

Supporting Caregivers During Pediatric Admissions



**Boston
Children's
Hospital**

BIRCh Project Until every child is well™

Caregiving During Pediatric Admissions

Caregivers experience a myriad of worries during pediatric admissions including:

- Preoccupation with their child's medical condition and recovery
- Changes in parenting roles
- Feeling unable to protect their child
- Witnessing near-death events

As a result, caregivers struggle with concerns related to:

- Depression
- Stress
- Anxiety
- Post-traumatic stress disorder (PTSD)



Caregiving and Coping

Caregivers have reported several coping strategies that have been deemed as helpful such as **active coping** (e.g., learning about condition and prognosis), **positive reframing**, **social support**, and **religion and spirituality**.

Family centered care such as **hospital provided support**, **collaboration with staff**, and **perceived respect from staff** have also been found to be significant facilitators, particularly among **underrepresented caregivers**.

How Can Hospital Staff Support Caregiver Wellbeing during Admissions?

- Ask about cultural/linguistic traditions and care preferences
- Promote collaboration by involving caregivers in medical decision-making
- Increase access to information through easy to read and translated materials
- Actively inform caregivers of services such as social work, case management, volunteers, spiritual services, and caregiver/parent support groups

Resources

For Caregivers

- [Parent 2 Parent](#)
- [Smart Patients](#)
- [Caregiver Wellness](#)
- [Network of Care, Massachusetts](#)
- [MOPS International](#)

For Hospital Staff

- [Culturally and Linguistically Appropriate Cultural Services \(CLACS\)](#)
- [Family Centered Care Toolkit](#)