



Hospitalized Adolescents

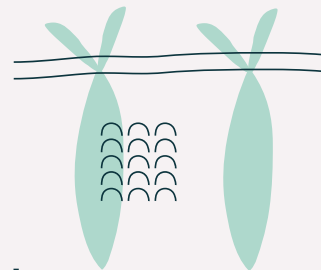
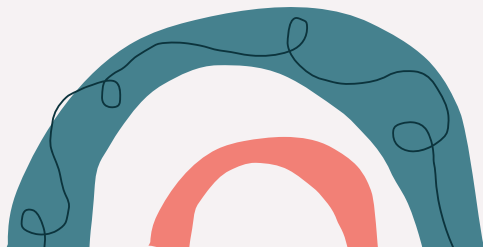
Chesney Stein and Sydney Kronaizl

Wordle

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Introductions

Meet the presenters



Adolescent Development

Psychosocial, Physical, Cognitive,
Social Emotional, & Gender/Identity

Developmental Support

Interventions and activities for
hospitalized adolescents



What do you think of when you hear the words hospitalization or hospital?

To respond, go to www.menti.com and enter the code 94 22 83 9



Introductions

Sydney

- M.S Child Life Student (2nd year)
- Born and raised in South Dakota
- B.S. in Child Development, Minor in Medicine, Health, & Society from Vanderbilt University
- Obsessed with my dog, Lucy
- Research interests: stress and hospitalization; health equity and social determinants of health

Chesney

- MS Child Life student (2nd year)
- Originally from North Carolina
- B.S. in Behavior and Health from Boston University
- Obsessed with plants
- Research interest: Supporting siblings following infant death



What is happening developmentally in adolescence?

Psychosocial
Development



Physical
Development



Cognitive
Development

Social
Emotional
Development



Gender &
Identity
Development

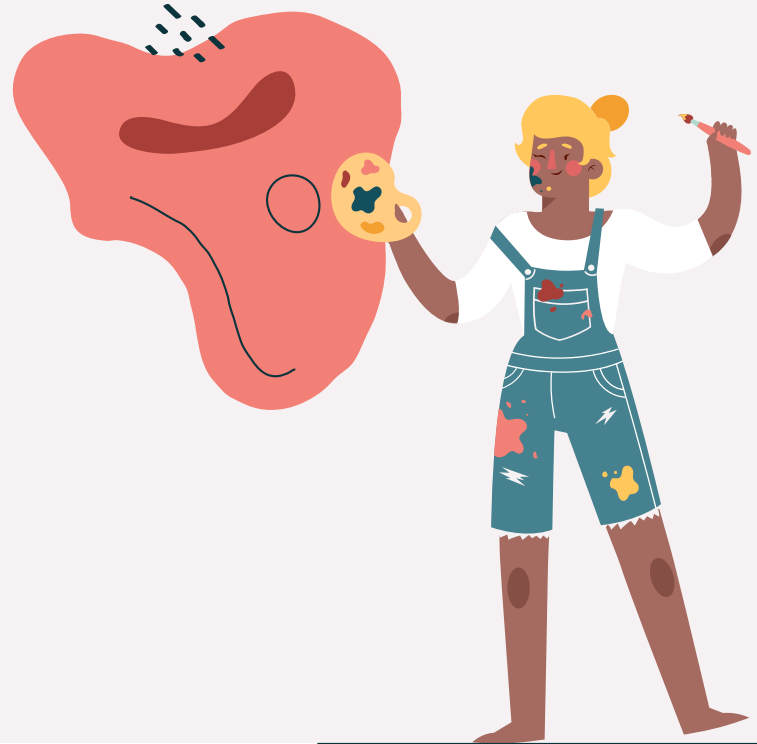


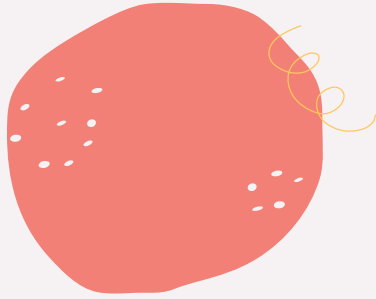
Psychosocial Development

Identity versus Role Confusion

Central Question: Who am I?

Risks: Redefining self after a new diagnosis,
body changes





Supporting Development

- Body Image
 - Drawings of Self
 - Compliment board
- Redefining Self
 - Provide space for self-expression
 - I Am Poems
 - Photography
 - Journaling



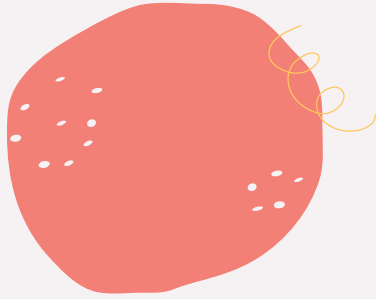


Physical Development

Typical: Puberty (growth spurts, menstruation and breast development, facial hair, etc.)

Risks: Lack of privacy, fear of bodily injury and pain, body image





Supporting Development

- Provide privacy
 - Door signs
 - Discussions with caregivers and staff
- Diagnosis education
 - Developmentally appropriate information
- Procedural preparation and support
 - Develop a coping plan



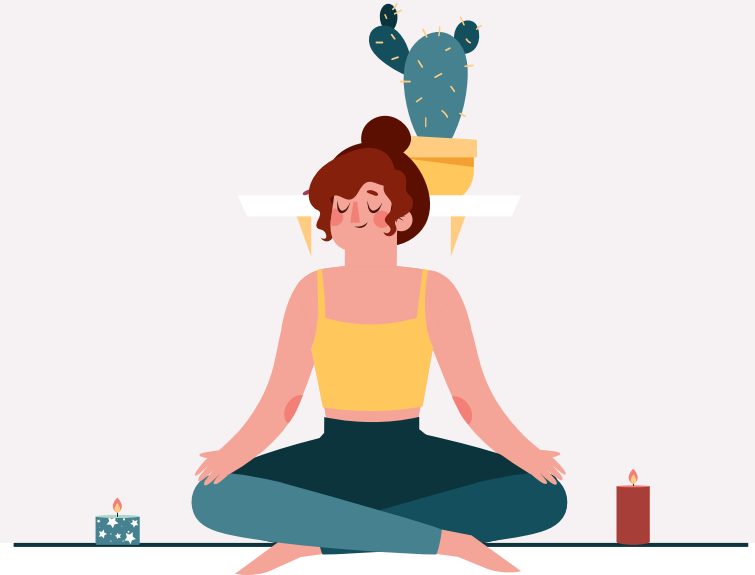


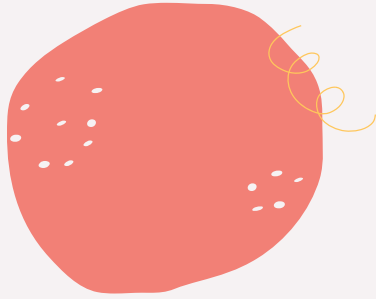
Cognitive Development

Formal Operations

Typical: Abstract thinking, future orientation

Risks: What does hospitalization mean for my future? What are my beliefs?





Supporting Development

- What does hospitalization mean for my future?
 - Given them real information
 - Give them space to process
 - Vision Board
- What are my beliefs?
 - Let them explore and ask questions, but be sure to prioritize patient and family centered care

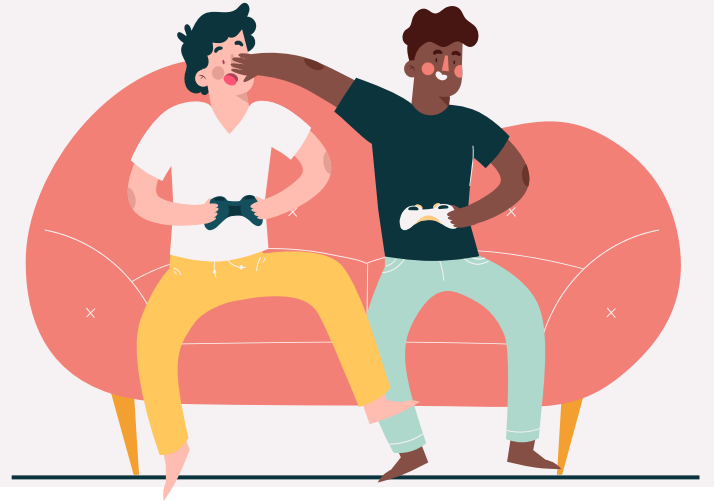


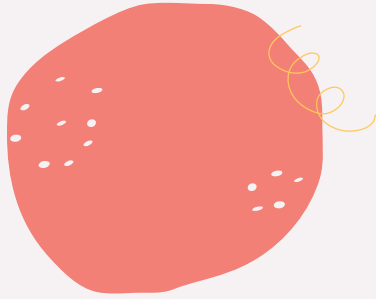


Social Emotional Development

Typical: Peer acceptance, increased time with peers and decreased time with family, mood swings, sensitivity to stress

Risks: Separation from peers and family, dependence on caregivers, concerns about peer group status after hospitalization





Supporting Development

- Teen groups & teen rooms
- Peer visits
- Therapeutic activities
- Mindfulness & relaxation techniques



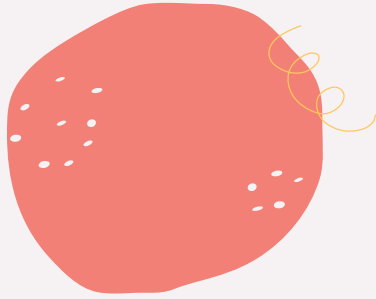


Gender & Identity Development

Typical: Gender expression, sexuality, and gender identity

Risks: Misuse of pronouns or names, assumptions based on appearance, lacking ability to express and/or explore self





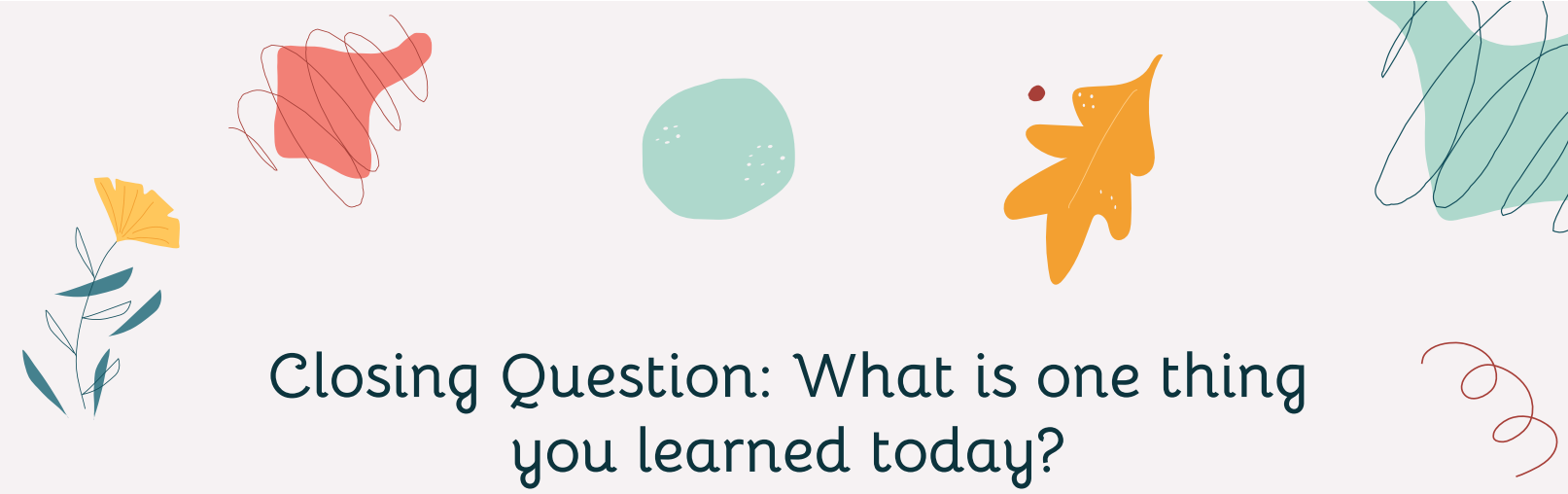
Supporting Development

- Gender expression
 - Room decoration
 - Gowns
- Gender identity
 - Make notes on charts
 - Advocate
 - Do not make assumptions (i.e. who is in the room?)
- Sexuality
 - Do not make assumptions(i.e. Are you dating anyone?)
- Remember the importance of privacy
 - Teens may share information they are not ready to share with their friends/family



While we discussed this topic from a child life perspective, many of these supports can be used in a variety of settings (e.g. counseling, community outreach, teaching).





Closing Question: What is one thing
you learned today?





Thanks!

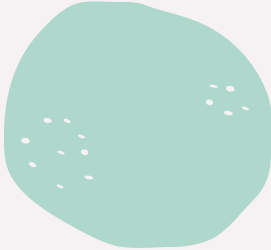
Do you have any questions?

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@ugachildlife



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