

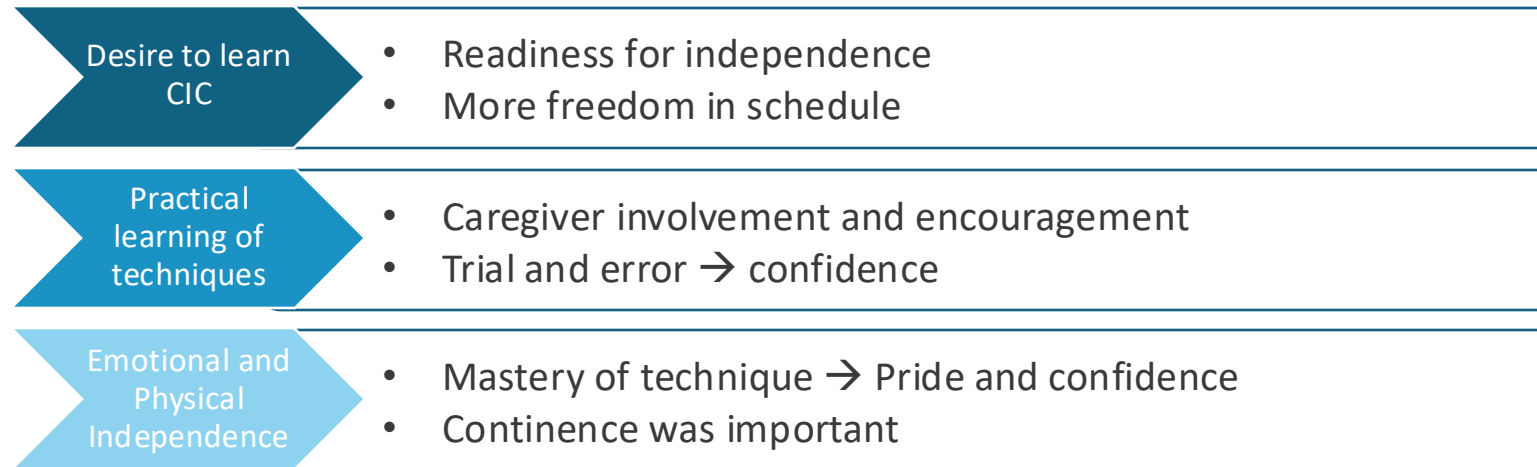
Psychological Adaptation to CIC

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Initial Learning Experiences are Important

- Patients:
 - Stepwise learning process
 - Setting expectations for patient-led CIC early on



- Barriers to learning (e.g., caregiver reluctance, improper equipment, negative past experiences, and lack of knowledge about urinary tract anatomy)



A Family Affair

- Initial learning experiences are important!
 - Informing caregivers as early as possible
 - Multiple caregivers during teaching sessions
 - Support from the healthcare team post-CIC teaching
- Caregiver inter-relationship
 - Common to experience difference in comfort level with performing CIC
 - Delineation of roles and responsibilities
 - Communication is key, otherwise strain presents



Social Relationships

- School-age children worry about judgment from peers but also desire to disclose
 - Balance of maintaining privacy versus openness
- Role of psychology
 - Disclosure
 - What, who, how
 - Social script
 - Acceptance as part of identity, building confidence and resilience
 - Liaise with school to address challenges related to anxiety, social dynamics/bullying, executive functioning difficulties, accommodation needs, etc.



Peer Support

- Support from other individuals with similar medical needs/conditions can promote adjustment
 - Increase perceived social acceptance
 - Confidence in skills
 - Increased independence
- Combination of emotional and practical support
- Preferences for one-on-one versus group format

- Mentors benefit too!
 - Effort to match patients/families
 - Flexibility with method of contact
 - Sharing information ahead of time, with consent



Conclusions

- Patients
 - Assess patient readiness to learn CIC, and consider individual factors (e.g., developmental stage, family/caregiver readiness, previous medical experiences)
 - Encouragement from caregivers and healthcare teams from early on through after learning CIC is crucial for building confidence and resilience
- Caregivers
 - Encourage multiple caregivers to learn CIC
 - Facilitate communication and delineation of roles and responsibilities
- Social Relationships
 - Patients will have differing comfort levels with disclosure to peers
 - Prepare patients to educate peers and answer questions ahead of time
- Peer Support
 - Can benefit mentors and mentees emotionally and practically
 - Match based on similarity and preference for group/individual connection

