychologists Can

Provide:

- Education and therapy
- Communication
- Psychological assessment
- Help to achieve your goals
- Relaxation technique training
- A positive and supportive atmosphere

Strengthen:

- Coping skills
- Conflict resolution
- Adjustment to the hospital setting