

Information to children as next of kin in radiation departments in Norway, is it good enough?



A project by Ålesund Hospital HMR and Oslo University Hospital, Radiumhospitalet and Ullevål.

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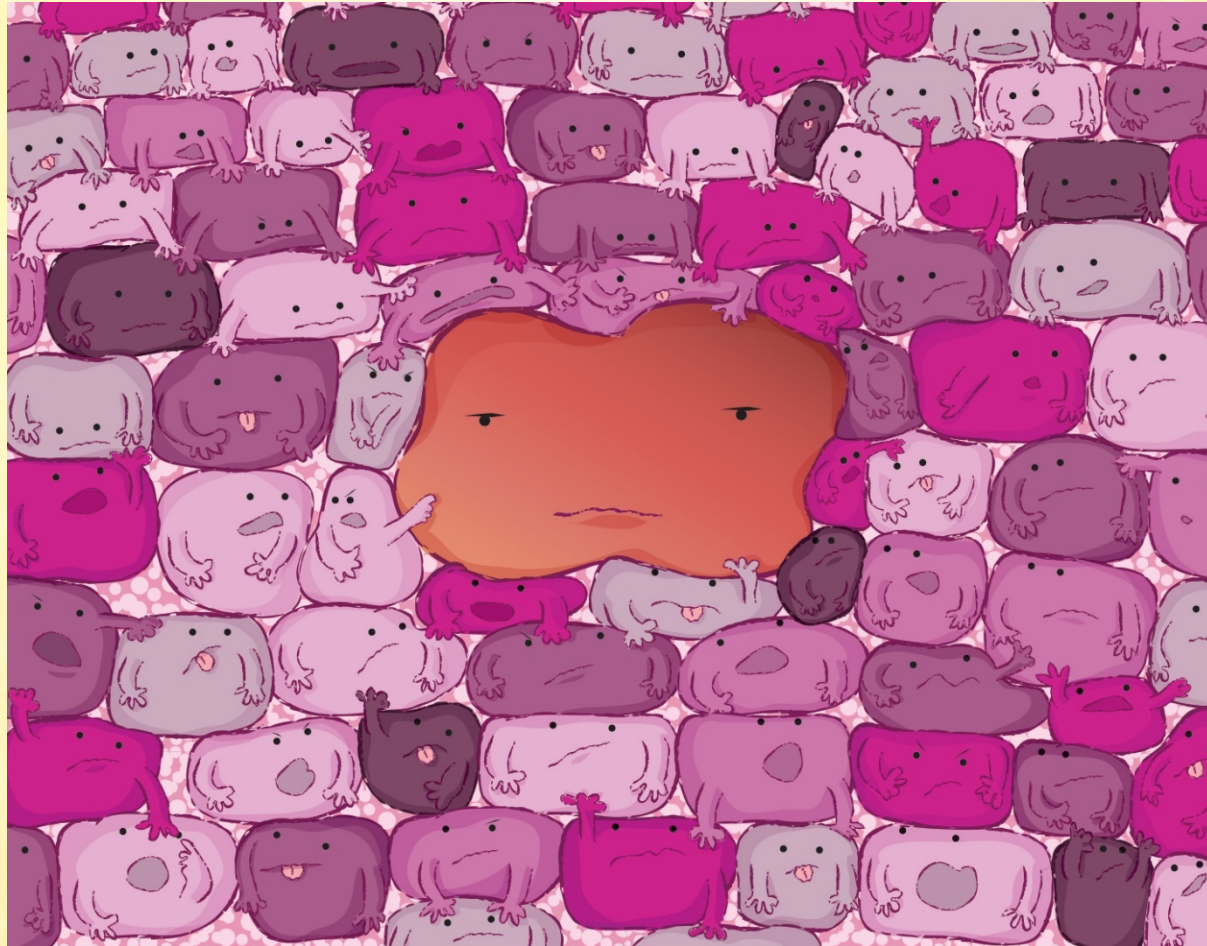
In Norway :

- 200 000 children are the next of kin to patients with severe somatic disease. A study done by several hospitals in Norway has concluded that children need more facilitated information*
- In 2015, there was published a book; *The helpful rays*. The book was meant to help children handle cancer in their family.

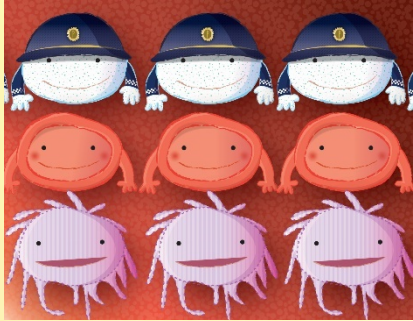


* Akershus University hospital HF et.al. (2015) *Children as next of kin – results from a multicenter study*

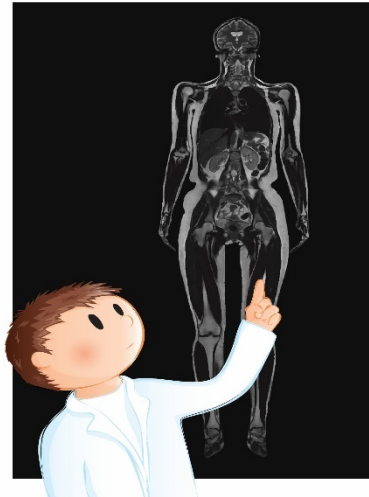
The Helpful Rays – Cancer cells



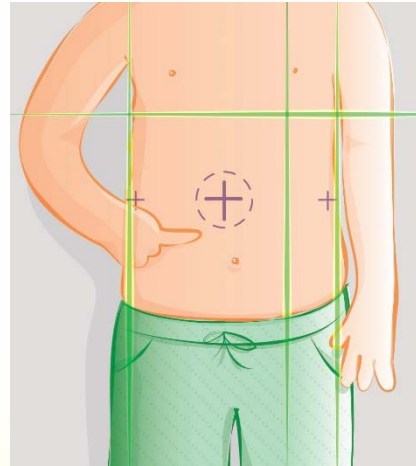
The Helpful Rays



Different blood cells



Different professions they will meet in a hospital



Why do they need markings on their skin



Side-effects like losing their hair

The Helpful Rays - treatment



Purpose

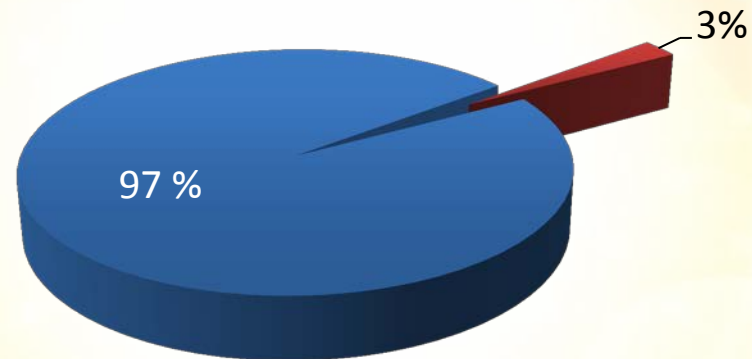
- To find out if *The helpful rays* can help parents to talk to their children
- To implement the use of *The helpful rays*

Methods

- Quantitative method, questionnaire
- Possibilities to elaborate with comments
- Patients receiving radiation therapy with the custody of children that are under the age of 18,
- September 1st 2016 and January 1st 2017.

Results

Do you think others in your situation can have benefits from using this book?



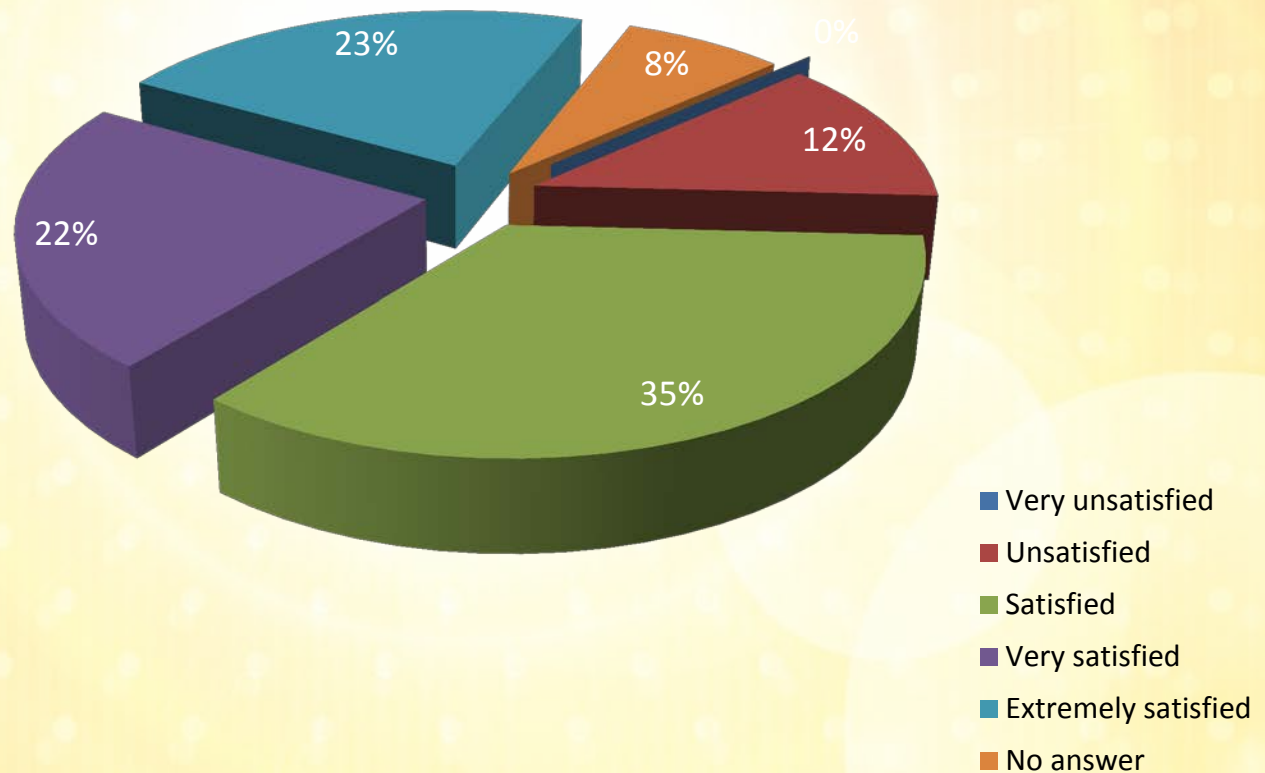
■ Yes ■ No answer

Results

- 40 respondents (31 curative, 9 palliative, 2 grandparents)
- 72 children involved as next of kin
- 9 questions

How pleased are you with the information about radiation therapy given to your child/children as next of kin?

Satisfaction



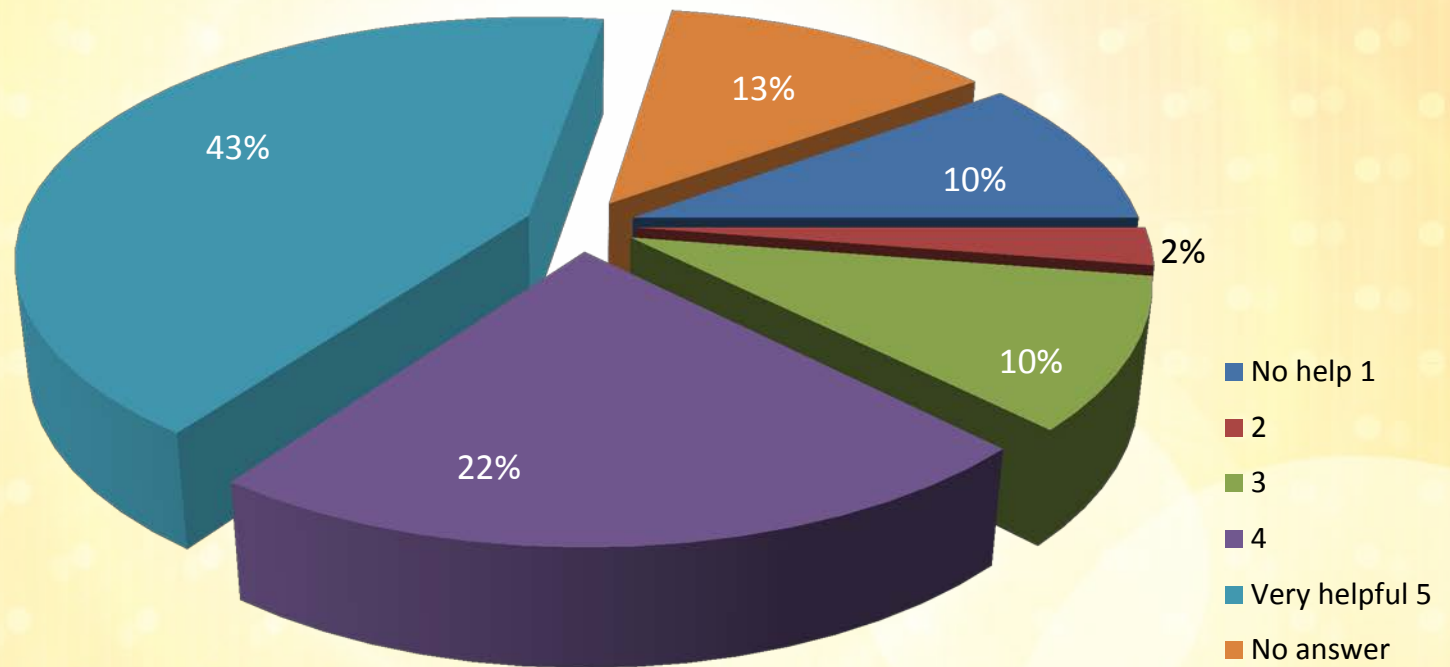
To which degree has the book helped to talk about subjects as:

- The radiation treatment
- The Cancer diagnose
- Existential questions
- Feelings

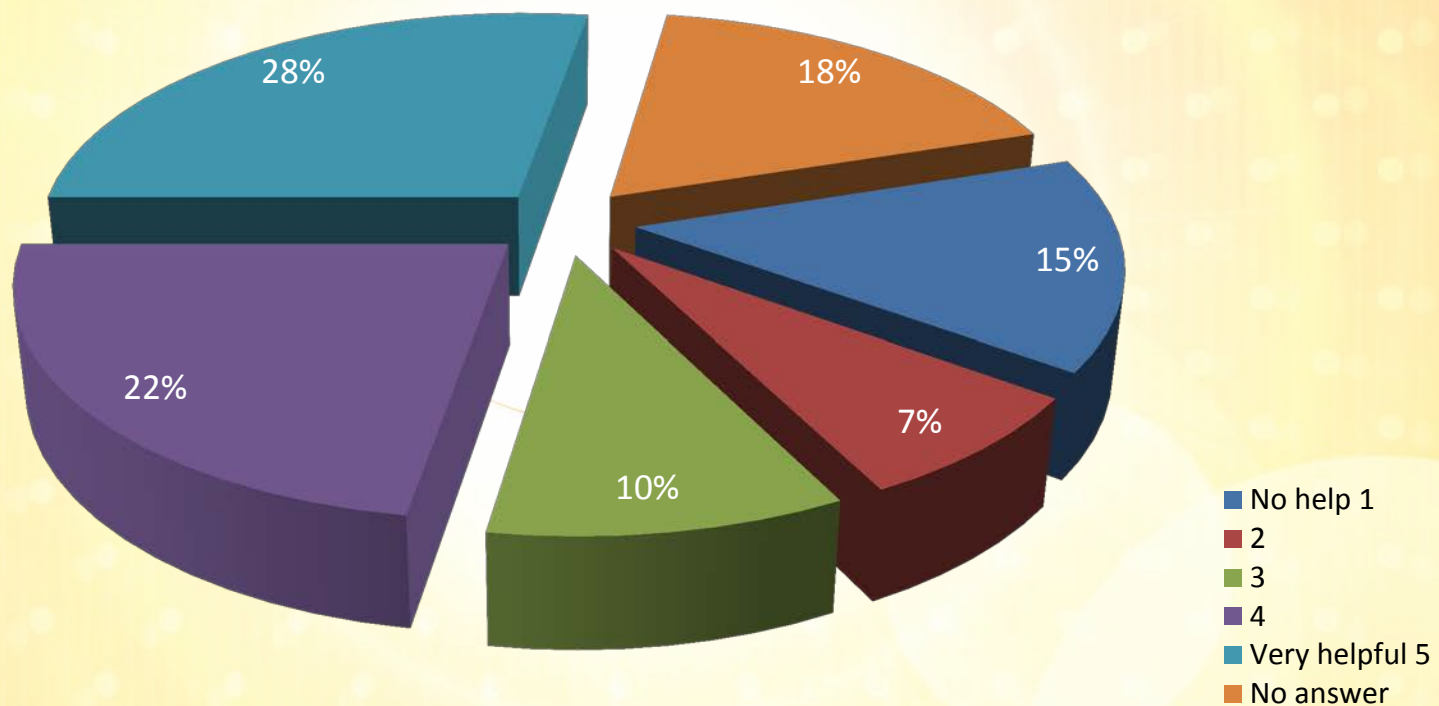
Or in conversations with:

- Family
- Friends/School

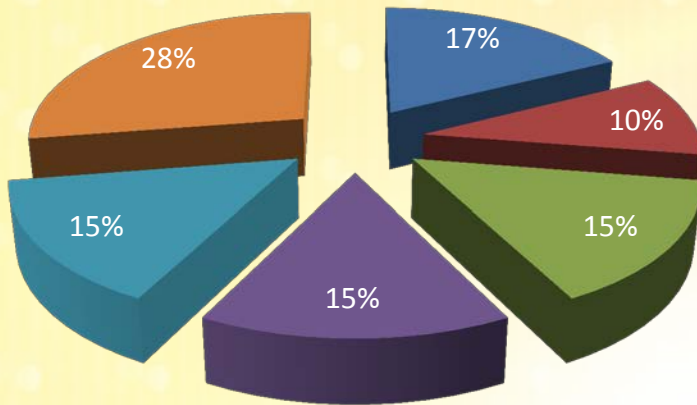
The Radiation treatment



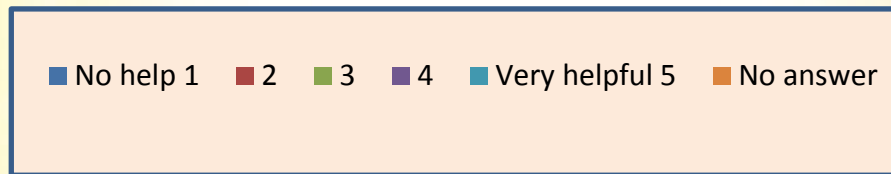
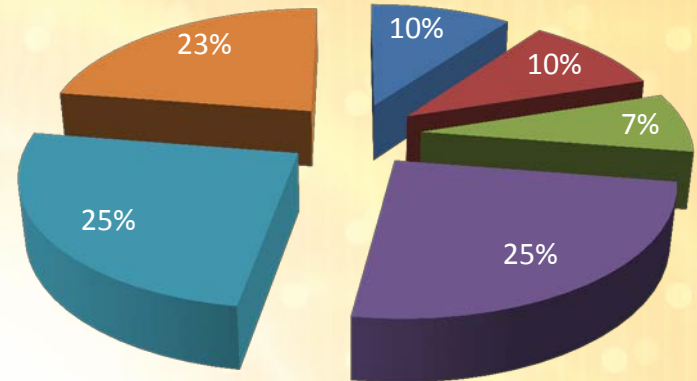
The cancer



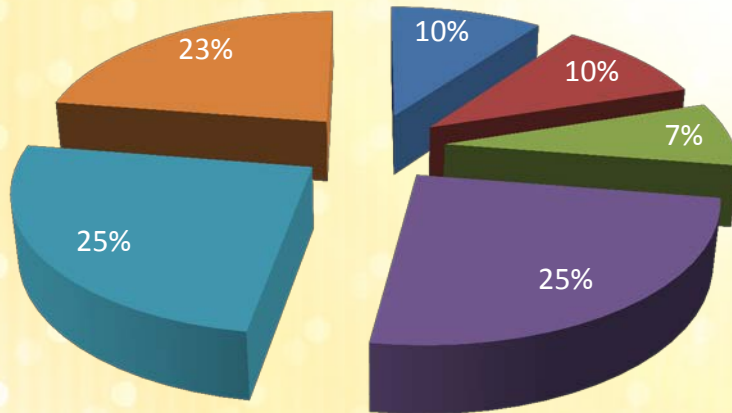
Existential questions



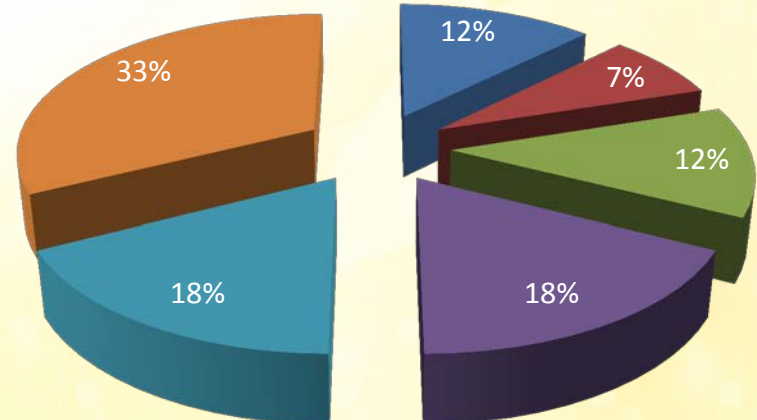
Feelings



In conversation with family



In conversation with friends/school



How about age differences?

This book was too advanced for my youngsters. They got more scared of the information, because it was too difficult to understand.

Parent of 3 and 5 year-old

Constructive and easy explanation, even for us adults who read the book to the children. When you haven't been treated with radiation before, you don't know anything about this subject.

Parent of 5- and 10 year-old

A unique book for young and old, child and adult. My kids and I have learned a lot, and you get guided through the subject in a way that is both good and educational.

Parent of 8- and 15 year-old

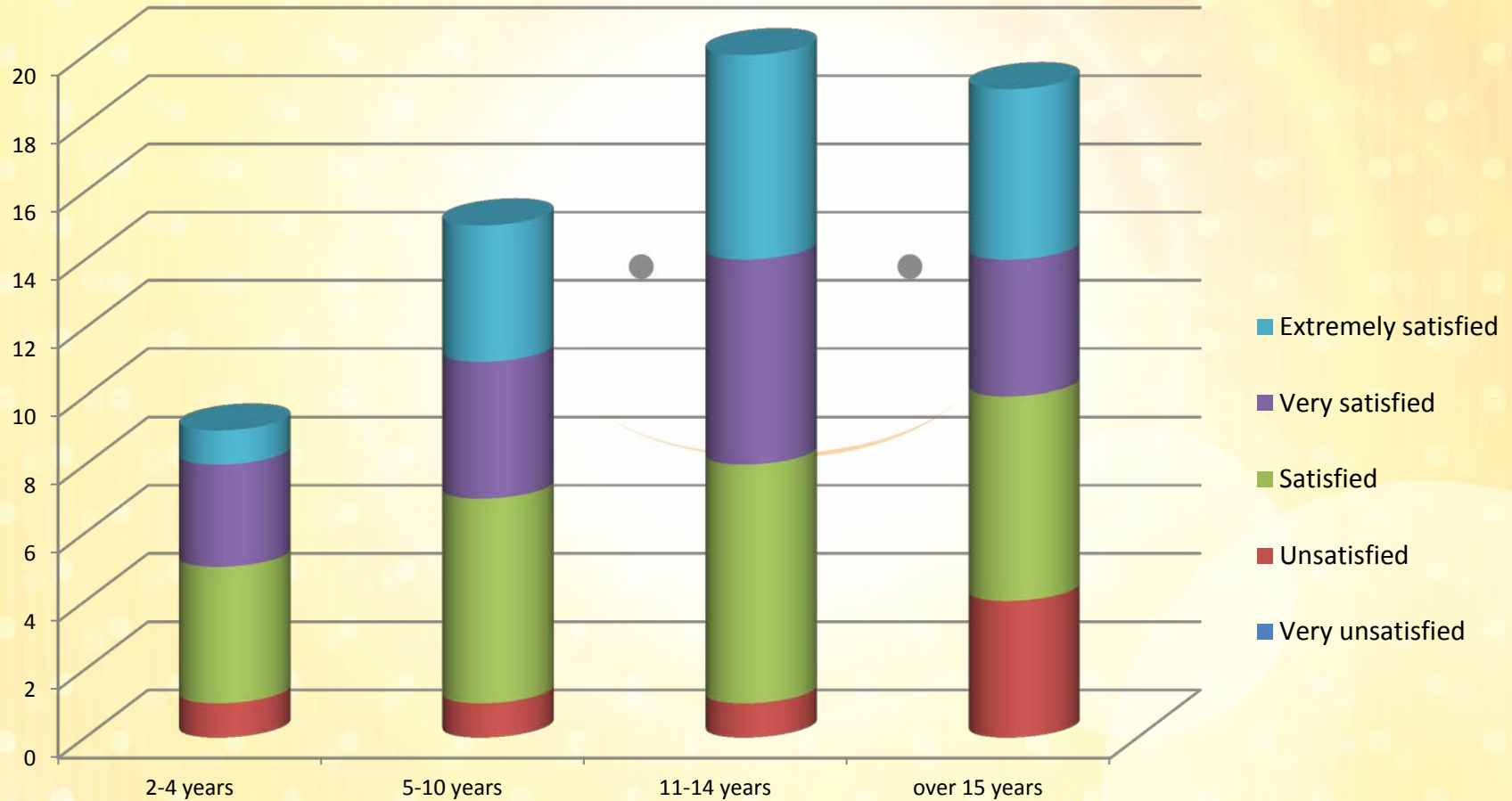
My grandchild is 11 years old, and has been worried, and have asked a lot of questions. The book including pictures I took of the radiation machine, made it easier to talk about the cancer. My 4 year-old granddaughter understood a lot when she looked at the pictures in the book.

Grandparent of 4,5, 8, 11 and 12 year-old

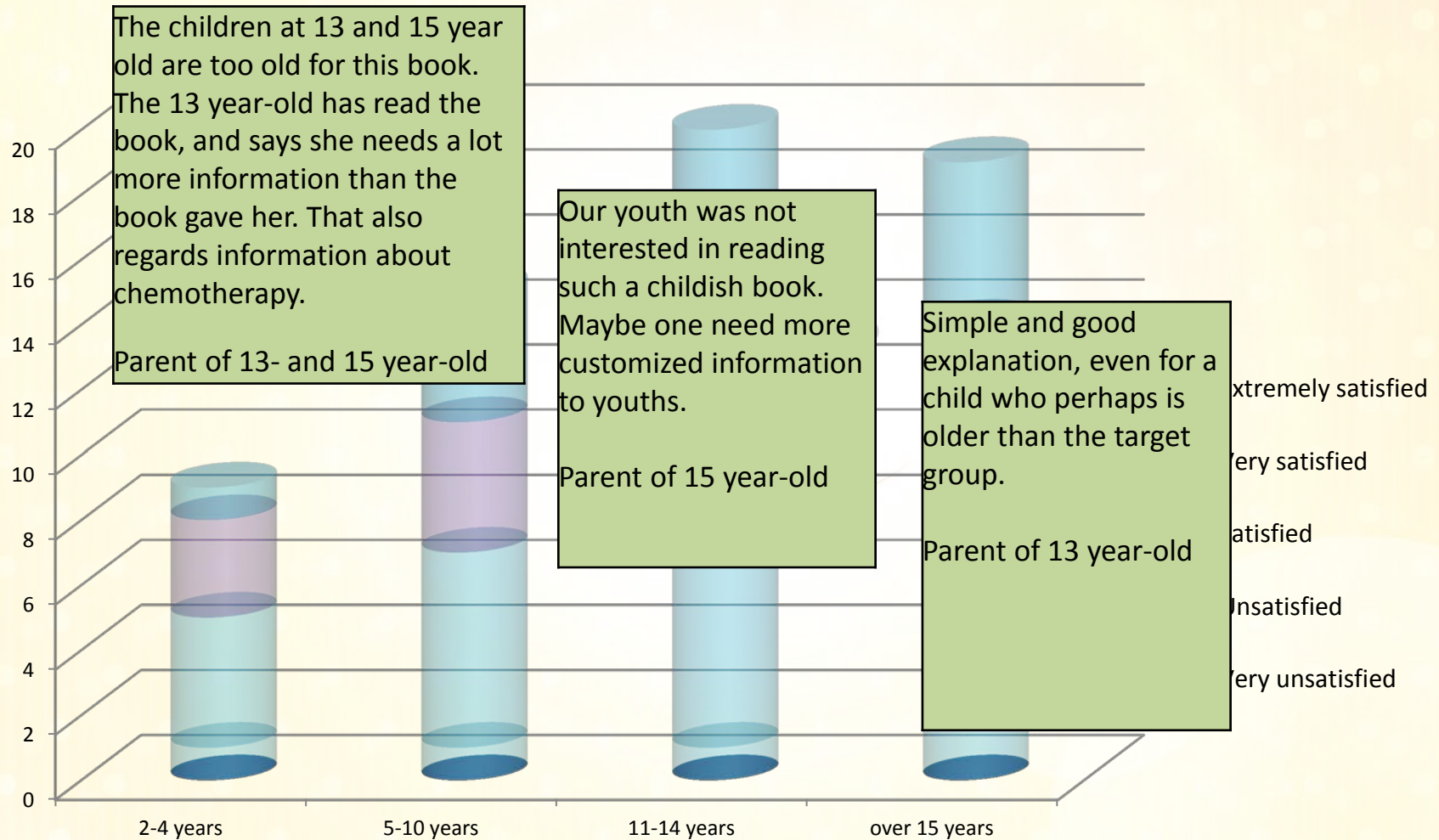
We have talked about this before we got the book. The book is too childish for a 13-year-old.

Parent of 13- and 15 year-old

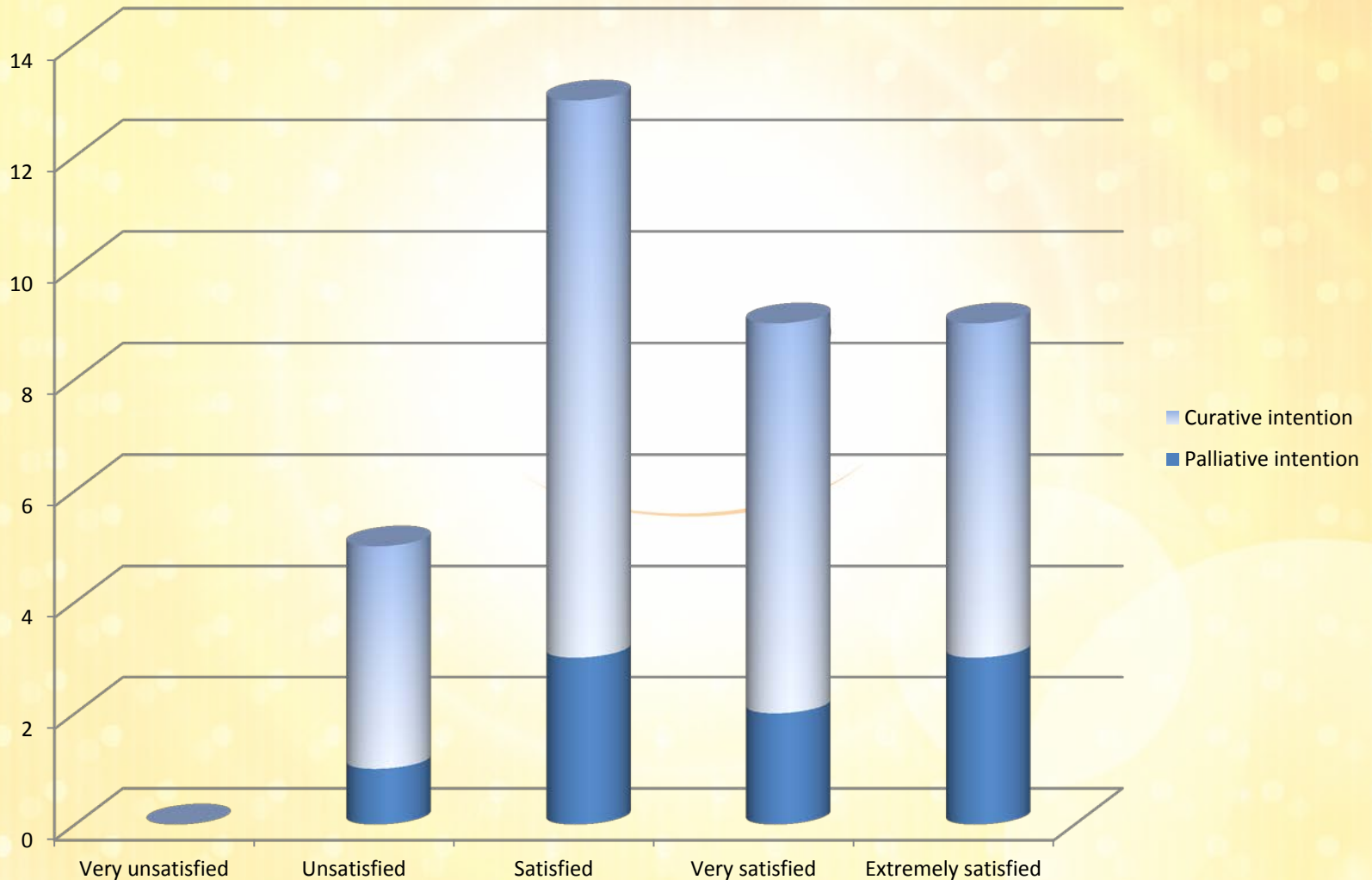
Age and satisfaction



Age and satisfaction



Curative/Palliative

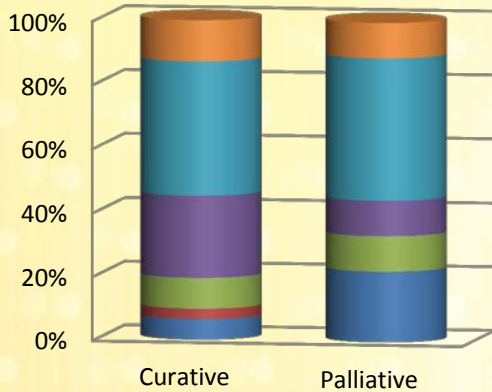


ECR, Malmö May 28 - May 31, 2017

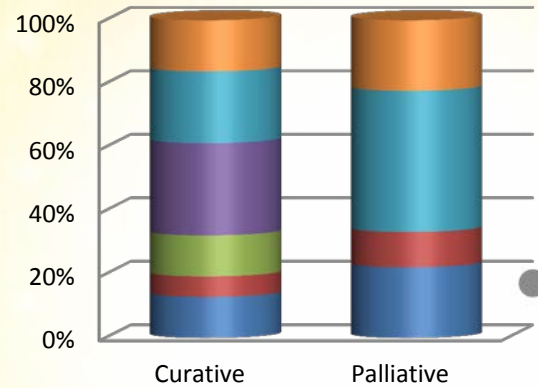
Curative/Palliative

- No answer
- Very helpful 5
- 4
- 3
- 2
- No help 1

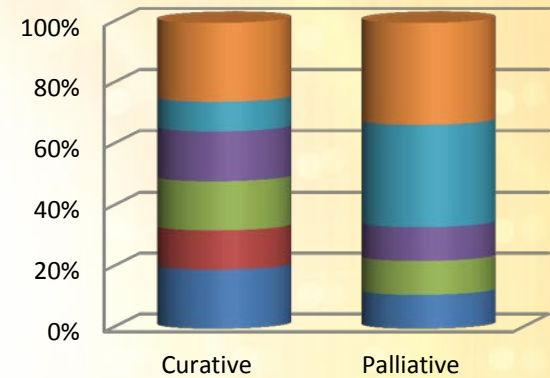
The Radiation treatment



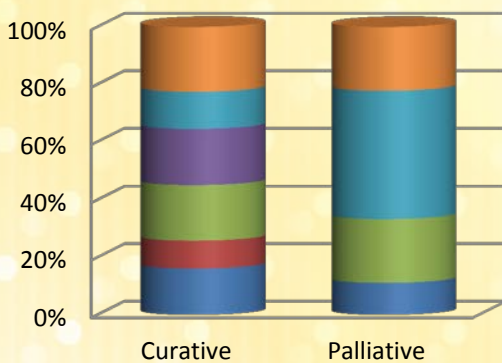
The Cancer



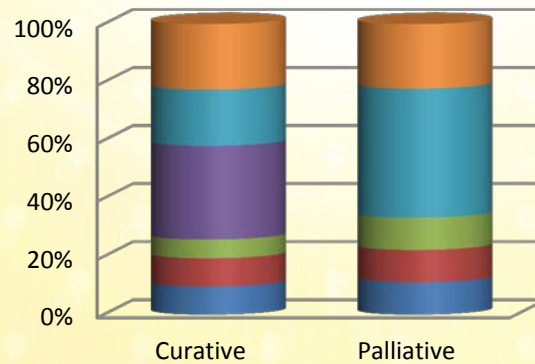
Existential questions



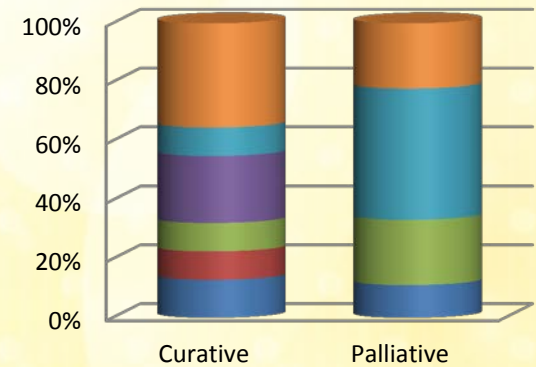
Feelings



In conversation with family



In conversations with friends/school



Discussion

- No possibility to answer separate for those who have more than one child
- Similar study
- Foreigners who didn't speak Norwegian were not included

Conclusion

- We will recommend the book because it obviously help a lot of children, and 39/40 respondents think it would benefit others in their situation.

From the husband of a 45 year-old lady with incurable cancer, with children at 8 and 15 years



The book is remarkable, and opens doors which gives children and adults a simple and illustrative introduction to radiation therapy and cancer.

We have lent the book to our 8 year-olds school, and they have read it out loud to the whole class. Their experience were very positive. The teacher had to divide the students into smaller group to cope with all of their questions.

The junior high also wanted to lend the book.

Litterature

- Akershus University Hospital et.al. (2015) *Children as next of kin – Results from a multicenter Study*, Helsedirektoratet
- Farstad, K. (2015) *De gode strålene*, Dreyers Forlag/Omnipax og Kreftforeningen, Oslo

Thank you for your attention!



NORWEGIAN **CANCER** SOCIETY