



AfterTheInjury.org:

Evaluating impact on parent knowledge and coping assistance

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Pediatric injury and posttraumatic stress (PTS)

- Many injured children with acute PTS symptoms (>80%)
- 1 in 6 with clinically significant PTS symptoms 6 months later
- Parents important in child's emotional recovery
 - Provide general emotional support
 - Model effective ways to cope
 - Provide direct assistance or coaching re: how to cope
- Parents serve as “gatekeepers”
 - Determine whether child receives additional care
- Challenges for parents
 - May experience PTS themselves after child injury
 - Often find it hard to assess child's reactions

AfterTheInjury.org

Helping parents help their kids recover

Specific aims of this website for parents:

① INFORMATIONAL RESOURCE

Provide useful information and resources to parents

② PSYCHOEDUCATION

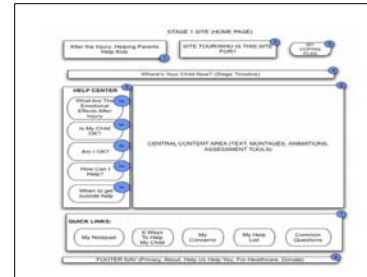
Prepare parents to...

- Accurately assess child reactions
- Offer effective help to their child
- Seek professional help if warranted

Site development process

Parent feedback at each step:

- Organization
- Design (look & feel)



Built fully-functional beta site

- Usability testing
- Revised site



Learn About Injury and Trauma



Get up-to-date information and expert guidance to help you help your injured child.



[Watch](#) | [Read](#)

about traumatic stress and your child



Learn about injury care

Rate Your Child's Reactions



An injury or accident can be a scary or stressful experience for kids.

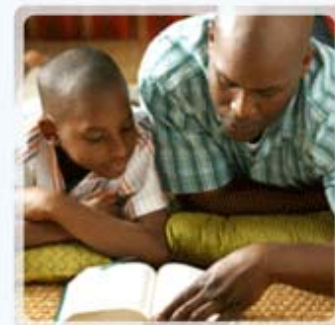


Take a quick quiz to measure traumatic stress

Find Ways to Help



The Quick Quiz and Care Plan are great tools to work on together with your child. It helps to get the conversation started.



QUICK TIPS - 6 Ways to Help Your Child



Find out how



Print tips



When to get outside help

1. Let your child know that they are safe.
2. Allow children to talk about their feelings and worries.
3. Get back to normal routines.
4. Increase time with family and friends.
5. Take time to deal with your own feelings.
6. Be aware that family members can have different reactions and needs.



The Center for Injury
Research and Prevention
at The Children's Hospital of Philadelphia

We created this site so you can understand your child's reactions to injury and learn what you can do to help him or her respond in a healthy way.



Learn About Injury and Trauma

What to expect after injury

You are not alone

Reactions to injury

What are traumatic stress reactions?

How long do traumatic stress reactions last?

More about traumatic stress and other concerns

Full video library



Rate Your Child's Reactions



Find Ways To Help Your Child Recover



How Do I...

Learn About Injury and Trauma

WHAT TO EXPECT AFTER INJURY

Your child is not alone. Every year millions of US children are injured. Most do well.

Prescription for a full recovery: Take care of pain and physical healing AND pay attention to emotional needs.

Red flags: When stress reactions last more than 1 month or get in the way of recovery, [get extra support](#).

What are traumatic stress reactions?



When an accident or injury causes overwhelming feelings of fear, helplessness, or horror, it can lead to more than just everyday stress reactions—it can lead to traumatic stress.

[MORE >](#)

How long do traumatic stress reactions last?



In the first few days after an injury, nearly all children feel upset, jumpy or worried at times. These traumatic stress reactions usually start to get better within a few weeks.

[MORE >](#)



What worries you about your child's reactions?

Read more about traumatic stress reactions and other concerns that some children and families experience after injury.

[READ MORE >](#)



Full Video Library



Dr. Flora Winston



You are not alone
Childhood injuries are common

1:53



Reactions to injury
Physical injuries can have emotional impact

3:16



What are traumatic stress reactions? Specific emotional reactions to look for

3:51



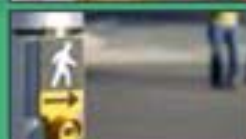
How long do reactions last?
What to expect & when to look for more help

2:27



How to talk with your child
Tips for parents: Listening & providing support

6:09



How to deal with new fears and worries Tips for parents: Helping your child cope

4:09



Learn About Injury
and Trauma



Rate Your Child's
Reactions

How is your child doing?

[Quick Quiz](#)



Find Ways To Help
Your Child Recover



How Do I...

Rate Your Child's Reactions

HOW IS YOUR CHILD DOING?

Use our [Quick Quiz](#) to help you gauge your child's emotional recovery and identify any reactions that might need special attention.

If you want to learn more: Create a personalized [Care Plan](#) to help you help your child.

Different people, different reactions



As you think about how to help your child, try to separate what you are feeling from your child's experiences and needs.

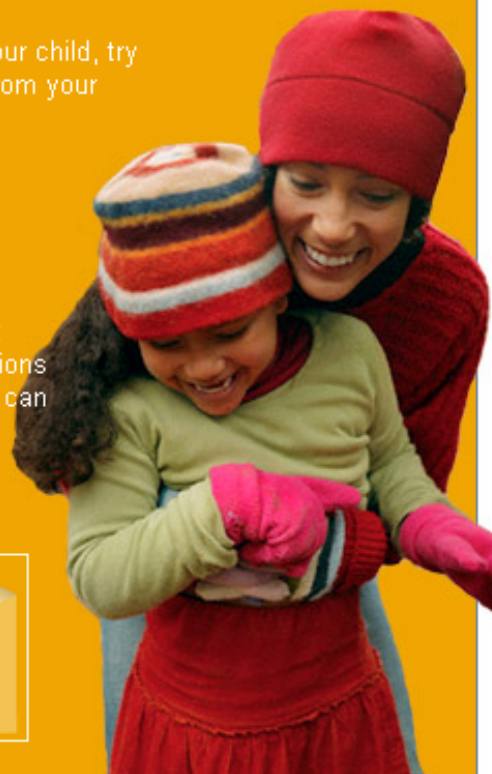
When reactions might signal trouble



Feeling upset or jumpy should get better over the first month. If reactions are severe or go on too long, they can get in the way of your child's recovery.

How to rate your child's reactions

- The best way: Involve your child in completing the quiz with you.
- Come back and rate again in a week or two - to make sure that things are getting better over time. [TAKE OUR QUICK QUIZ >](#)



Find Ways to Help Your Child Recover

→ Learn About Injury and Trauma

→ Rate Your Child's Reactions

↓ Find Ways To Help Your Child Recover

What does your child need?

Quick tips

How to talk with your child

How to deal with new fears and worries

Working with your child's healthcare team

Injury and pain care

When to get outside help

Make a Care Plan

Self care

→ How Do I...

WHAT DOES YOUR CHILD NEED?

Get started with [6 quick ways to help](#) – then create a plan tailored for your child's needs.

You have an important role in your child's recovery.

Be aware of your own emotional responses and [get support for yourself](#) so that you can best help your child.

After an injury, it's not always easy to know how to talk with your child about it and how best to help. The most important thing you can do is to help your child express himself at his own time and pace, and in his own way.

[MORE>](#)

[How to talk with your child](#)



[How to deal with new fears and worries](#)

It's natural to want to stay away from things that are reminders of something scary. But too much avoidance can lead to ongoing problems. Find out how to help your child with new fears.

[MORE>](#)



Create your child's Care Plan to help on the road to recovery

As you create a Care Plan, you'll see suggested care tips matched to your ratings of your child's reactions. [MORE](#)

Quick Tips

1. Let your child know that they are safe.

In the first days and weeks following an injury many children fear that something bad might happen to them again. Let your child know that they are safe now. Give them extra hugs, even your teens. Younger children may need more cuddle time.

[Learn more about helping your child with new fears or worries.](#)

Click below to hear what other parents had to say:



click again to stop playing

2. Allow children to talk about their feelings, and their worries, if they want to.

Let your child know that it is OK to feel a little upset; many children feel upset, worried, or confused after getting hurt. Allow your child to talk about their feelings if they want to. If they do not want to talk, they could write a story or draw a picture.

Click below to hear what other parents had to say:



→ Learn About Injury and Trauma

→ Rate Your Child's Reactions

↓ Find Ways To Help Your Child Recover

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→ How Do I...

Find Ways to Help Your Child Recover

Injury and pain care

This section of the website offers some general information about common injuries and tips for home management, as well as helpful hints for pain management and injury prevention.

Remember, your healthcare provider is the best source for information regarding your child's injury. If you have specific questions or concerns about your child's injury or treatment, please make sure to talk with your healthcare provider. If any information in this website is different from what your healthcare provider recommends, follow your healthcare provider's advice.

[Injury Prevention Tips](#)

[Abdominal Trauma](#)

[Taking Care of the Cast](#)

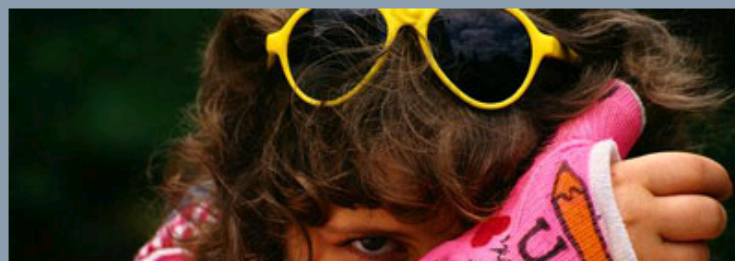
[Using Crutches](#)

[Head Injury](#)

[Recognize/Manage Pain](#)

Taking Care of Your Child's Cast

A cast holds a broken bone in place while it heals. Casts also help to prevent or decrease muscle contractions and can help limit movement, especially after surgery.



→ Learn About Injury and Trauma

→ Rate Your Child's Reactions

↓ Find Ways To Help Your Child Recover

What does your child need?

Quick tips

How to talk with your child

How to deal with new fears and worries

Working with your child's healthcare team

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When to get outside help

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Self care

→ How Do I...

Find Ways to Help Your Child Recover

When to get outside help

You have the very important job of making sure your child gets the best medical care for his physical injuries. You are also the best person to monitor how your child is coping, and when some extra help might be needed.

In the first few days after an injury, many kids (and parents) feel a little upset, jumpy or worried, and can use a little extra support from family and friends.

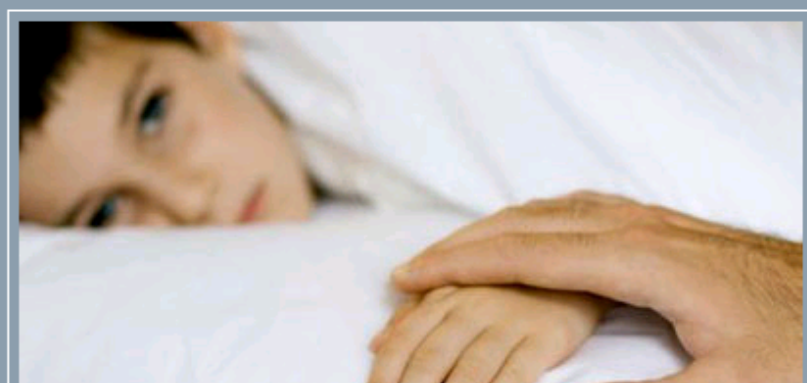
[When to look for more help for your child](#)

[How to look for professional help for your child](#)

[Additional Resources](#)

[When and How to look for more help for yourself](#)

When to look for more help for your child



HELP YOUR CHILD RECOVER.

Create your own plan - using tips developed from years of research and clinical experience.

It's as simple as **1-2-3**

1

Rate Your Child's Reactions
with our Quick Quiz.

2

Choose Ways to Help
from care tips developed by our experts to address your child's specific concerns

3

Print or Save
your plan to help your child

THE INJURY  Name: Jane Doe 3/3/07

and below is a summary of concerns and reactions you have identified and rated. Please come back to the website periodically to rate how you and your child are doing.

REACTIONS	SEVERITY	WAYS TO HELP
Experiencing about what happened to him/her	Always/ Very much	<ul style="list-style-type: none">Let your child know you're available to listen when he's ready, and encourage connections with friends and with adults you both trust.
Is your child feeling worried or thoughts - and ask what's on his mind?		
Has your child had trouble sleeping or nightmares?	Always/ Very much	<ul style="list-style-type: none">Let your child know you're available to listen when he's ready, and encourage connections with friends and with adults you both trust.

Parent comments

from several pilot studies

Help with injury care:

- ❑ **“Instead of calling the doctor’s office and getting voice mail, for simple questions you can get answers off the website.”**
- ❑ **“I learned about what I can do during, after or post-care for my child. Sometimes one page care sheet from the ER or surgeon is not enough.”**

Help with emotional reactions:

- ❑ **“Learned it’s normal to have emotional reactions to injuries - what to do, when to do more.”**
- ❑ **“I learned that there are many more ways, both physically and emotionally to care for your child after injury.”**
- ❑ **“Learned there are many different things I can do to help my child overcome a traumatic event. Some things were obvious, but others I would not have thought of.”**

Current study:

Linked to our objectives for AfterTheInjury.org

Does use of the website:

- Increase parent **knowledge** of
 - What to monitor (child reactions)?
 - How to help child?
 - When to seek additional help?
- Increase parent confidence / **self-efficacy** re: helping child recover?
- Evaluated 2 versions
 - WEB: Guided use of website (20 minutes)
 - VIDEO: Watch all video chapters from site (20 minutes)*

*Could be delivered via DVD to parents without internet access.

Current study:

Procedures

- Recruitment at large pediatric hospital
 - Inpatient
 - Emergency department

- Eligibility criteria
 - Parents of children ages 6-17 years
 - Their child sustained an injury within the last 2 months
 - EXCLUSION: suspected abuse or family violence

- Measures
 - Open-ended questions (PRE/POST)
 - Parent Knowledge Questionnaire (PRE/POST)
 - Parent Coping Assistance Checklist (PRE/POST)

Current study:

Procedures

N= 50

- 25 WEB / 25 VIDEO
- *No sig differences*
- *Combined for analyses*

Parent Characteristics:

84% Female

Mean age = 40.6 years

Race

- White (54%)
- Black (32%)
- Latino (14%)

Child Characteristics:

50% Male

Mean age = 11.2 years

Mechanism of Injury

- Sports & Recreation (44%)
- Fall (34%)
- Motor vehicle (12%)

Type of Injury

- Extremity fracture (68%)
- Multiple trauma (6%)
- Sprain/Strain (6%)
- Head Injury (6%)
- Laceration (4%)
- Contusion (2%)

Pre-Post Evaluation

Questionnaire results

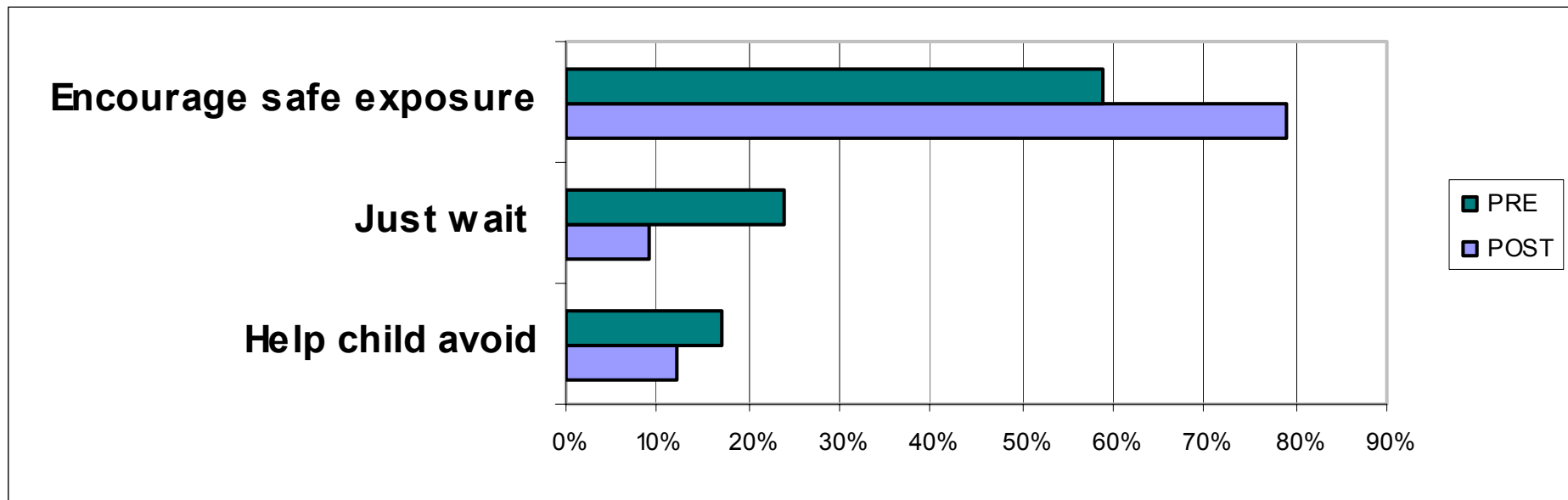
- ❑ Parent Knowledge Questionnaire score:
 - No significant difference pre to post
- ❑ Coping Assistance Checklist score:
 - No significant difference pre to post
- ❑ **How confident / sure are you that you know how to help your child as s/he recovers from this injury?**
PRE: 74% "Very Confident"
POST: 84% "Very Confident"
- ❑ Assessment challenges
 - Item wording
 - Ceiling effect at baseline

Pre-Post Evaluation

Coping assistance

After an injury, if a child starts feeling nervous about people, places, or activities that remind them of what happened, the best thing parents can do is:

- ☐ help their child avoid those things so s/he doesn't get upset again
- ☐ encourage their child to do the things that make him/her nervous (as long as they are safe things)
- ☐ just wait, because it will all work out in time



Paired t-tests: significant change in score on this item ($p=.03$)

Open-ended questions

- Q1:** What sorts of things do you plan to do to help your child as s/he recovers from this injury?
- Q2:** If your child feels upset or afraid, what sorts of things would you do to help them deal with it?
- Q3:** What stress reactions should parents look for after a child is injured?
- Q4:** When should a parent seek additional assistance (from counselor or psychologist) for their child's reactions to an injury?

Open-ended question

Q3: What stress reactions should parents look for?

Parents mentioned:	PRE	POST
General emotional distress	28%	32%
Re-experiencing symptoms*	2%	16%
Avoidance symptoms**	10%	66%

* Re-experiencing: ($t(48) = 2.68, p < .05$; Cohen's $d = .46$)

** Avoidance: ($t(48) = 6.74, p < .001$; Cohen's $d = 1.03$)

Open-ended question

Q3: What stress reactions should parents look for?

Before Website Use	After Website Use
I don't know	Avoidance of reminders of the injury; Withdrawal
If she is afraid to do anything dangerous	Fearful of certain things; Not wanting to talk about it
Frustration	Jumpiness; Avoidance; Hyper-cautiousness

Parents gave more responses post-intervention, and their responses generally became more specific and more accurate.

80% of participants gave at least one new, correct response on the post-test.

Open-ended question

Q4: When to seek additional assistance

Before Website Use	After Website Use
When the parents feel like they can no longer help.	After one month or if it is interfering with her daily activities
Pretty quickly. Know her well. Watch for changes.	If it gets worse; goes longer than a month, or if it affects their life too much

Parent responses generally became more specific and more accurate.

Increased recognition of the importance of time (seeking extra help if child's reactions last too long). ($t(49) = 3.07, p < .01$; Cohen's $d = .51$).

64% of participants gave at least one new, correct response on the post-test.

Dissemination strategies

- Via health care providers

- Direct to parents

- Traditional media
 - news coverage

- Social media
 - Blogs, Forums
 - Twitter



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News » Health & Behavior ■ Medical Resources ■ Health Information ■ Your Health: Kim P

Your Health: Being open can be critical to help injured children heal

Updated 7/13/2009 1:09 PM | Comment | Recommend 7

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Your Health
Kim Painter

By Kim Painter, USA TODAY

When Armando Alvarado was severely burned as a 15-month-old toddler, his parents focused on his grueling physical recovery. Only months later did a counselor suggest they speak with their son about what had happened to him.

"We thought it was taboo to talk about it. ... We also didn't think he would remember anything," says June Alvarado, a teacher in Chicago. So Alvarado says she was stunned when Armando said he did remember going to the hospital and having a tube pushed down his throat. "He said he remembered it because it was so painful," Alvarado says. Later, Armando made up a story about the accident itself. "He said a dragon threw up fire on him."

Today, Armando is 6 years old, knows the real story (a pan of hot oil fell on him) and is able to talk about it. "He has come out of somewhere really scary" and is coping well most of the time despite extensive burn scars, his mom says.

But many injured children — including some who are hurt much less severely than Armando — struggle to heal



Mixx it
Other ways to share
Yahoo! Buzz
Digg
Newsvine
Reddit
Facebook
What's this?

CarseatBlog.Com

Official Car-Seat.Org Blog about Kids, Safety and Parenting - Car Seat Reviews, Tips, Advice and More!



Mazda MX-5 Miata Reviews

Critics are still raving about the Mazda Miata Hard Top Convertible.

Combi Coccoro Car Seat

Smallest Car Seat Available \$169.99
Save Space. In Stock, Free Shipping



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Helping your child cope after a crash

THIS POST WAS WRITTEN BY [KECIA](#) ON AUGUST 20, 2009

POSTED UNDER: [HEALTH AND WELLNESS](#), [PARENTING](#)

Hundreds of thousands of children are involved in MVCs (Motor Vehicle Crashes) each year. The lucky ones, and the ones who are optimally restrained in an appropriate safety seat, may walk away with nothing more than bumps, bruises and a good scare. Depending on the circumstances, others may not be so lucky. But regardless of whether



the child was injured or not, being involved in a crash can be a terrifying ordeal for children. As someone who has survived two bad crashes, I can attest to how terrifying it really is - even for an adult. Unfortunately, I also understand that the fear and terror of the event don't always fade away when the bruises do. It's so important for parents and caregivers to be on the lookout for signs of traumatic stress in the weeks (and even months) following a crash. A little anxiety, maybe a few nightmares and some generally clinginess after the accident is very common and should be expected. It's also common (and understandable) for the child to be reluctant to get back in the car. However, since walking everywhere isn't an option for most parents - this can be a real dilemma. We need to respect our children's fears and emotions, and we certainly don't want to traumatize them any further, but we also need them to get back in the car. For children who are non-verbal or have limited communication skills, it can be even trickier to address the underlying issues and calm their fears.

Since every child and every set of circumstances is different, no one can claim to have all the magic answers. However, this wonderful website [AfterTheInjury.org](#) from the Children's Hospital of Philadelphia (CHOP) can provide much needed information and guidance to help children after a traumatic event or injury. It can also help parents to differentiate between typical, normal reactions and those that may be a red flag indicative of traumatic stress. I'm so pleased that this site exists now. I believe it's an area that really needs more attention and parents need more and better ways to support their children in the emotional healing process after a crash.

"Mommy bloggers"



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« hallmark: the edge of motherhood (because if we can't laugh about it, we'll cry) **GIVEAWAY** | [Main](#) | [fight ovarian cancer with kelly](#) - and win an electrolux washer and dryer!! »

09/08/2009

after the injury

What to do After the Injury

Quick Tips to Help Parents Help Their Kids Recover

While doctors at The Children's Hospital of Philadelphia know that injury prevention is the best "medicine," the sad fact is that kids do get hurt. In fact, 9.2 million children are injured each year, making it equally important for parents to know how to handle what happens **after the injury**

Depending on the child and the circumstances, kids can have different reactions after an injury or accident has occurred. And sometimes, kids are fine, but parents continue to worry. Here are some tips to help parents be prepared.

1. Remember you are the best person to help your child. If your child ends up needing to go to the hospital, try to be calm and reassuring, although it may be difficult at times. Give frequent hugs and praise. Hold your child's hand during tests and procedures, and distract your child with stories and pictures. **Learn more about how to handle a hospital visit.**

2. Let you child know that they are safe. In the first days and weeks following an injury many children fear that something bad might happen to them again. **Learn more about helping your child with new fears or**

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MODERN MOTHERHOOD LINKS



Get up-to-date information and expert guidance to help you help your injured child.

The information and guidance included in this website are based on a growing body of research about children and parents' reactions to pediatric injury and other medical events.

<http://www.AfterTheInjury.org>



aftertheinjury

✓ Following



R U dealing w/ your own emotions? Ur health is as important as your child's. Self-care must come first <http://is.gd/26RXd>

2:50 PM Oct 7th from twirl

Bike falls and sport injuries are common causes of abdominal trauma. Make sure those kids have their pads on!

<http://tinyurl.com/kmdorw>

3:04 PM Sep 18th from web

TuesTip: Home from the hospital and still have questions about what to do now for your child? These tip sheets can help

<http://is.gd/26QCf>

9:37 AM Sep 15th from web

Who is the best person to know how your child is coping post injury? You are! Learn the facts. <http://tinyurl.com/nt8oxm>

12:18 PM Sep 11th from web

Now that the kiddos are going back to school sit down and take a second to breathe. Doctor's orders.

Name AfterTheInjury.org

Location CHOP Philadelphia, PA

Bio Created by injury experts at the nation's #1 children's hospital to help parents help injured kids make a full recovery-body and mind

318

following

205

followers

Tweets

122

Favorites

Actions

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Following



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RSS feed of
aftertheinjury's tweets

Next steps

- ▣ RCT now underway:
 - Website use vs Usual care
 - Pre/Post:
 - Parent knowledge & intentions (revised measures)
 - 6 wks:
 - Coping assistance, Child PTS symptoms

- ▣ Developing companion website for children



THANK YOU

Special thanks to all the families who participated in creating and evaluating these resources.

Thanks to our funders:

- ❑ Emergency Medical Services for Children Program, Health Resources and Services Administration
- ❑ Pennsylvania Dept of Transportation
- ❑ Verizon Foundation
- ❑ Children's Hospital of Philadelphia Women's Committee
- ❑ Lynn Saligman Fund, Children's Hospital of Philadelphia