

Title of Paper: Getting Ready for a Transplant: A case report of intensive preparation work with an anxious 14 year old_____

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Abstract: Please type in Times New Roman 11 point font

Background:

The benefits of preparing children and young people for procedures are well established. Good preparation has been shown to reduce pre- and post- operative distress even for highly anxious children and is associated with better post-procedural adjustment. However, the amount and type of preparation work required depends on each individual.

Case description and presenting difficulties:

This case report presents intensive preparation work carried out with a 14 year old boy, 'Sam', prior to his second kidney transplant. Sam was referred to psychology for help with getting him ready for the transplant as he had been extremely anxious and aggressive prior to and during previous procedures. The team also had concerns that Sam was not taking enough responsibility for his current treatment and that he had difficulties accepting his diagnosis and the need for another transplant.

Intervention work:

Intensive preparation work was carried out over a period of 2 years which drew on acceptance and commitment therapy techniques to gradually build acceptance of the current diagnosis and treatment required. Initial work focussed on helping Sam to manage the current treatment regime and reduce distress around injections. Intensive preparation work was then carried out prior to the transplant which involved building on Sam's understanding of the transplant process and his willingness to talk about it and work on coping strategies. Graded exposure therapy was used to work on anxiety around medical procedures and a number of coping strategies were developed and rehearsed. Good multidisciplinary working and involvement of parents was key throughout this work.

Outcomes and discussion:

Sam cooperated with the medical team and coped very well with his anxiety on the day of the transplant. Support is being provided post transplant to help the family manage with ongoing treatment and to help Sam to take more responsibility for treatment adherence. Reflections on the work and learning points are considered for further discussion.

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