

NURS 422 - b n 0 1



# THE HIDDEN PATIENT

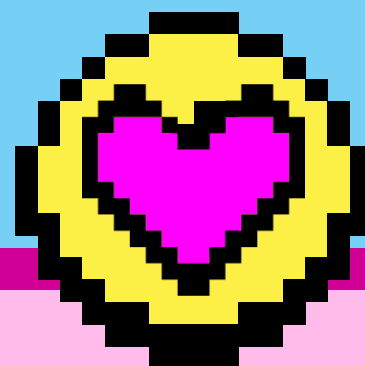


When children have chronic illness, what happens to their parent's health?

By L e n a n g u y e n

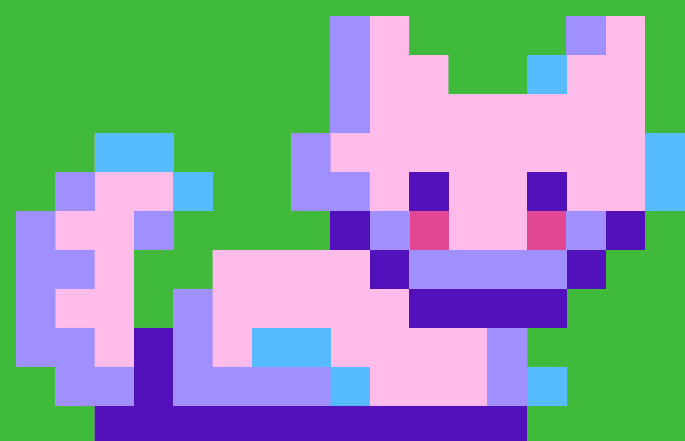
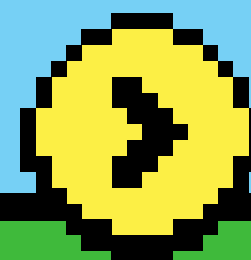


MENU



“Caregiving is like  
on - the - job  
training, but  
nobody has the  
manual”

(Law et al., 2021)





# Road map

MENU

01

## THE EVIDENCE

What happens to  
parent health?

02

## BIOLOGICAL MECH.

How stress gets  
under the skin?

03

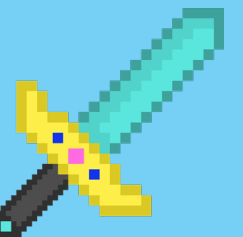
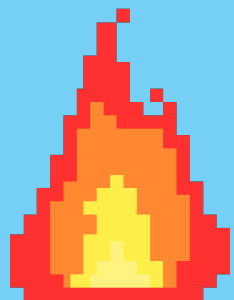
## OBJECTIVES

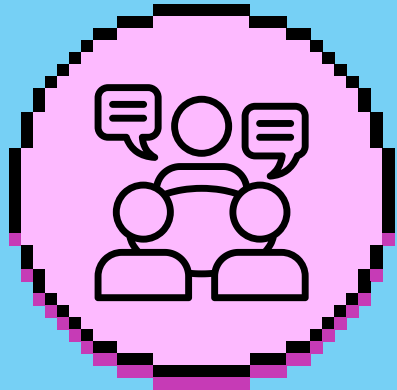
Whose responsibility is this?

04

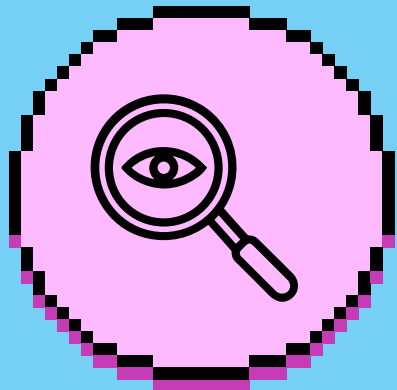
## SOLUTIONS

What nurses can do

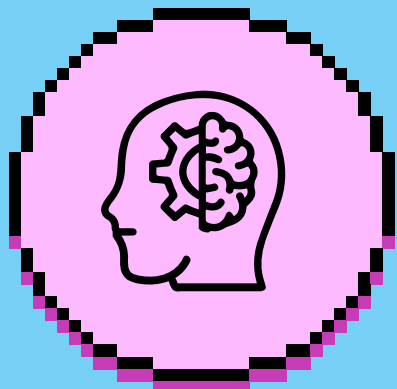




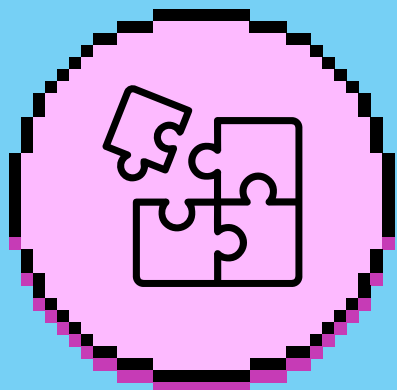
**#1 75% increased depression risk**



**#2 40% elevated anxiety**

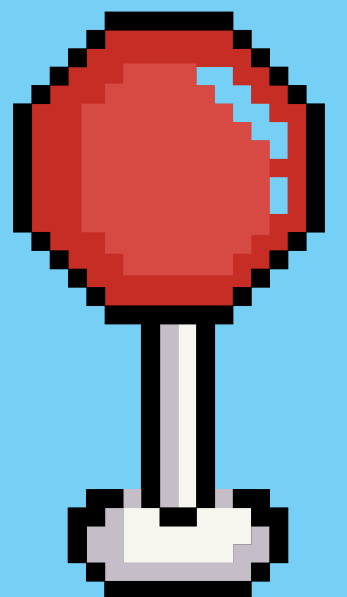
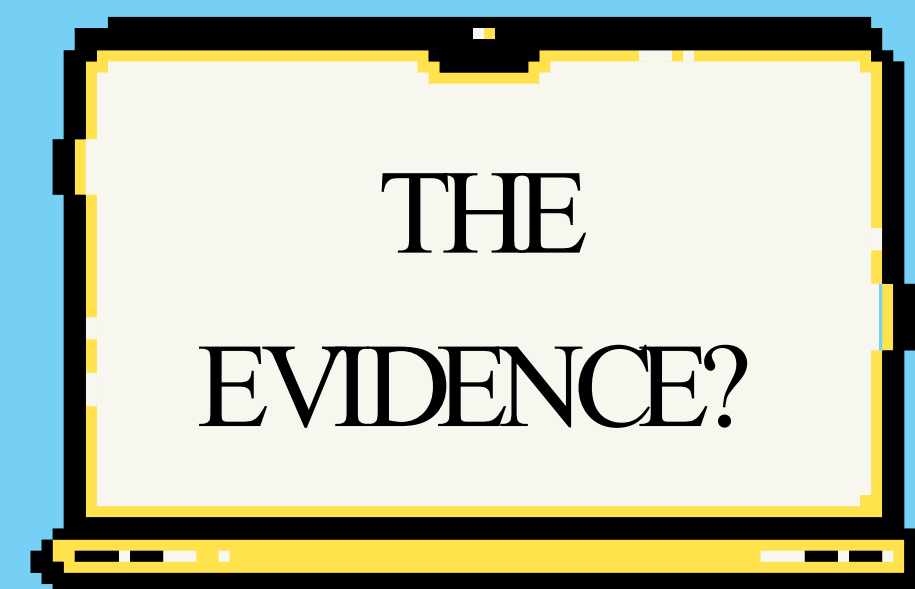
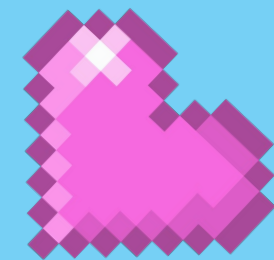
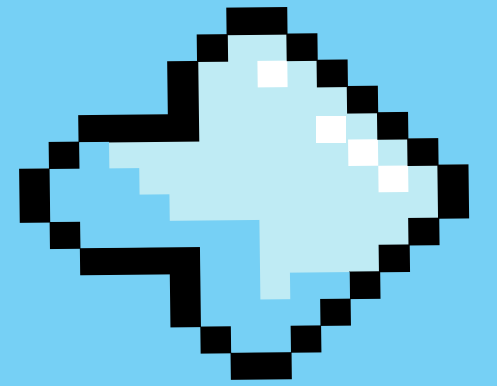


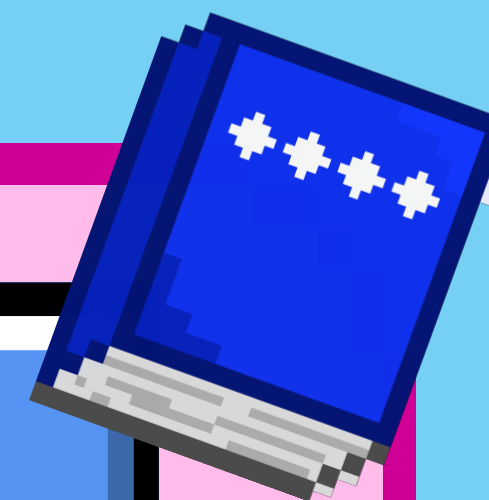
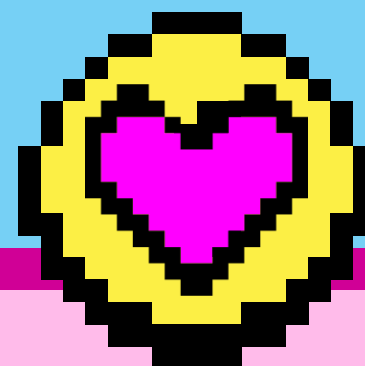
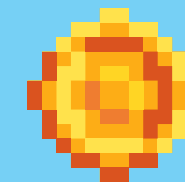
**#3 33% increased future illness/disability**



**#4 15% higher cardiovascular disease**

(Cohn et al., 2020; Gallagher et al., 2021)



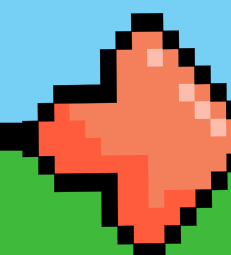
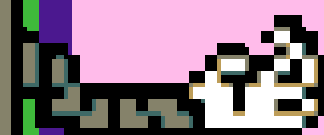
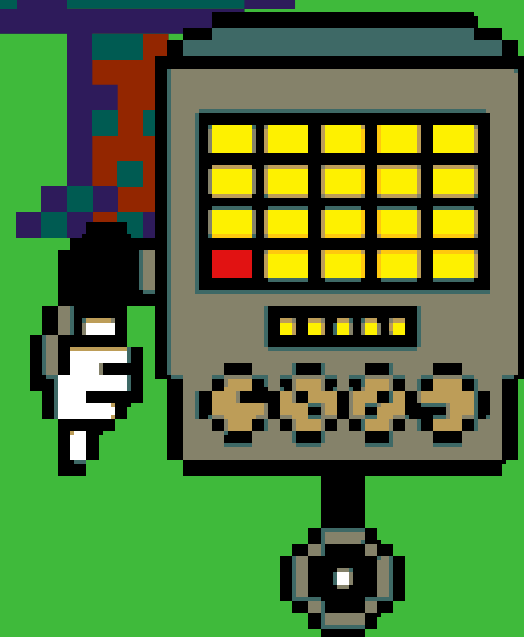


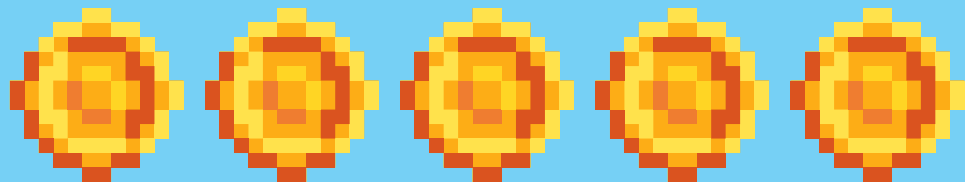
#1

TRUE OR FALSE

“The health effects of caregiving go away once the child gets better or caregiving stops.”

(Gallagher and Bennett's, 2021)



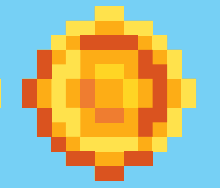
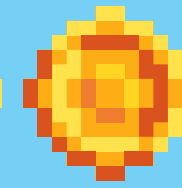
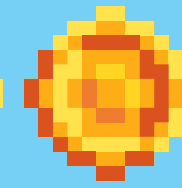
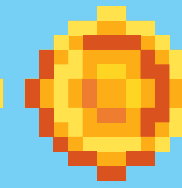
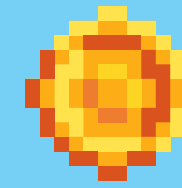
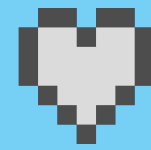
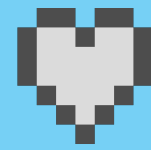
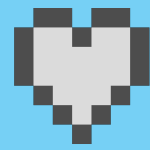
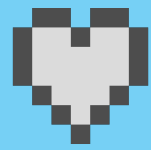


Imagine.....

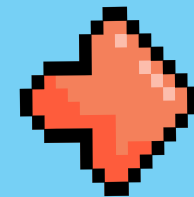
COMPLEX CONDITIONS

COMPOUND EFFECTS

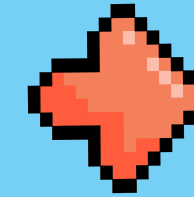




stress

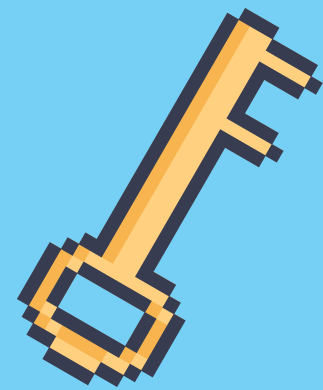


Hpa axis

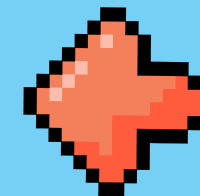


cortisol

THE BODY KEEPS SCORE!

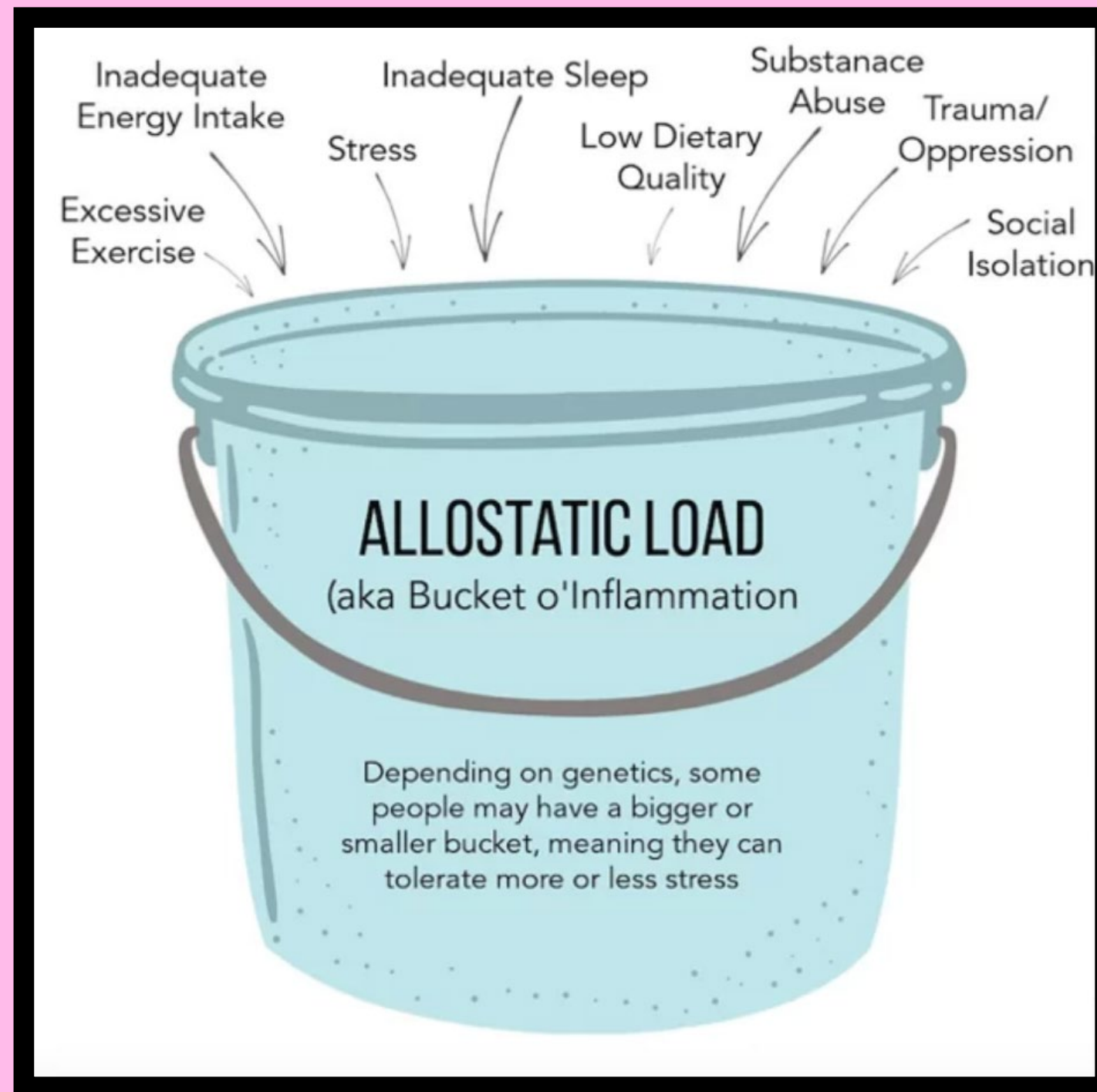


disease



inflammation



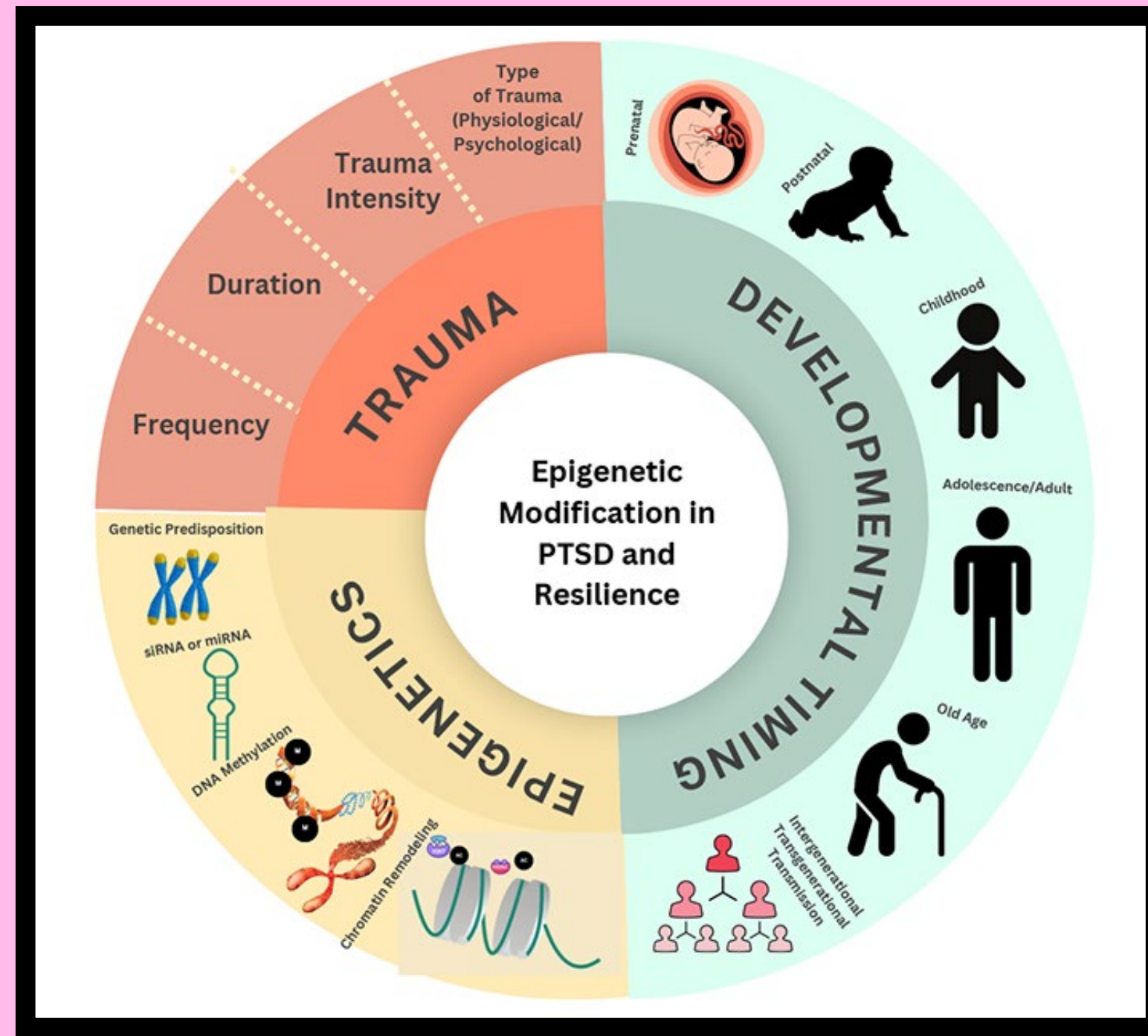


(Gallagher et al., 2021; TrueNorth Wellness, n.d.)

Hmm...

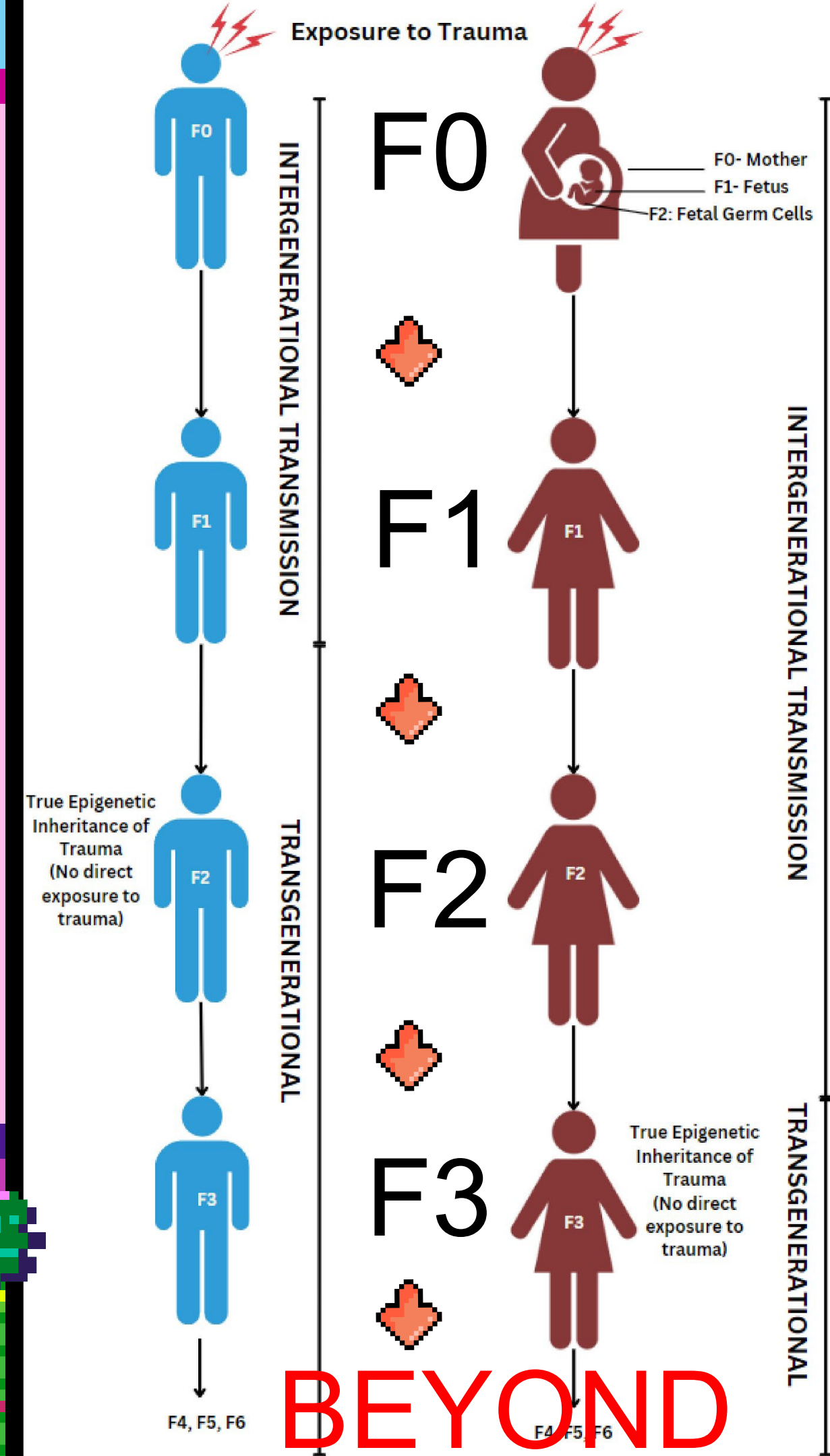


Hmm.



(Khan et al., 2025)

(Khan et al., 2025)



BEYOND

# depression

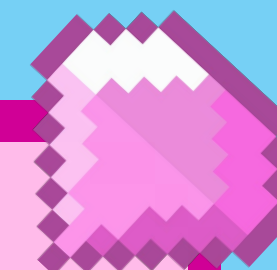
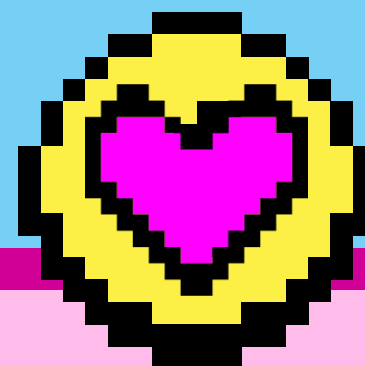
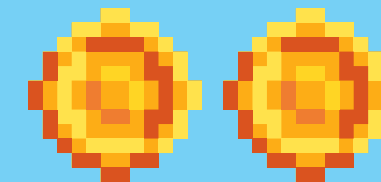
The bridge between  
stress and stroke (CVD)

(Soares et al., 2020)

56% Stress

(Soares et al., 2020)





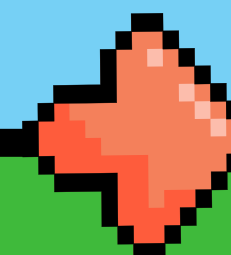
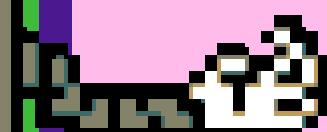
#2

TRUE OR FALSE

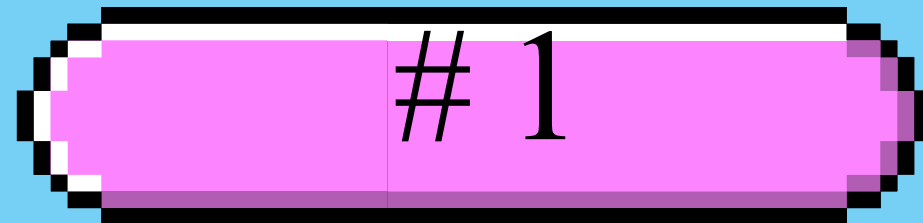
**FALSE**

“Depression in caregivers is just emotional exhaustion that will improve with time.”

(Charmaz, 1983; Tse et al., 2025)



# Who is responsible?



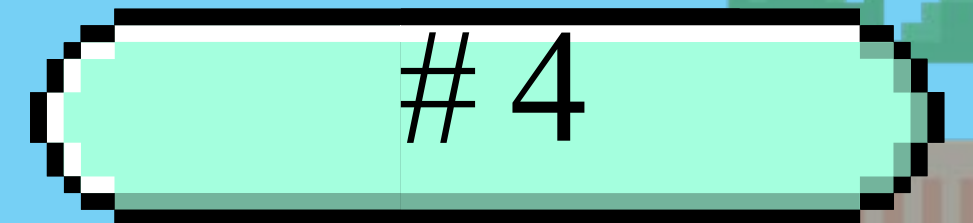
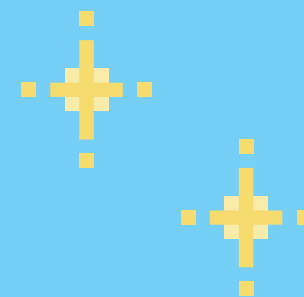
Healthcare  
System View



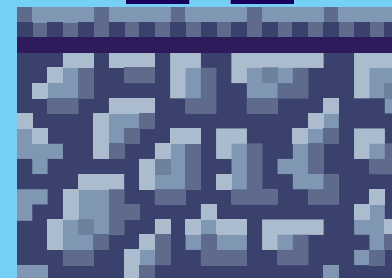
Family Systems  
Approach



Biomedical Model



Cultural Variations



# THE INVISIBLE COSTS AND GRADIENT

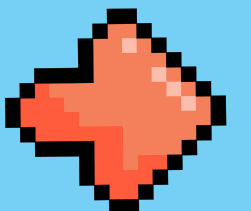
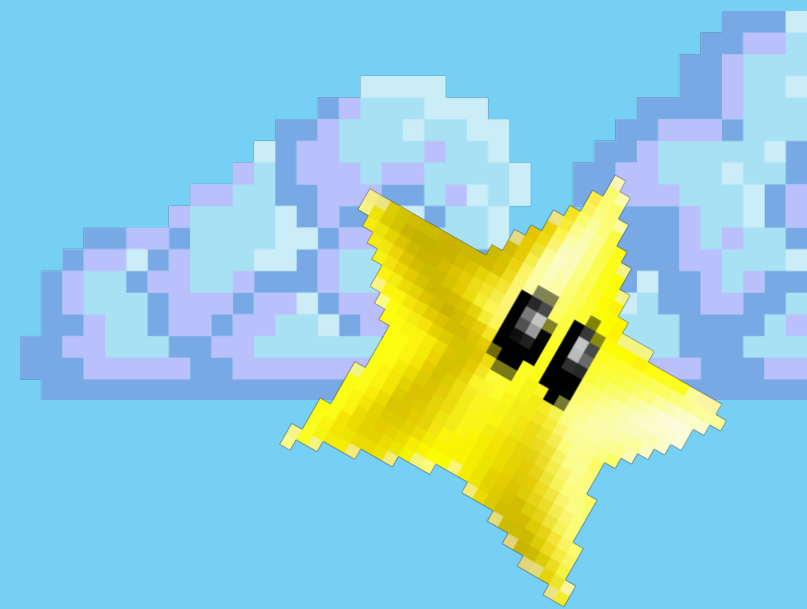
CAREER DERAILMENT

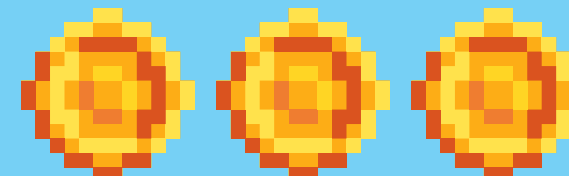
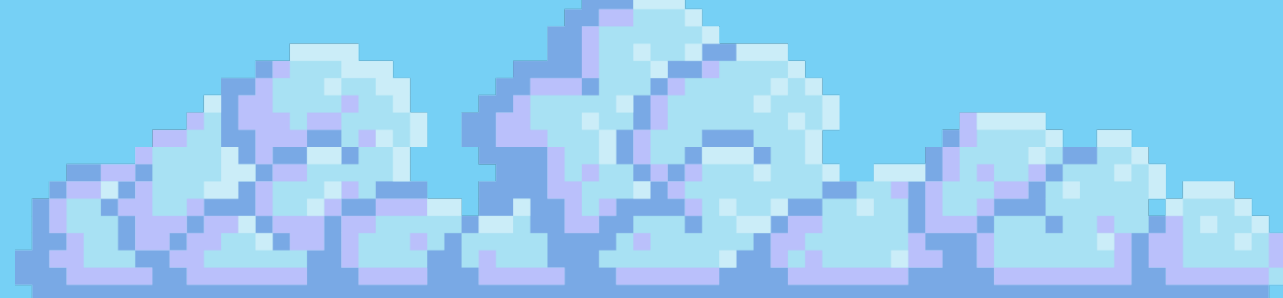
LACK OF PHYSICAL THERAPY

A SIGNIFICANT  
PROPORTION OF PARENT  
CAREGIVERS SKIP THEIR  
OWN MED. APPT.

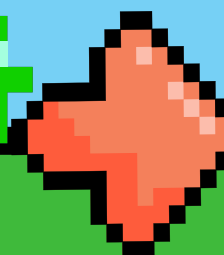
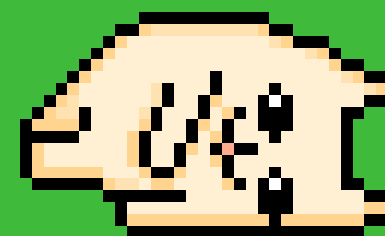
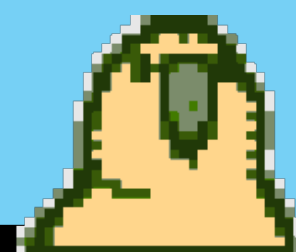
UNABLE TO AFFORD  
MENTAL HEALTH  
TREATMENT

LOST WAGES

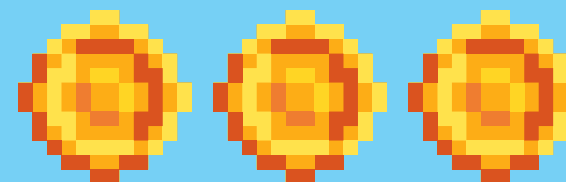


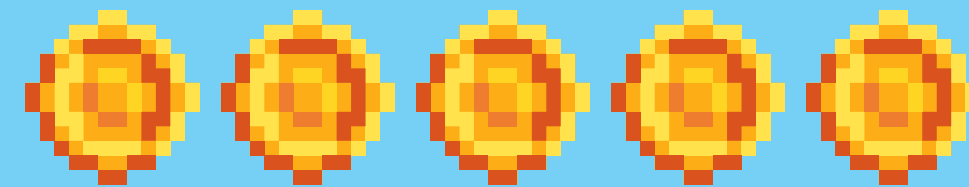
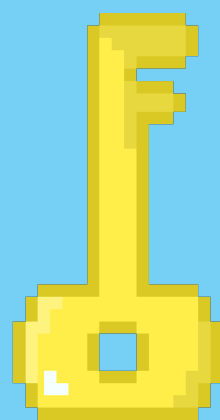


# Single parent s



# INVISIBLE SIBLINGS





More likely to smoke

(Cohn et al., 2020)

More likely to skip  
medical appointments

(Cohn et al., 2020)

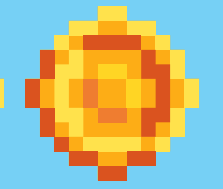
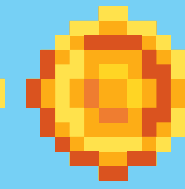
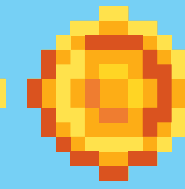
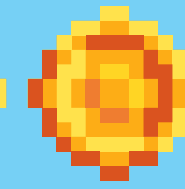
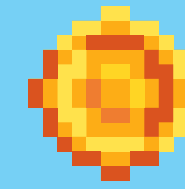
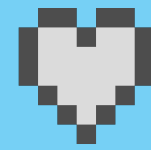
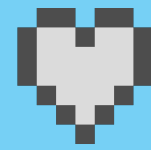
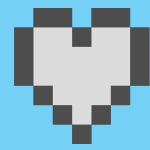
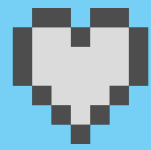
# The cascade effect

# The cascade effect

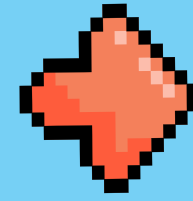
- cont'd

I LIVE ON COFFEE AND  
WHATEVER THE KIDS  
DON'T FINISH

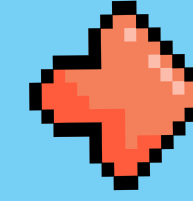




POOR DIET



OBESITY

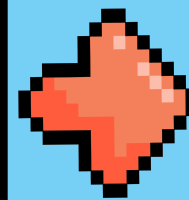


DIABETES

# THE CASCADE EFFECT CO

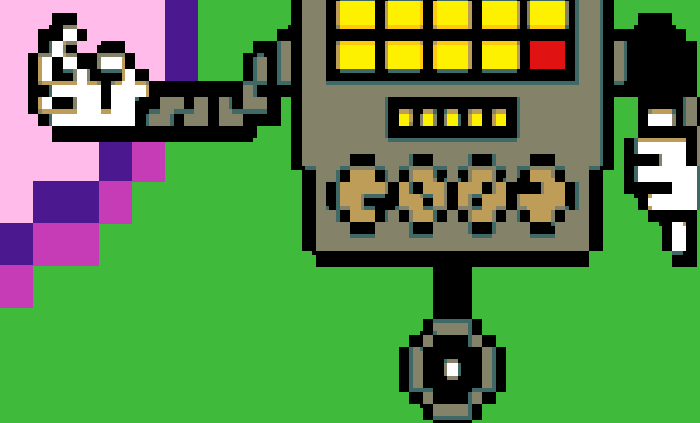
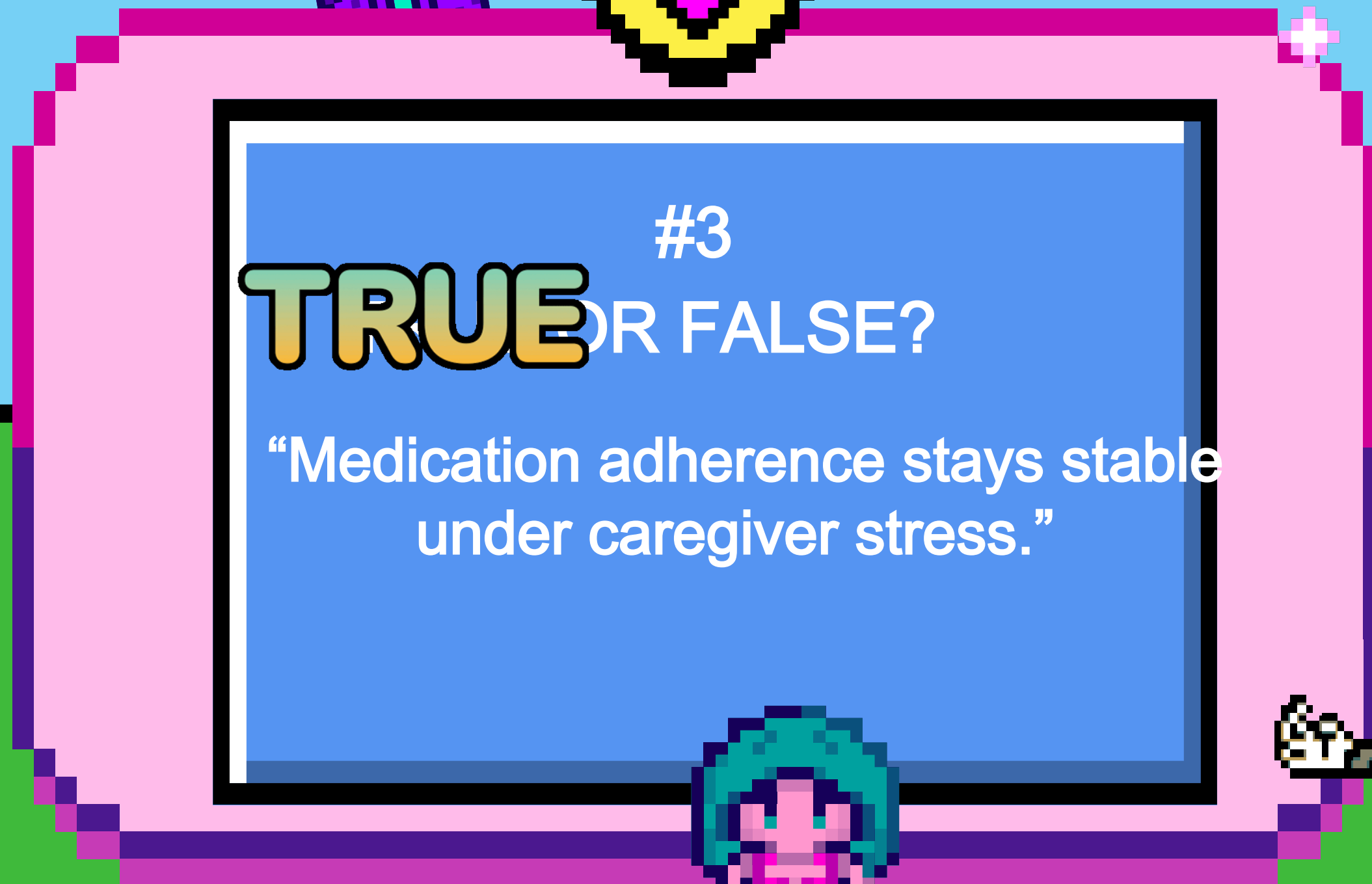
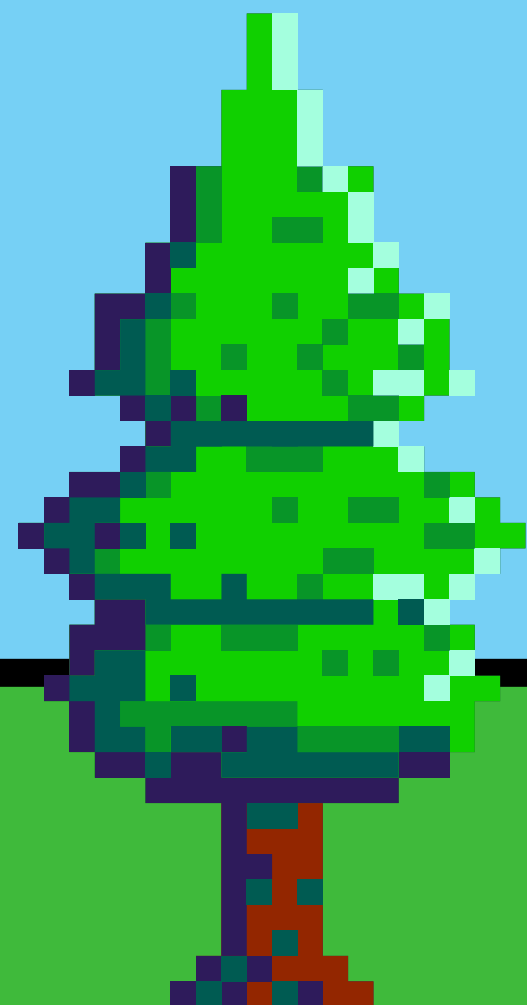
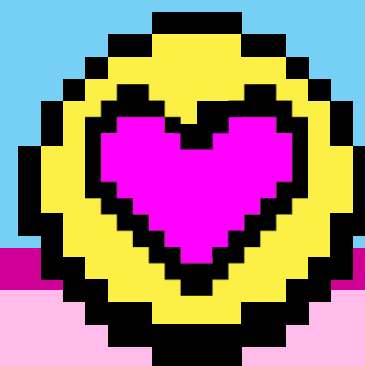
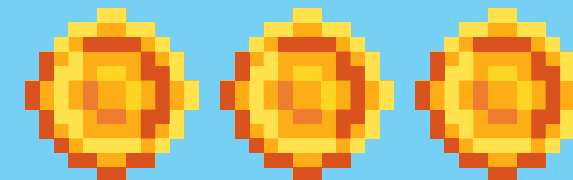
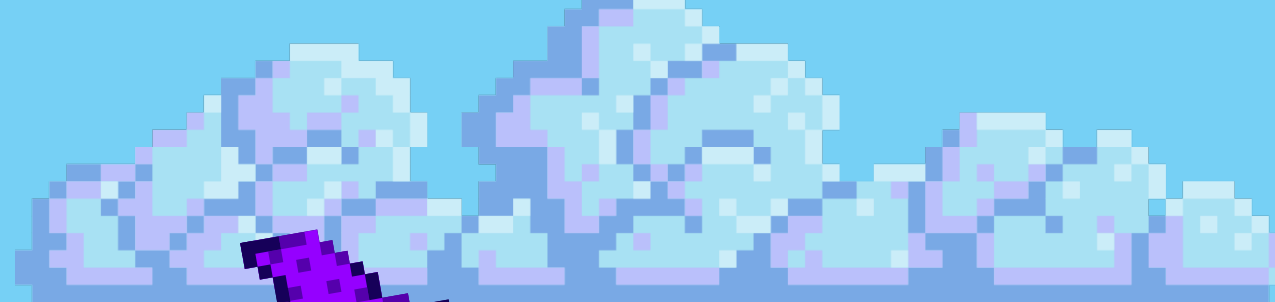


UNDIAGNOSED  
HYPERTENSION



STROKE







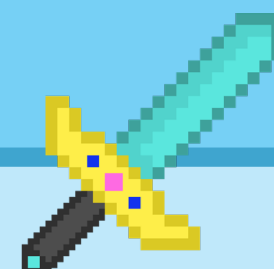
# WHAT WORKS?



CASE MANAGEMENT  
(SMD of 0.25 to 0.29)



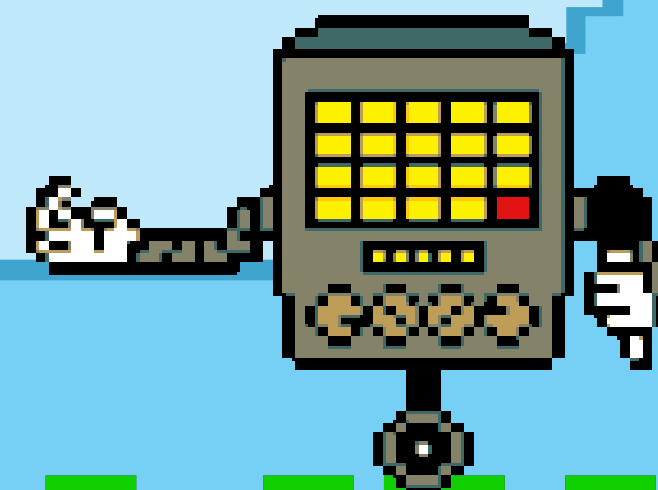
WEB BASED SUPPORT  
(69% completion  
rates)



RESPITE CARE  
(4 hours/week)

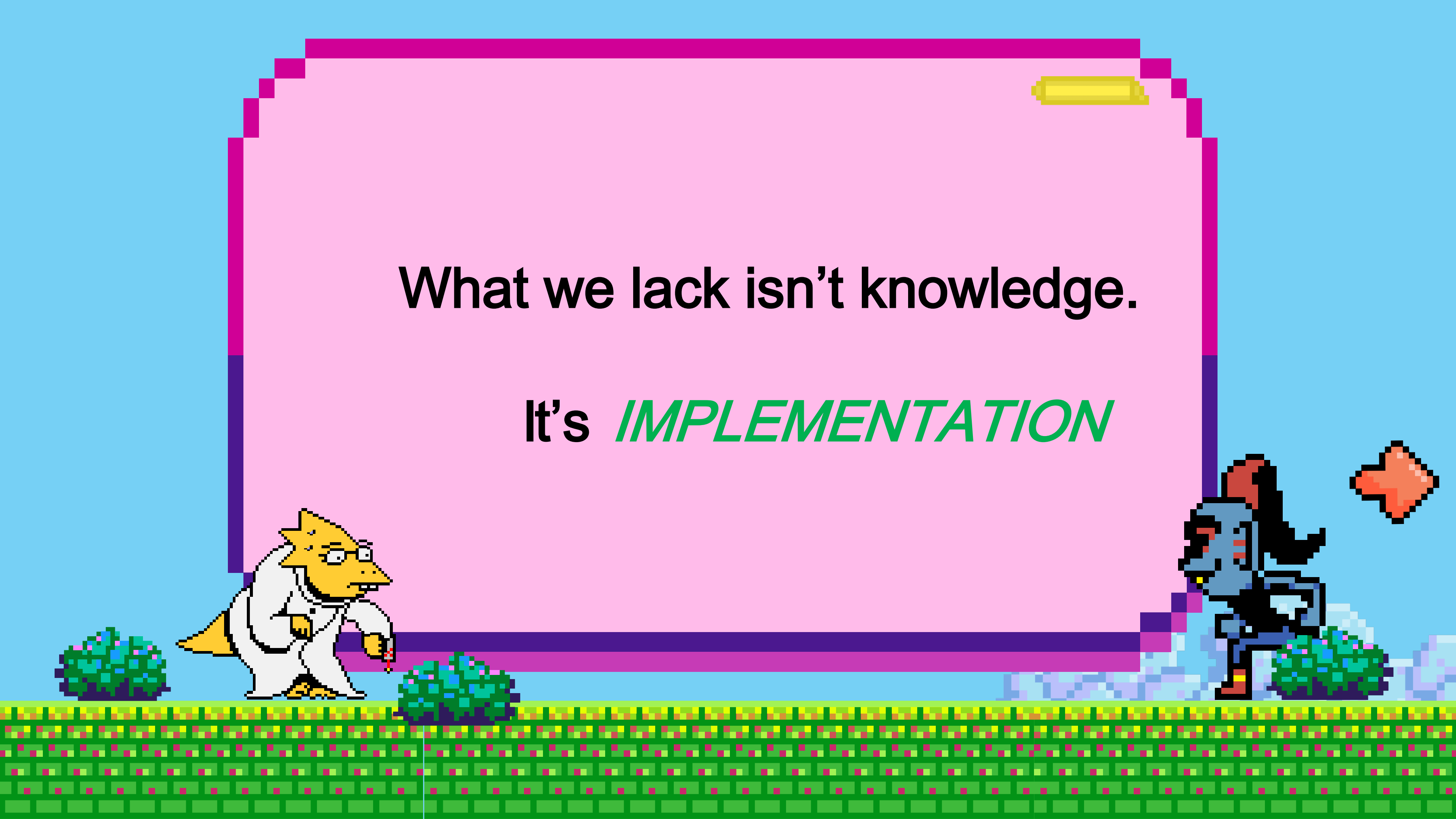


CAD. INNOVATION  
(Family navigator  
programs)



What we lack isn't knowledge.

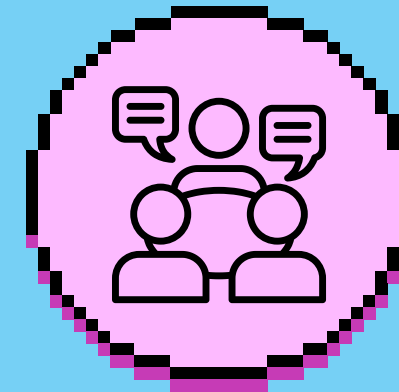
It's *IMPLEMENTATION*



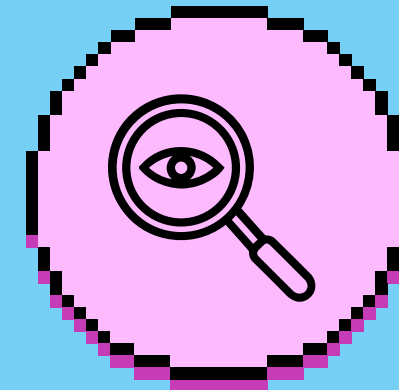
MENU



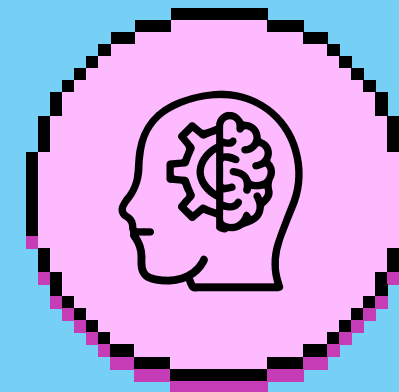
Task oriented A



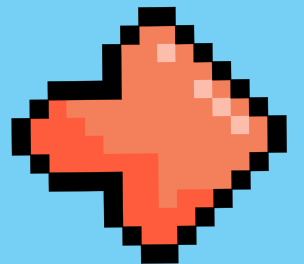
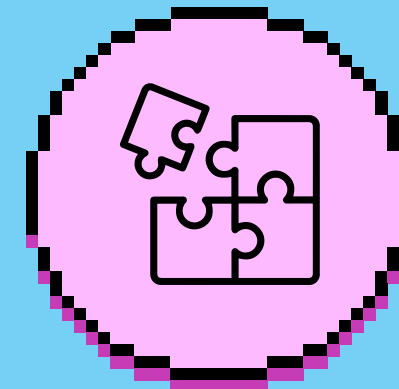
Relationshipcentered approach B



Trauma-informed C

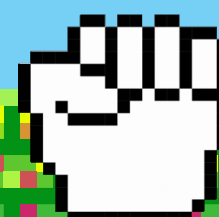
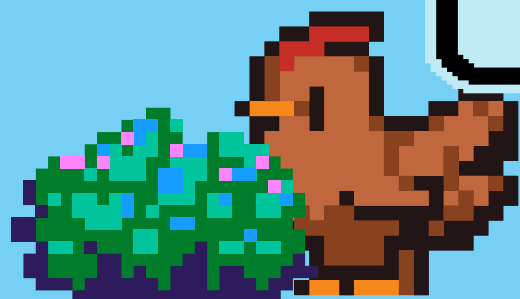
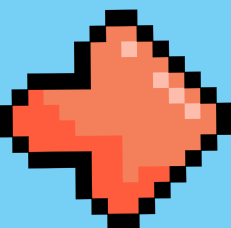


Screening tools D

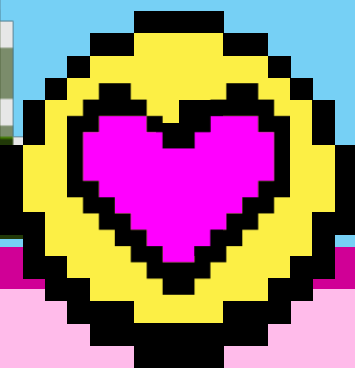
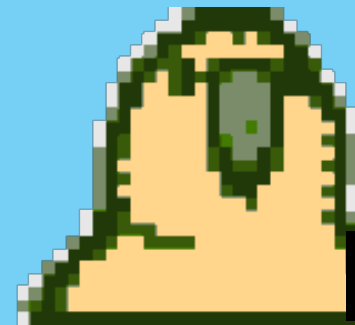
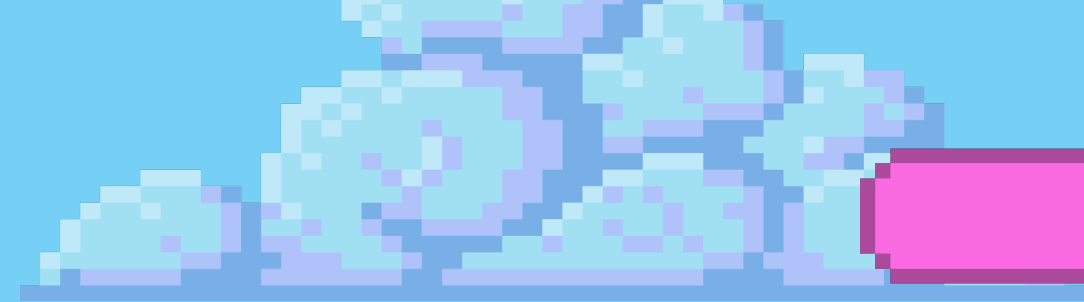
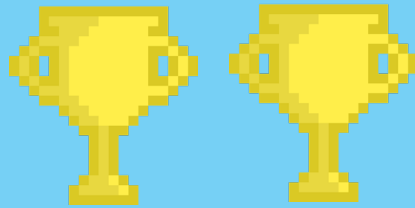




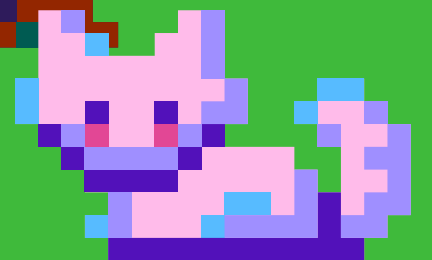
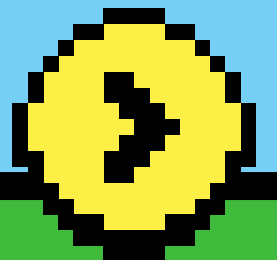
Sarah brings her 8-year-old with cerebral palsy in for routine care. The appointment is for the child, not her. She mentions that she's tired. She laughs it off, says she's gained 30 pounds this year, jokes that she *'lives on coffee and whatever the kids don't eat.'* You check her blood pressure: 145/92 (Stage 2 Hypertension) Her other children are in the hallway because they couldn't get childcare.

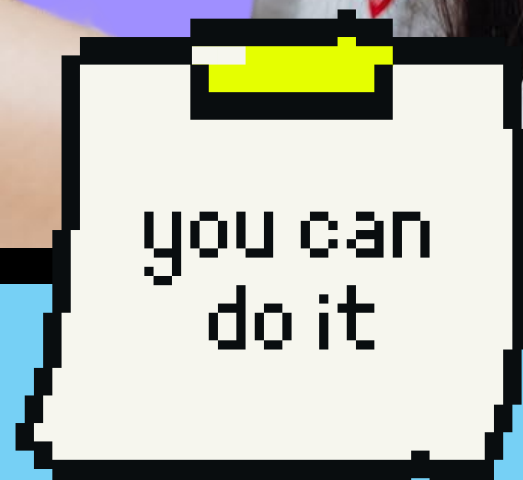
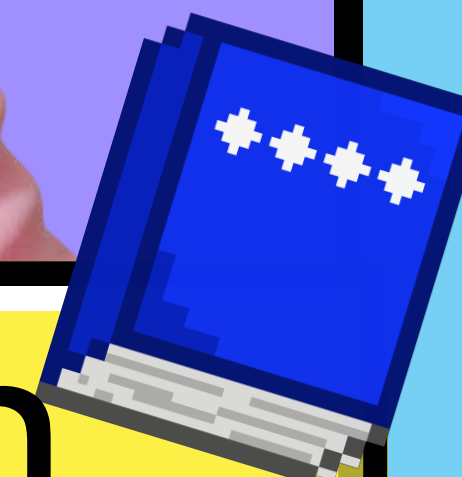
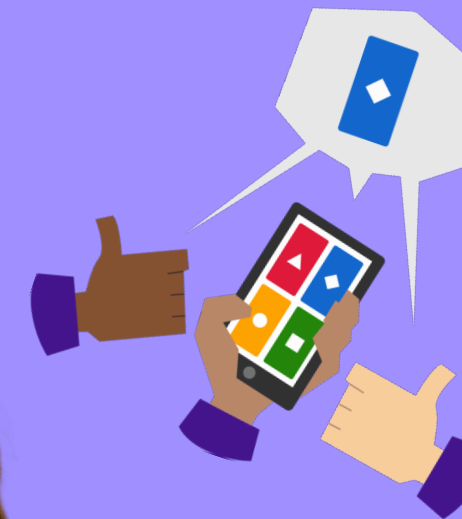
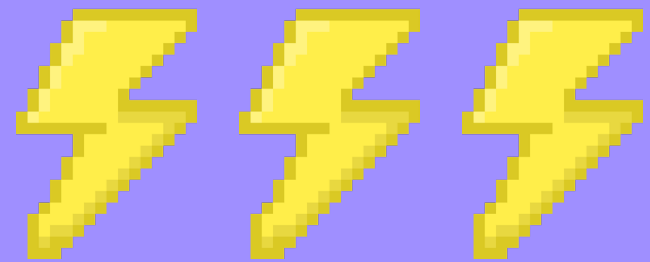


MENU



DOING SOMETHING  
IS BETTER THAN  
DOING NOTHING

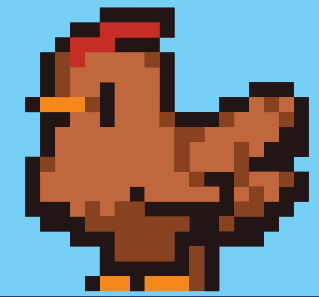




# conclusion

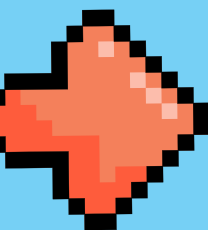
What's one thing you will do  
differently today?

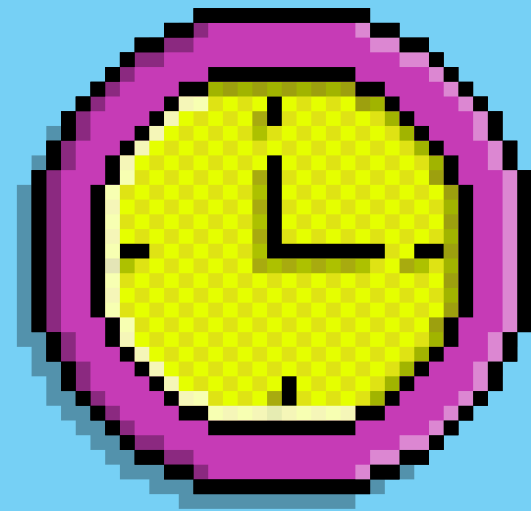
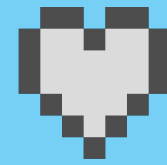
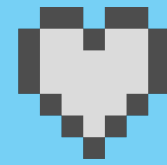
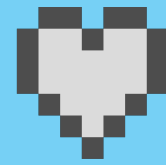
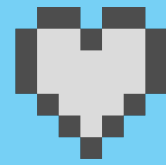
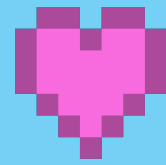
# THANK YOU!



Be the nurse who  
sees the patient.

Be the change  
these families  
desperately need.



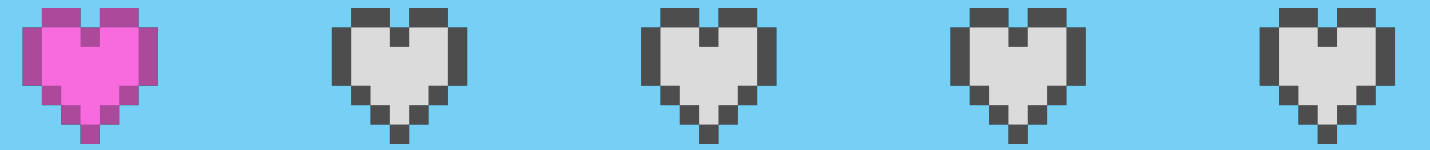


# REFERENCES



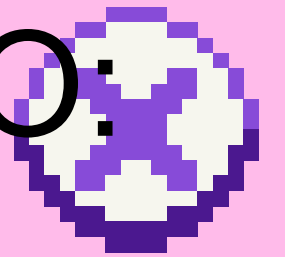
# BYE FOR NOW!

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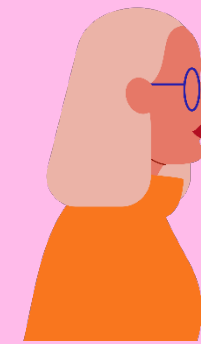


# CREDITS

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