

A critical evaluation of H1N1 2009 planning and response efforts from the perspective of child and family well-being

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Funding

Funding for this research provided in support of community and family resilience by the Kentucky Critical Infrastructure Protection Program, managed by the National Institute for Hometown Security for the US Department of Homeland Security *in collaboration with our partners at the University of Louisville*
Grant #: NIHS KCI # 15-07-UL

Disclosure Statement

No relationships to disclose

Study Objectives

Understand the biopsychosocial impact of pandemic and pandemic planning and response strategies on children and families

Assess for unintended consequences

Develop evidence-informed guidelines for pandemic planning, response & recovery for children and families

Pandemic Disaster Response Study

- International
 - United States
 - AZ, CA, FL, NY, TX, KY
 - “follow the virus”*
 - Mexico (Mexico City, Juarez)
 - Canada (Toronto)

Sample

<i>Population Subgroup</i>	<i>N</i>
Youth	166
Parents	589
Behavioral Health Providers	642
Health Care Professionals	581
Public Health Officials	202
Law & Ethics Experts	85
Other	343
TOTAL	2608

Methods

- Survey (online & face-to-face)
- Interview
- Focus Group
- Content Analysis
 - State Pandemic Plans
 - Behavioral Health Professional Standards
 - Legal guidelines & other relevant documents
- Response from the Field

Unintended Consequences of Quarantine & Isolation

- Disruption of family bonds
 - Separation of children from parents & siblings
- Loss of instrumental support
 - Income, supplemental food
- Stigma
 - Patients, health care workers, families
- Traumatic Stress
 - Children & parents

Evidence Informed Guidelines

- Maintain family-centered care to the greatest extent possible throughout pandemic
- Develop and train responders about income and food replacement programs including Pandemic Supplemental Nutrition Assistance Program (P-SNAP)
- Proactively counter stigma and offer coping strategies through messaging, education, collaboration and online support resources

Traumatic Stress

- Pandemic & pandemic response strategies can cause traumatic stress responses in children and parents
 - Fear of death, illness, contagion
 - Experience death of family member or friend
 - Quarantine & isolation
 - Media exposure
 - Stigma

"I had no idea how alone I would feel or how scared I would be. I was surprised by the severity of the illness and I was caught off guard..... I never had a chance to talk to my family, I was just sent to quarantine with no warning. Since this time I have been very reluctant to seek medical care."

~~ 42 year old male survivor of H1N1



PTSD

- PTSD criteria met in 30% of children in quarantine or isolation compared to 1% of those not (parent report on *UCLA PTSD Reaction Index*)
- PTSD criteria met in 25% of parents in quarantine or isolation compared to only 7% of those not (self-reports on *PTSD Checklist, Civilian Version*)
- 86% of parents meeting criteria for PTSD had children who also met criteria for PTSD

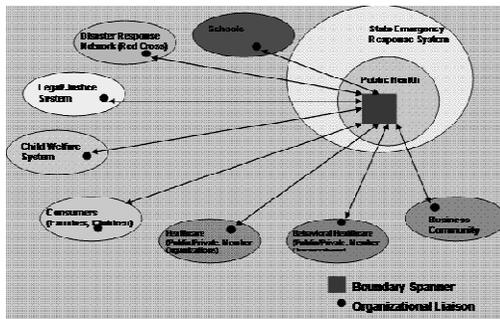
Evidence Informed Guidelines

- Require state pandemic plans to have a Behavioral Health Appendix:
 - outlining prevention, screening and intervention strategies
 - evidence-informed and protocol driven
 - integrated into pandemic response

Evidence Informed Guidelines

- Develop a Child-Focused Boundary Spanner role:
 - create and maintain a multi-agency, multi-disciplinary network
 - address the biopsychosocial needs of youth and families before, during and after pandemic

Child Focused Boundary Spanner



Evidence Informed Guidelines for Pandemic

- Plan for specific biopsychosocial needs of children and families
- Address behavioral health consequences of quarantine and isolation
- Incorporate a Behavioral Health Appendix into State Pandemic Plans
- Utilize a Child Focused Boundary Spanner to incorporate these elements

Evidence Informed Guidelines for Pandemic

- Maintain family-centered care during pandemic
- Develop and utilize income and food replacement programs for families in need
- Counter stigma through messaging, education, collaboration and online support resources

Evidence Informed Guidelines for Behavioral Health Screenings

- Routine for children and parents in quarantine or isolation
- Occur throughout the peri-pandemic period
- Integrated into medical pandemic responses
- Be brief
- Be evidence-informed
- Be trauma-focused
- Link to trained Behavioral Health Professionals for intervention when needed

Learning from Experience

“Watching the response to the Swine Flu, it occurs to me that when new outbreaks occur, the media and the public can quickly forget history.”

*Nathan Wolfe, PhD, Epidemiologist,
Global Virus Forecasting Initiative*

Child Behavioral Health Screeners

- **Child Stress Disorders Checklist – Screening Form (CSDC-SF)**
 - A four-item scale; assesses traumatic stress reactions in youth ages 6–18.
 - www.nctsn.org/nctsn_assets/acp/hospital/CSDC-Screening%20Form2.pdf
- **Child Trauma Screening Questionnaire (CTSQ)**
 - A 10-item version of the Trauma Screening Questionnaire (TSQ), reworded for child comprehension.
 - www.psid.org.au/.../Child-Trauma-Screening-Questionnaire-for-children.pdf
- **Impact of Events Scale – 8 (IES-8 or CIES)**
 - An eight-item child and adolescent self-report scale; measures intrusion and avoidance responses to a specific identified event.
 - www.childtrauma.com/chmies8.html

Adult Behavioral Health Screeners

- **Short Form of the PTSD Checklist – Civilian Version**
 - A six-item screening instrument derived from the original 17-item PTSD Checklist-Civilian Version (PCL)
 - <http://www.pdhealth.mil/guidelines/appendix3.asp>
- **Short Screening Scale for PTSD**
 - A seven-item scale, suitable for all ages, that contains five avoidance and two hyperarousal items; a subset of items from the DIS/Composite International Diagnostic Interview PTSD Section.
 - <http://www.ptsd.va.gov/professional/pages/assessments/short-screen-ptsd.asp>

Adult Behavioral Health Screeners

- **PTSD-8**
 - An eight-item tool derived from the first 16 items of the Harvard Trauma Questionnaire (HTQ); assesses both DSM-IV symptoms and culture-specific symptoms associated with PTSD.
 - www.benthamscience.com/open/cpeme/articles/V006/101CPEMH.pdf
- **Trauma Screening Questionnaire (TSQ)**
 - A 10-item screener created to use with survivors of a variety of traumatic stressors; based on items from the PTSD Symptom Scale-Self Report (PSS-SR); contains five re-experiencing items and five arousal items.
 - www.completepractitioner.com/assessment/PSD.pdf
- **Primary Care PTSD Screen (PC-PTSD)**
 - A four-item screening scale designed for use in primary care settings.
 - <http://www.ptsd.va.gov/professional/pages/assessments/pc-ptsd.asp>

For More Information

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