

Children and Adolescents in the Adult Dialysis Unit:

Psychosocial Issues

Nancy Majkowski, RN, BSN

Psychosocial Effects of Kidney Failure in Children

- Development
- Family issues
- Peer pressure
- Short stature
- Restrictions
- Education / Habilitation
- Ethical considerations
- Negligence and custody
- Increased risk factors
- Hemodialysis Issues
- Peritoneal Dialysis Training

Development

- Infant (birth-1 year)
 - Separation during hospitalization/procedures
 - Excessive emphasis on feedings
- Toddler (1-3 years)
 - Can't understand
 - Painful procedures
 - Autonomy vs. Dependency
 - Exerts will power



Development, cont'd.

- Pre School (3-5 years)
 - Confidence vs. guilt
 - Fear of punishment
- School Age (6-12 years)
 - Confidence, meeting expectations
 - Mastery of fate and body functions
 - Body image!!!
 - Decreased socialization and physical activity

Development, cont'd.

- Adolescent (13-18+ years?)
 - Sense of self
 - Devotion and fidelity\
 - Most vulnerable period
 - Peer pressure!!!
 - Highest rate of noncompliance
- JCAOH "Age Specific Competency"



Family Issues

- Interferes with daily activities/schedules
- Power struggles with food/meals/restrictions
- Financial stress (transportation/employment)
- Marital stress
- Parent support groups, camaraderie
- Genetic counseling for inherited diseases



Peer Pressure

- Fluids and diet - “Super-size fries and large cola”
- Smoking and substance abuse
- Sex education
- “Fitting in”



Short Stature

- #1 problem perceived by the pre-rGH patients (1994)
- Influences others' treatment of patients



Restrictions

- Diet
- Fluids
- Multiple medications



Restrictions, cont'd.

- Confinement during treatment time (HD/CCPD)
- Physical limitations (bone deformities, PE class, swimming)
- Unintentional (over protection by family, staff, teachers)

Education / Habilitation

- School absences
- Communication with school RN
- Hospital education services
- Homebound teaching
- HS Graduation vs. GED
- College / Dorm life (with kidney failure!)
- Kidney Camps focus on self esteem

Ethical Issues

- Child vs. Parents vs. Healthcare team
- Treatment modality choices - Teen must “buy in”
- Limited access sites / No treatment?
- Child’s right to refuse dialysis?

Negligence and Custody

- Parents' abilities to provide care
- Filing with DCFS or authorities for child protection
- Consents for treatment, procedures, and information

Increased Risk Factors

- Poor family support / function
- Vulnerable personalities prior to CKD
- Complex medical course (SLE, CF, pancreatitis)
- Reaching CKD stage 5 during adolescence

Hemodialysis Treatment

- Fear / Pain with venipuncture
- EMLA cream
- Ethyl chloride anesthetic cold spray
- Hand holding or security object
- Anxiety with CVC dressing change



Hemodialysis Treatment, cont'd.

- Confined to chair
- Diversionary activities (*age-appropriate* TV, videos...)
- School absences
- Interference with social activities
- Accompanied to center by parent or adult?
 - Keep parent with the child during treatment?
 - Separate parent and child during treatment?

Hemodialysis Complications

- Young children cannot communicate when something is wrong
- Restlessness may be indication of treatment complication, or boredom?
- Observe for change in child's behavior and provide appropriate interventions (usually fluid related)

Peritoneal Dialysis Training

- Assess maturity and skill level of child or teen
- Determine roles for parent and adolescent
 - These will often change over time
- Child often appears “smarter” than parent during training
- Find a step for child to assist



Questions???



Contact Information:

Nancy Majkowski, RN, BSN

DaVita Children's Dialysis Center, #319

Phone: 773-549-2010, x20

Fax: 773-549-9411