Effects of pediatric chronic health conditions on families: Protective factors to restore caregiver work stability

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Friday @ 3:15 pm ET

Desmond P. Kelly, MD Nurturing Developing Minds

Conference & Research and Implementation Symposium:

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EFFECTS OF PEDIATRIC CHRONIC HEALTH CONDITIONS ON FAMILIES: PROTECTIVE FACTORS TO RESTORE CAREGIVER WORK STABILITY

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OBJECTIVES

- Identify the effects of caring for children with significant healthcare needs on family financial stability and caregiver employment
- Identify protective factors and strategies to restore stability for families of children with significant healthcare needs
- Discuss strategies utilizing policy and support programs to provide equitable access and resources for families of children with significant healthcare needs

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- There are no disclosures to report.

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BACKGROUND

- Approximately 20% of US children have significant healthcare needs.[1]

- Work-life stressors & family financial impact
  - Meeting job demands
  - Paying for medical care
  - Securing parenting support
  - Remaining in sub-optimal employment for benefits

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METHODS

- 2019 US National Survey of Children's Health (NSCH)

- Analysis of relationship between:
  - Chronic pediatric health conditions
  - Caregiver work stressors
  - Household financial stability

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METHODS

- Cross-sectional design
- Sample: 29,433 caregivers of children birth to age 17 years
- Logistic regression analysis of 13 health conditions and 4 work-life stressors

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HEALTH CONDITIONS

- Allergies
- Asthma
- Diabetes
- Epilepsy/Seizures
- Heart condition
- Blood disorder
- Cystic fibrosis
- Cerebral palsy
- Tourette syndrome
- Swallowing difficulty
- Down syndrome
- Behavior Problems Currently/Ever

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WORK-LIFE STRESSORS

- Stopping work in the past 12 months due to child's health condition
- Difficulty paying for medical care
- Avoiding changing jobs in the past 12 months to maintain health insurance
- Cutting hours at work in the past 12 months due to child's condition

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RESULTS

Nine health conditions predictive of stopping work in the past 12 months due to child's health condition

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RESULTS

Seven health conditions predictive of difficulty paying for medical care

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RESULTS

Six health conditions predictive of avoidance of changing jobs in the past 12 months due to child's health condition

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RESULTS

Nine health conditions predictive of cutting hours at work in the past 12 months due to child's health condition

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IMPLICATIONS

- Vulnerability to work-life stressors in families with CSHCN[2]
  - Financial instability
  - Pressure on caregiving roles
  - Reduced access to support

AFFECTED OUTCOME AREAS

- Family structural and financial stability
- Child maltreatment risk
- Delayed child development
- Alterations to timeline & activities of caregiving[2]

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IMPLICATIONS:
ACROSS AREAS OF WORK & DISCIPLINES

- Practice
- Policy
- Research

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IMPLICATIONS:
CONDITION-SPECIFIC

Health conditions with pervasive effects

(all 4 work-life stressors)

- Asthma
- Heart conditions
- Blood disorders
- Swallowing difficulty
- Behavior problems ever

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IMPLICATIONS:
CONDITION-SPECIFIC

Health conditions with pervasive effects

(3 work-life stressors)

- Down syndrome
- Behavioral problems currently

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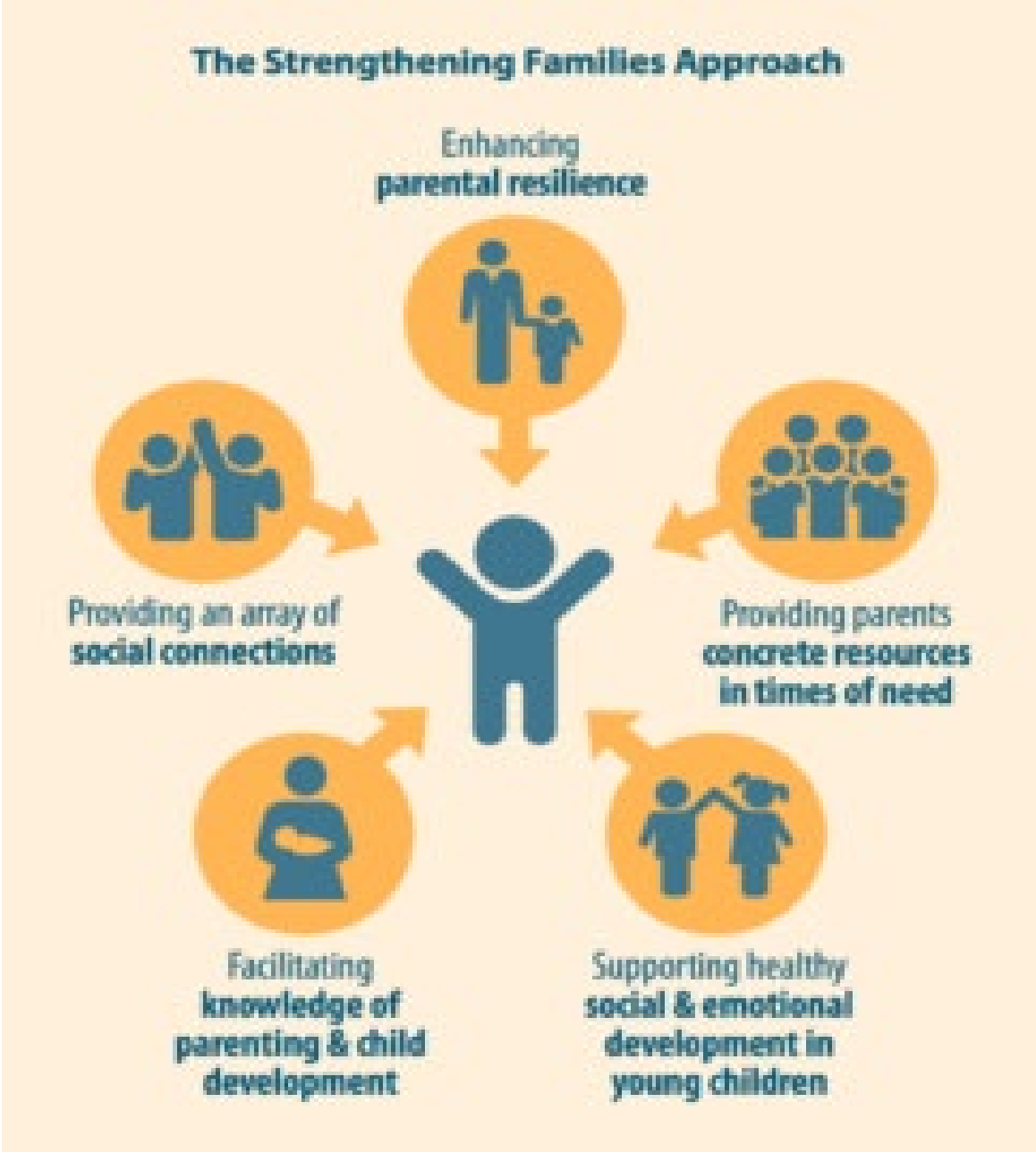

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STRENGTHENING FAMILIES STRATEGIES
(RESILIENCE & CONCRETE RESOURCES)

- FMLA
- ADA childcare requirements
- Workplace policies

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STRENGTHENING FAMILIES STRATEGIES
(SOCIAL CONNECTIONS & RESILIENCE)

- Diagnosis-specific healthcare support systems
- Community resources/services ready for CSHCN

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STRATEGIES
(SUPPORTING DEVELOPMENT & RESILIENCE)

- Programs to address gaps
  - Reliable and competent childcare
  - Case management
  - Interdisciplinary care

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FUTURE ANALYSIS/RESEARCH OPPORTUNITIES

- Effects of targeted strategies on outcomes/program evaluation

- Examining related factors such as home dynamics & community resourcing

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TEAM ACKNOWLEDGEMENTS

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- Heather Googe, PhD
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REFERENCES

[1] Centers for Disease Control and Prevention (2022, January 8). *Children and youth with special healthcare needs in emergencies.* https://www.cdc.gov/childrenindisasters/children-with-special-healthcare-needs.html#:~:text=Nearly%201%20out%20of%20every%205%20children%20in,or%20emotional%20differences%20than%20their%20typically%20developing%20peers

[2] Browne, C. H. (2014). *The Strengthening Families approach and Protective Factors Framework: Branching out and reaching deeper.* Washington, DC: Center for the Study of Social Policy.

Statistical Analysis Software: IBM SPSS Version 28.

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IMAGE CREDITS

- Slides 5 & 20: Building Bright Futures. (2023). *Strengthening families approach.* Retrieved from: BuildingBrightFutures.org
- Slide 14: Graph produced using Microsoft Excel
- All Others: Microsoft 365 Stock Images

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THANK YOU!

QUESTIONS/DISCUSSION?

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