

Title of Paper: The journey of a looked-after teenager through dialysis, transplant & beyond: Reflections on a long term intervention

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Abstract: Please type in Times New Roman 11 point font

Reflective case study- 'Rosie'

Background: Looked after child (aged 11yrs-16yrs) with steroid resistant nephrotic syndrome. Embarking on renal replacement therapy pathway (haemodialysis & transplant). Complex psychological and social needs. Significant concordance /compliance concerns relating to medication and fluid /diet restrictions. Unable to acknowledge difficulties with medical regime.

Multi-professional approach: Medics, nursing, social worker, dietitian, pharmacist, psychologist – education, training and practical/emotional support.

Psychological Intervention: Person-centred talking therapies (drawing on Attachment theory, Narrative therapy, Motivational Interviewing, Cognitive behavioural therapy (CBT)) alongside Systemic approach (working with multi professional team and family members). Gradual decrease in contact over time.

Reflections / dilemmas: Integration into social life at home (missing school, missing family life) Vs time spent in hospital (institutionalisation & dependency / attachment to hospital staff)

Outcomes: Team members and family felt more able to manage anxiety and let go of frustrations in favour of a more positive and rewarding approach. Rosie felt more confident and encouraged to engage in more open and honest communication with the healthcare system. Improved communication led to a more collaborative approach and a more concordant position regarding the medical regime. Rosie reported feeling well supported and more satisfied with the experience. She managed the transplant process successfully. Following transplant, her care transitioned to local services with some continued liaison from our team.

Discussion/questions

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