



Family Engagement : Lessons from our Patients

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Family Engagement

- **Engaging families in weight management and health care**
- **Engaging families - especially youth - in contributing to service development and planning.**

Family Engagement

Principles:

- Patient and parents are team members
- “with me” not “to me”
- Patient strengths are highlighted

Realities:

- It's difficult at times!
- Giving room for their voices to be heard without sacrificing patient consent and confidentiality

17 year old Richard & his mother

Metabolic Health	High triglycerides; low HDL; fatty liver disease
Mechanical Health	No issues identified.
Mental Health:	History of trauma as a young child Longstanding history of high anxiety since ~ age 4-5 Symptoms of inattention History of severe bullying School absenteeism – currently at alternative school.
Milieu:	Maternal mental health issues Stress at home/changes in living situation Eating out more frequently of late Well supported by mother Engaged in school

Clip 1: Mother

“Telling him that you
don't need to be perfect to
be good enough in the
world”

Themes

Acknowledge:

- The guilt parents carry
- Intervention can negatively impact youth
- The messages are everywhere
- Psychological health is linked to physical health

Self-Esteem is Key

Try for:

- The accolades, affirmations – focus on the positive
- Help them feel accepted

Clip 2: Richard

“Ultimately, all kids have
the same goal:
having fun right now.”

“Giving them a
reason to want to.”

Themes

- Advice:
 - The HOW, not just the WHAT
 - Needs to be “attractive” to the patient
- Youths’ goals are not the same as ours: FUN vs. Health
- Our goals may seem arbitrary
- Immediate Gratification
- Personalized plan and reasons to put in the work
- Larger, long-term support system
- Eating = a fun and social part of life

Clip 3: Mother

“Be gentle, we already feel shame.”

“There is some missing link somewhere...that is where healthcare could focus.”

Themes

- **More Resources – the HOW**
- **Shift focus away from weight**
- **We, as health care providers, need to be the missing link**
- **Have a holistic approach**

BE GENTLE

Clip 4: Richard

“The way to truly help people with weight issues is, **be compassionate.**”

Themes

- **Be compassionate**
- **Engage people – give them a reason to engage, to engage in change**