

The AfterTheInjury website: Helping parents help their kids recover



Flaura Koplin Winston, M.D., Ph.D. & Nancy Kassam-Adams, Ph.D.



www.AfterTheInjury.org

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We need your help To ensure child recovery from injury

What webinar will cover

- Science: injury & traumatic stress
- Rationale behind website
- Website main features
- Provider resources



For child recovery from injury...
Think beyond physical injury





REBECCA BARDEN TUWIM / Inquirer Staff Photographer
Investigators check out the corner of 63d Street and Lansdowne Avenue, where a girl fell beneath a trolley. She was treated for a broken ankle, scrapes and bruises after yesterday's accident, a hospital representative said.

West Phila. girl, 13, is dragged by trolley but not seriously hurt



How would you feel?

Looking beyond the physical injury

Today

- 100,000 children are recovering from injury
- Affects child AND family
- Short and long term reactions
 - Can get in the way of recovery



The hidden injury:
Untreated & unrecognized traumatic stress



Child injury experiences

- Many aspects of child injury are **stressful**.
 - Painful and difficult
 - Strain individual / family coping resources
- Some aspects are potentially **traumatic**.
 - Extremely frightening or horrifying
 - Life-threatening
 - Sudden, painful, overwhelming



Child and parent experiences

"I thought I was going to die. I thought I must really be hurt. I was so scared because my mom was not there."



"It all happened so quickly. I was 'out of it' and in pain."



"I saw my son lying in the street. Bleeding, crying, the ambulance, everybody around him. It was a horrible scene. I thought I was dreaming."

"Doctors crowded around & stuck stuff on me & cut my clothes off -- I didn't know what was happening."



What is traumatic stress?

- **Re-experiencing**
 - "It pops into my mind."
 - "Feels like it's happening again."
 - "I get upset when something reminds me of it."
- **Increased arousal**
 - "I am always afraid something bad will happen."
 - "I jump at any loud noise."
 - "I can't concentrate, can't sleep."
- **Avoidance**
 - "I block it out - try not to think about it."
 - "I try to stay away from things that remind me of it."
- **Dissociation**
 - "It felt unreal -- like I was dreaming."
 - "I can't even remember parts of it."



Posttraumatic stress disorder (PTSD) = symptoms last more than 1 month and cause impairment

In the 1st month after child injury
85% have at least one severe traumatic stress symptom

5 in 6 injured children

5 in 6 parents

have 1+ severe symptoms of acute traumatic stress

The infographic uses human icons to represent the statistics. For children, 5 out of 6 icons are black, and 1 is grey. For parents, 5 out of 6 icons are black, and 1 is grey. A logo for 'The Center for Injury Research and Prevention' is in the bottom left corner.

6 months after child injury
15% still have traumatic stress symptoms & impairment

1 in 6 injured children

1 in 6 parents

have persistent traumatic stress & impairment

The infographic uses human icons to represent the statistics. For children, 1 out of 6 icons is black, and 5 are grey. For parents, 1 out of 6 icons is black, and 5 are grey. A logo for 'The Center for Injury Research and Prevention' is in the bottom left corner.

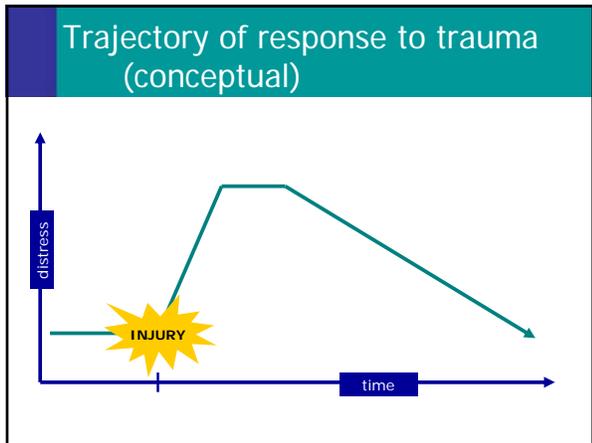
Longer term effects

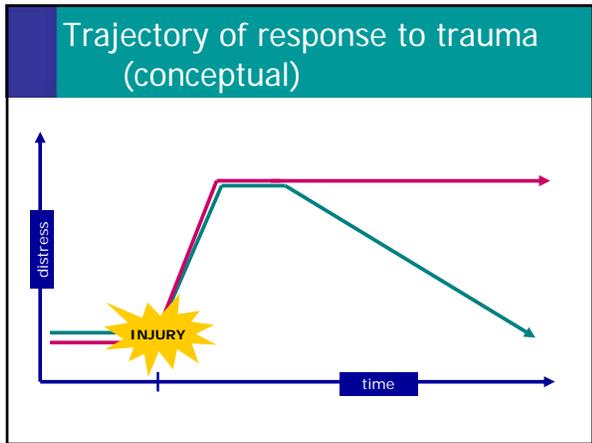
"I'm afraid to do many things I used to do. I'm more jumpy. When I'm in the car, I think we'll be hit again."

Parent: "She stays more to herself ... she is now extremely cautious and always worrying about her little brother."

"I still have a hard time going by the hospital – it reminds me of that time when she almost died."

"Every Monday I re-live it ..."
(parent of child who was struck by a car after school on a Monday)





Gaps in support for emotional recovery

- Sought help for their child from anyone, even friends and family 41%
- Sought help for self 28%
- Reasons for not seeking help
 - "Child didn't want to talk..."
 - "We are afraid of making this worse."
 - "We want to give her time."
 - "Too busy worrying."
 - "Wasn't sure it was necessary."

Impact of PTSD on health & functioning

PTSD is associated with:

- adverse health outcomes
(Graham-Bermann & Seng 2005; Seng et al 2005)
- poorer treatment adherence
(Shemesh et al 2000; Shemesh 2004)
- worse functional outcomes and quality of life after injury
(Holbrook et al 2005; CHOP data)



Parents' role in injury recovery

- Assess accurately
- Monitor over time
- Listen
- Support
- Provide specific help
- Get outside help, if necessary



Challenges to parent's role

- Need credible, timely information
 - Usually after discharge from medical care
- Need practical advice
 - How to assess, help child
 - How to manage own reactions
- Have limited time, resources
- Desire for anonymity



Why a website?

- The web is:
 - Low-cost
 - Available 24 / 7
 - Anonymous
 - Interactive – get what you need... quickly
- Pew: most have access & increasing
 - 74% of US adults had web access in 2008 (higher among parents)
 - 75% of web users search for health info



'After the Injury' website: Aims

- Secondary prevention
 - Prevent traumatic stress after injury
 - Reduce persistence of symptoms
 - Help parents help their children cope
- Not treatment for PTSD
 - Guidance on when & how to get more help



Website development process

- Expert content
 - Based in the research evidence
 - Grounded in clinical expertise
- Professional, attractive treatment
- User-centered design
 - Parent input throughout design process
- Formal usability testing
- On-going evaluation & enhancement









Brief, engaging videos:
learn about recovery and how to help

Learn About Injury and Trauma

Full Video Library

	You are not alone Childhood injuries are common	1:53
	Reactions to injury Physical injuries can have emotional impact	3:16
	What are traumatic stress reactions? Specific emotional reactions to look for	3:51
	How long do reactions last? What to expect & when to look for more help	2:27
	How to talk with your child Tips for parents: Listening & providing support	6:09
	How to deal with new fears and worries Tips for parents: Helping your child cope	4:09

Quick Tips:
listen to how other parents have helped

Find Ways to Help Your Child Recover

Quick Tips

1. Let your child know that they are safe.

In the first days and weeks following an injury many children fear that something bad might happen to them again. Let your child know that they are safe now. Give them extra hugs, even your teens. Younger children may need more cuddle time.

[Learn more about helping your child with new fears or worries.](#)

Click below to hear what other parents had to say:






click again to stop playing

Interactive tools: make a personalized plan to help child

Make a Care Plan

HELP YOUR CHILD RECOVER.
Create your own plan - using tips developed from years of research and clinical experience.

It's as simple as 1-2-3

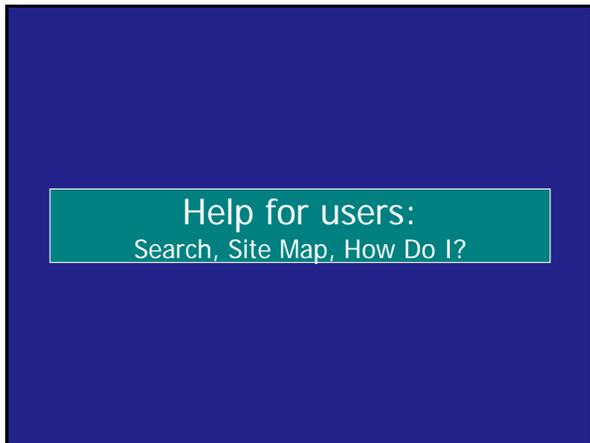
- 1 Rate Your Child's Reactions**
with our Quick Quiz.
- 2 Choose Ways to Help**
from care tips developed by our experts to address your child's specific concerns
- 3 Print or Save**
your plan to help your child

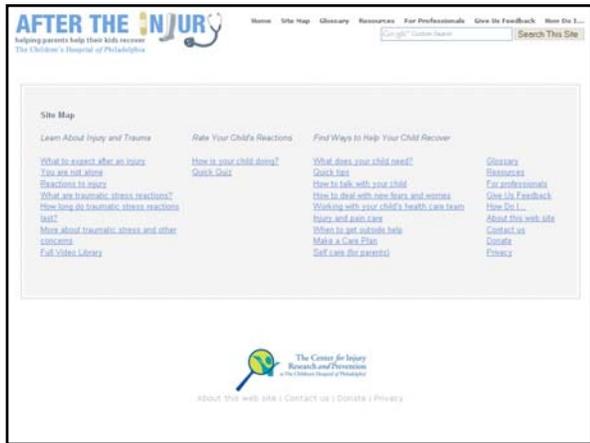
THE INJURY Name: Jane Doe 1/3/07

This bulletin is a summary of concerns and reactions you have identified and rated. We'll print it out for you to take back to the website periodically to rate how you and your child are doing.

REACTIONS	SEVERITY	WAYS TO HELP
Worrying <small>How often? How long?</small> How often? How long? How often? How long? How often? How long?	Always! Very much	Let your child know you're available to listen when he's really sad and never overreact with friends and with adults you both trust.

Get first with understanding rights by hearing how to use a first aid kit - or something else. All Rights, get busy with other!







How a family would use site: Following a story of child injury



Thomas, age 9
Enjoying friends
Went bike riding



Crash & thrown
Ambulance
Pain, scared

Parent evaluation of website

I learned new information	100%
The website is easy to navigate	100%
The website met my expectations	91%
Recommend to other parents	91%
Use the website in the future	91%



Parent comments

- “Liked the depth of questions - made me feel as though my child was not the only one with those reactions.”
- “Just knowing these are ‘normal’ and ‘expected’ reactions is comforting.”
- Parents also mentioned:
 - “the supportive recommendations”
 - “the professional approach”
 - “practical ideas to use”
 - “that you can save or print it; so you can refer back to it”



Parent comments

- “I learned about what I can do during, after or post-care for my child. Sometimes one page care sheet from the ER or surgeon is not enough.”
- “Learned it’s normal to have emotional reactions to injuries - what to do, when to do more.”
- “I learned that there are many more ways, both physically and emotionally to care for your child after injury. I feel that putting the steps and suggestions into practice may minimize the need to seek outside help.”
- “Learned there are many different things I can do to help my child overcome a traumatic event. Some things were obvious, but others I would not have thought of.”



What you can do:

- 1 Be informed about traumatic stress reactions: what symptoms to look for and how to respond.
- 2 Let families know about AfterTheInjury.org
 - See tools for providers at www.chop.edu/injury
 - Other ideas? Let us know.



CONTACT US: aftertheinjury@email.chop.edu

Online tools to help you help your patients

Health Care Providers: You Can Help Parents Help Their Children Recover From Injury

http://stokes.chop.edu/programs/injury/educational_advocacy/health_care_providers.php

Download patient care tools:

- Information prescription form
- Sample e-mail reminder to parents
- Reminder cards for parents
- Patient handouts
- Discharge letter (sample text)
- Flyer / Poster for waiting room



Help us help families recover Think beyond the physical injury

After The Injury: Helping Parents Help Their Kids Recover
www.AfterTheInjury.org

Center for Injury Research & Prevention
www.chop.edu/injury

Subscribe to the Center's e-newsletter 'Research In Action'

Health Care Toolbox: Your Guide to Helping Children Cope with Illness and Injury
www.HealthCareToolbox.org



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