# Staying Connected in Times of Stress

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### Changes in Your Family

- Pre Diagnosis
  - No pressure to make appointments
  - Decisions made without intervention from hospital staff
  - Less concern for threats to my physical health and/or the health of my child

#### Post Diagnosis

- New schedule filled with appointments, diagnoses, and jargon
- Consultations are an expected part of the process
- New fears about germs,
   viruses, recovery time,
   and ability to bounce
   back

## **Understanding 2 Perspectives**

#### Family

- Experiencing crisis and pain at news of diagnosis
- Seeking understandable information
- Feelings of fear and isolation
- Hopes for the future about the plan for the next step

#### Hospital Staff

- Knowledgeable
- Seeking a good relationship between science and care
- Challenges of trust and communication
- Working to help.
   Ultimately, staff intend to be of service.

#### FIRO Model

Family
Fundamental
InteRpersonal
Orientation
Model

 Inclusion: who makes the decisions in your family?

 Control: how much control does the diagnosis have in your family?

 Intimacy: How have personal connections been affected by the diagnosis?

## Questions and Discussion