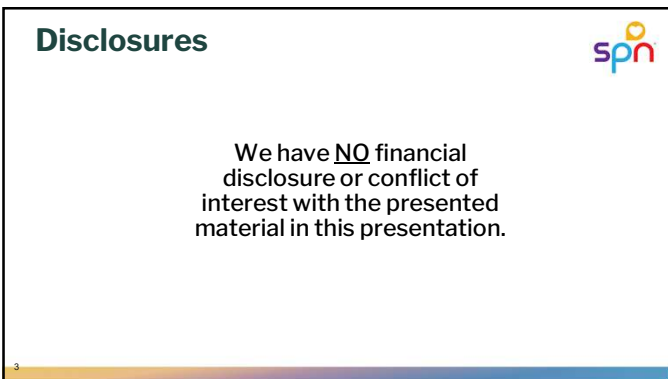




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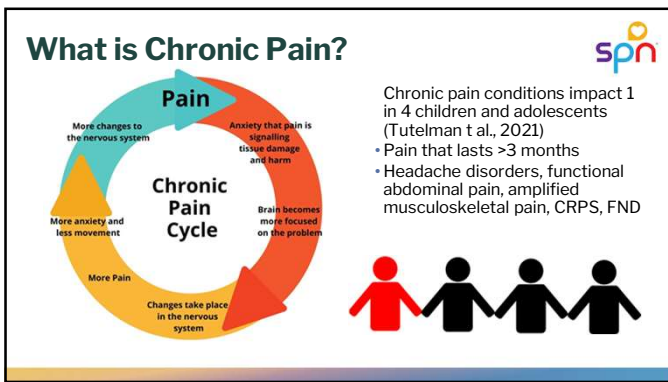
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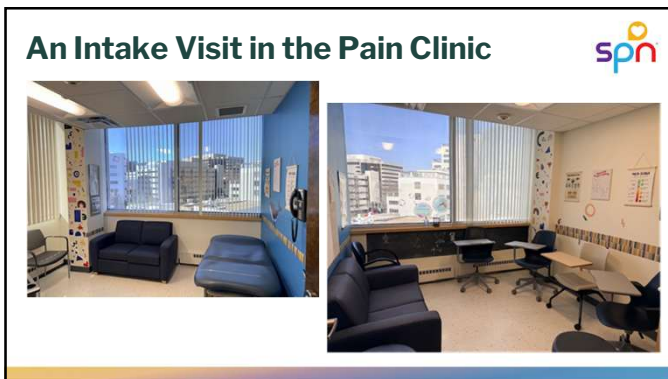
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What About Their Siblings?



- Healthy siblings of children with chronic health conditions have **negative emotional and behavioral outcomes** (Tay et al., 2024).
- **Treat the child with an illness or injury, including the family unit as a whole** (Seniwati et al., 2023).



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Our



Family centered care is a priority at our organization.

- Siblings are often present during visits but not assessed.
- Minimal interaction with siblings
- There are gaps in research about the siblings of children with chronic pain



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What We Asked



Research Question

- What is the lived experience of siblings of children with chronic pain?



Primary Aim

- To explore the experiences of siblings of pediatric patients with chronic pain, focusing on how they perceive and describe its impact on their physical, emotional, and social well-being.

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The Research Process



Phenomenological Approach

- Phenomenological approach guided by Van Manen's work (Van Manen, 2017)
- Phenomenon of Interest:** Exploring the lived experiences of siblings of pediatric chronic pain patients.
 - Qualitative Interviews

Recruitment

- Personalized Outreach, Convenience Sampling
- Inclusion & Exclusion Criteria
 - Consenting Process



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Sibling Recruitment Highlight




Sibling Participant #5

- Sibling 'A' - 10 years old
- Observations in clinic visit
- "You want to talk to me?!"
- Interview scheduled




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Themes



- 1 Shifting family roles & responsibilities
- 2 Interpersonal Conflict
- 3 Avoidance of interaction
- 4 Minimal impact



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Minimal-No Impact



"She usually just says she's sore or something. She hurts, yeah."
- Study Participant #1

"But sometimes... If she's, like, hurt, or, like, sick or something my mom or my sister will have to bring them medicine and stuff like that.."
- Study Participant #2

"Not pretty often, it's like she, like, tells my mom about the pain and stuff.."
- Study Participant #2

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Avoidance of Interaction



"every time I say something, she always yells at me, so that's why I'm not trying to sit here and start an argument with her."
Study Participant #3

"I like keeping to myself most of the time, because I don't want to, like, cause an argument."
Study Participant #4

"..it's a battle I'm not gonna win with her.."
- Participant #3

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Interpersonal Conflict



"..her body's hurting her. And then, she's mad and I ask her something, she'll yell at me, for no reason."
- Study Participant #3

"..because whenever she's not moving around, then she, like, gets, like, really angry and upset.."
- Study Participant #3

"I get it, she's in pain, but, like, you don't really yell at us, though, because, like, we... we're not the ones who caused it"
- Parent of Participant #3

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Shifting Family Roles & Responsibilities



"But then L___ always give her a hard time with it, and today I took out the trash because L___ don't want to do it."

- Study Participant #4

"it frustrates her, because it falls on her, she gets upset with me. She's like, Mom, you always ask me, and I'm like, yeah, because I know L___ can't do it"

- Parent of Study Participant #4

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Shifting Family Roles & Responsibilities



When asked about attending appointments "I come, like, if I'm not doing anything, or if I'm watching S___ (a third younger sibling), I just stay here with S___ until they come back."

- Study Participant #4

"when I need to get her something, and it's like, she asks me to do stuff, and it's like, I'm doing something, so I can't. I feel bad for telling her no, but at the same time, I'm doing something."

- Study Participant #4

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Translate to Practice



Opportunities Now

- Incorporate a simple sibling check in question:
 - "How has this been for you?" (if present in visit)
- Nursing Assessment

Opportunities Later

- Screening tools for siblings who disclose distress
 - Safety
- Sibling Support Group
- Application to other areas
- Compilation of Resources
 - How to find a mental health provider
 - How to/What is 211 & 988?

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What's Next?

01 September 2024 – February 2026

- Completion of Research Fellowship
- Graduation
- Presentation to Leadership

02 April 2026

- Presenting at Society of Pediatric Nurses Annual Conference

03 May – August 2026

- Continue recruiting and conducting interviews with siblings

04 June – July 2026

- Lunch & Learn presentations
- Collaboration with other Ambulatory Nurses to apply sibling care to their areas

05 The Future...

- Development of screening tools to assess sibling impact
- Publication

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Limitations

One clinical site
Recruiting from CT Children's Pain Clinic

Age
10-17

Length of Time in Treatment
New Team Visit vs. Established Patients

Researcher Learning Curve
Novice researchers

Scheduling
Interviews after hours, no shows

Researcher Bias
Implicit Bias

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(Edwin, 2022; Garrison et al., 2018)

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Recommended Resources



- Conquering Your Child's Chronic Pain by Lonnie Zeltzer, MD
- When Your Child Hurts by Rachel Coakley, Ph.D
- [ChildKind International](#) – Original Childkind International Organizations
- www.megfoundationforpain.org – Great Pediatric Pain Resource
- TheComfortability.com

childkind


Meg Foundation

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 **Thank You** 

- Nurse Leadership who supported this work
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