

Children with parents that are in the neurorehabilitation program

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Introduction

In January 2010 a new law was introduced in the Swedish health care system. The new law said: "Children should especially be considered when a parent gets sick". This law was created to enable children to take part in the disease process. At the neurorehab outpatient unit at the Medical Rehabilitation Clinic, Karolinska University Hospital, Stockholm, the doctor and the social therapists meet the patient and the patient's children and introduce them to the brain function through illustrations of the brain and their parent's disease to help them cope and understand the new situation.

Object

Pilot project to develop support for children who's parents are in a neuro-rehabilitation program. The aim is to write down the children's questions and comments to help the health care professionals improve their support for children.

Methods

Collecting questions and comments from children, writing down their age, education and sex at this moment. Using descriptive statistics. The project started in December 2015.

Results

During the first month of the study we had 16 children, 50 % boys and 50 % girls. 55% of the children were asked questions. The youngest participant was 2 years old and the oldest 23 years old, median age was. The 3 most common questions asked were: if the parent will be cured, when the parent will be cured and when the parent will stop being tired. A children satisfaction survey showed that 90% of the children were satisfied with this meeting and that it helped them to better understand the parent's condition.

Conclusion

There is a need to continue with this study. Especially as children that have parents with a neurological disease are at higher risk of getting psychological problems. This helps both the children and the health care professionals in the complex situation.