

BEST PRACTICE MODELS

BEST PRACTICE MODELS for Prevention of Mental Disorders

[2] Selective Programs

- a) Biological factors
 - i Post-natal depression
 - ii Children with chronic illnesses
 - iii Children with learning difficulties
- b) Psychological factors
 - i Children experiencing grief and loss
 - ii Children with disruptive behaviours
- c) Social factors
 - i Indigenous families
 - ii Immigrant families
 - iii Children involved with bullying
 - iv Children in out-of-home care

[2 a ii] Children with chronic illnesses

Optimal management of chronic illness requires not only good medical assessment and treatment but also a holistic approach that deals with the psychological and social aspects of the child and family to achieve best outcomes. This project aims to develop a framework for optimal management. The scope of the problem is considered in four aspects:

- Factors in the Illness,
- Factors in the Young Person and Family,
- Factors in the Social System, and
- Factors in the Service Delivery.

Five main themes have been identified in service delivery: (i) the experience of long-term physical conditions as an anxiety-provoking journey, (ii) limited access to information and eHealth-related interventions to support this journey, (iii) desires for interventions that assist with multiple aspects of the illness experience, (iv) diversity of preferences regarding the format and vehicle of such interventions, (v) the importance of trust regarding the source of interventions for children, young people and families and the sustainability of new interventions for clinicians.

The management of chronic illnesses therefore requires:

- Optimal medical care of the particular disorder (protocols apply)
- Psychosocial assessment of child and family
- Appropriate social supports and therapeutic interventions
- Full information about the disorder and about reliable e-Health sources
- Engagement of the family in “ownership” of the management plan
- Service delivery that fosters empathy and trust

[\[Go to Policies POL2a ii\]](#)

[\[Go to Project Evidence PE2a ii\]](#)

[\[Back to Index\]](#)

Last updated 10 November 2018