

Training Program for Nurses Toward Psychological Support for Children With Leukemia and Their Families

Thesis

*Submitted in Partial Fulfillment of the Requirement of doctorate
Degree in Psychiatric Nursing*

By

Wafaa Mohesen Ahmed El-kady

B.Sc. Nursing

Central Quality Specialist - Ain Shams University Hospital

**Faculty of Nursing
Ain Shams University
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Supervised By:

Dr. Sorayia Ramadan

Professor of Psychiatric/Mental Health Nursing
Faculty of Nursing - Ain Shams University

Dr: Mona Hassan

Assistant Professor of Psychiatric /Mental Health Nursing
Faculty Of Nursing –Ain Shams University

**Faculty of Nursing
Ain Shams University
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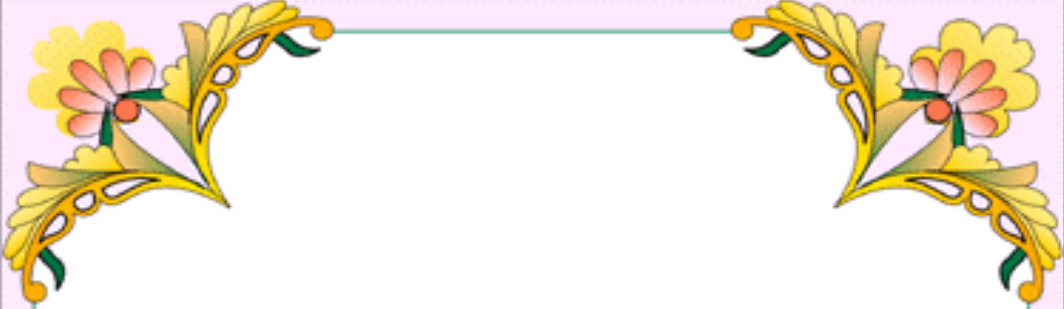
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Dedication

***To my lovely daughter Eman, my sons, Ahmed
& Mohamed, father, mother, colleagues
And my friend Zeinab Hussein
For their:***

***Effort,
Encouragement,
Cooperation,
And
Support.***



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List of Abbreviations

- **AL** : Acute leukemia
 - **ALL** :Acute lymphoblastic or (lymphocytic) leukemia.
 - **AM** : Acute Myelocytic or (Myelogenous) leukemia.
 - **BMT** : Bone marrow transplantation.
 - **CBC** : Complete blood count
 - **CL** : Chronic leukemia.
 - **CLL** : Chronic lymphoblastic Leukemia.
 - **CML** : Chronic Myelogenous Leukemia.
 - **CNCF** : Children's Neuroblastoma Cancer Foundation
 - **ENP** : Educating Nursing Programs
 - **EQ** : emotional intelligence.
 - **JMML** : Juvenile Myelomonocytic leukemia
 - **MDs** : Myelodysplastic Syndromes.
 - **NCI** : National Cancer Institute
 - **OT** : Occupational Therapist
 - **PAS** : Periodic Acid Schiff
 - **PT** : Physiological Therapist
 - **WB Cs** : White Blood Cells.
-

ABSTRACT

Leukemia is a serious illness that can have a substantial impact on the children, its effect on children and their family throughout their life, and also affect all family members especially their parents. **The present study aimed to** assess the effect of training programs for nurses about psychological support to children with leukemia and their families. This study, conducted at inpatient departments of both pediatric hematology and oncology units of the Ain Shams University hospital. The total number of the nurses was 44. **Tools of data collection were:** **A)** A structure, interviewing sheet designed by the investigator based on the available literature. **B)** Communication skills checklist, divided into two parts as the verbal communication skills, and Active listening skill. **C)** Psychological support technique tools divided into two parts as stress-management techniques, and roles for the nurses to support the children with leukemia and their families during therapeutic communication. **The results:** shows that, the mean age of the studied nurses was (29.6 ± 13.4) years, in relation to gender, shows less than three quarters (72.7%) of them were females and less than one third (27.3%) were males. In relation to the marital status the result showed about more than two third (59.1%) were married, As regards qualifications less than half (47.7%) of the studied nurses were diploma nurses. Concerning years of experience the result shows that the mean $\pm$ SD had been (12.5 ± 5.3). Show that, there were highly statistically significant relation between post and follow-up due to the improvement of communication skills, as a verbal communication after the implementation of a training program to nurses dealing with children having leukemia and their families in relation to presenting herself, appearance, appropriate environment to communicate, verbal communication, nonverbal communication, and responding to take the children and family. **Conclusion:** Based on the findings of the present study, it can be concluded that, the result of the current study supported the hypothesis. It is **recommended** that continuous in-service awareness programs should be held for nursing staff.

Key words: Communication skills, Children with leukemia, psychological support techniques.

INTRODUCTION

Leukemia's are abnormal cells reproduce very quickly and do not function as healthy white blood cells to help fight infection. When the immature white blood cells, begin to crowd out other healthy cells in the bone marrow, the child experiences the symptoms of leukemia. In this aspect, ***Gale and Charette (2012)*** defined leukemia as a malignancy originating in the stem cells of the hematopoietic system which results in uncontrolled proliferation of abnormal immature cells.

Most people feel overwhelmed when they are told they have leukemia. Many different emotions arise as confusion, frequent mood swings and significantly higher risk for depression, anxiety, and other indicators of psychological distress. These emotions are part of the process that many people go through in trying to come to terms with their illness. Partners, family members and friends often experience similar feelings and frequently need as much psychological support and guidance in coping with their feelings (***Lederberg, & Halland, 2010***).

A significant proportion of leukemic children have moderate-to-high needs for help to cope with their illness and its treatment. Many also report that they didn't have adequate information to help them make decisions. Untreated

psychological conditions can result in greater pain, poorer physical functioning, higher medical costs and longer hospital stay as well as impacting on the person's ability to work. This also places an added burden on the health system (*Memorial Cancer Institute, 2013*).

Communication skills help nurses develop an awareness of a range of communication frameworks and how they might be utilized in contemporary child health nursing to communicate with children, their families, fellow healthcare professionals and each other in their day to day working lives. This will help children's nurses to communicate with confidence, sensitivity and effectiveness; to meet the individual needs of children and their families (*Craven & hairline, 2009*).

In Egypt, the average of **150** cancer patients /**100,000** people, which mean that approximately **110,000** new cancer patients every year. Newly, diagnosed with long-term cancer, such as leukemia representing **62/** millions of population, acute myelogenous leukemia (AML) **6, 5/** millions of population (*Egypt Today, 2008-2010*).

Prevalence & Incidence:

The number of new cases of leukemia was 13.0 per 100,000 men and women per year, and **the number of deaths** was 7.0 per 100,000 men and women per year. **The lifetime**

risk of developing cancer: Approximately 1.4 percent of men and women will be diagnosed with leukemia at some point during their lifetime. **The prevalence** of this cancer: an estimated 302,800 people living with leukemia in the United States (*National Cancer institute, 2011*).

Significance of the study:

The nursing role for the children with Leukemia is extremely challenging because the children will have many physical and psychological needs. Evaluate a child needs in order to provide the best possible care. The main suffering among children, particularly younger children, often cannot communicate their needs or explain pain levels very well, so nurses will need to be very sensitive to their situations and monitor outcomes careful. The nursing role also are educating and advising parents about treatment options, implications, providing psychological support and training to help them deliver follow-up care and medication at home is also an important part of the role (*Black, & Jacobs, (2010)*).