Supportive Care for Children and Young Persons with COVID-19

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Goals of the Presentation

• Consider the needs of child in the context of their lives
The COVID-19 Pandemic is:

- stressful
- sad
- deadly
- scary
- never-ending
- political
- stupid
- interesting
- anxiety-producing
- overblown
- fascinating
- ongoing
- limiting
What has happened to children

• Disrupted education
• Disrupted social experiences
• Lost loved ones
• Economic hardship
• Exposed to adults’ fear, anxiety, concern, anger, frustration…
  • Internalization of those feelings
At least 5.2 million children globally lost a caregiver between March 2020- Oct 2021
What a child might feel when they have COVID

- Scared
- Anxious
- Angry
- Guilty
Supportive Care Requires A TEAM!
Potential Team Members

- Family Members
- Educators
- Health Care Professionals
Recognizing the signs of distress

- Poor Sleep
- Irritability
- Clinginess
- Agitation
- Lack of interest
- Emotional lability
- Substance use
Initial Steps in Supporting Children

- Listen
- Validate
- Manage
Working Together

- Stabilize the environment
- Communicate
- Referral to school counselor
- Referral to a mental health professional
- Enrichment
Building Resilience

- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control

https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx