A Multi-disciplinary Approach to Caring for Critically Ill Adolescents
Lessons from The Fault in Our Stars
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Objectives
• To use Cicely Saunders concept of Total Pain as an approach to identify how a patient may be suffering.
• To explore sexual issues and questions unique to medically complex teens.
• To introduce the concept of shared medical decision-making.
• To recognize the unique challenges of relationships with peers, family, providers.

I have no financial affiliations to disclose.

The Concept of Total Pain
• Pain is not a purely physical experience
• Coined by Dame Cicely Saunders in 1967
• Complex involvement of human functioning including: personality, affect, cognition, behavior and social relations.
• Classically described as 4 domains: Physical, Social, Psychological and Spiritual. I add financial/legal as a separate domain.

How is our patient suffering?

How Hazel teaches us to go deeper: “You don’t know What?”

As we read this excerpt I invite you to think about who is suffering, from what and how Hazel alleviates suffering compared to the nurse.

Read excerpt page 73

Now let’s reflect for a moment on times when we as health care providers have been the nurse and when we have been Hazel for our patients.
Exploring sexual issues and questions unique to medically complex teens.

How Hazel thinks about issues surrounding sex. Is it that much different than a healthy teen?

Read excerpt page 92 starting with the last paragraph

What are the issues you have had concerns about caring for medically complex teens?

• Is the relationship safe?
• Is the patient trying to fit in? Will they be compromising their integrity or become a victim if they proceed?
• Risks of pregnancy and Birth Control
• Risk of STDs
• Physical challenges that affect sexuality
• Fears and expectations
• Allowing privacy and not laughing or making light of teens sexual experiences.
• Knowing that somethings teens still need to ask their peers about.
• Parents

HEADDS Assessment: a time saving pearl

• Home
• Education
• Activities
• Diet
• Drugs
• Sex

Shared Medical Decision Making

Recognizing the challenges of relationships with peers, family, providers.

How Augustus teaches us about the messy beauty of relationships.

Read excerpt Page 311 starting with the last paragraph

This is our time to reflect on our own experiences caring for medically complex teens. I invite you to share your experiences of when you had a courageous connected moment with a critically ill teen or where you could have gone deeper, acted on what you were noticing.