

Processing Anxiety: The Parent-Child Dyad in the Urgent Care Environment

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The Pediatric Urgent Care Conference



Financial Disclosures

- I have no financial disclosures

Why is this important?

By 2020, 5.6 million children (9.2%) had been dx with anxiety problems

9.4% aged 3-17 was dx with anxiety between 2016-2019

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Anxiety

- Does anyone get anxious on planes?
- Does anyone get anxious in big crowds?
- Does anyone get anxious speaking in public?



What happens in the brain?

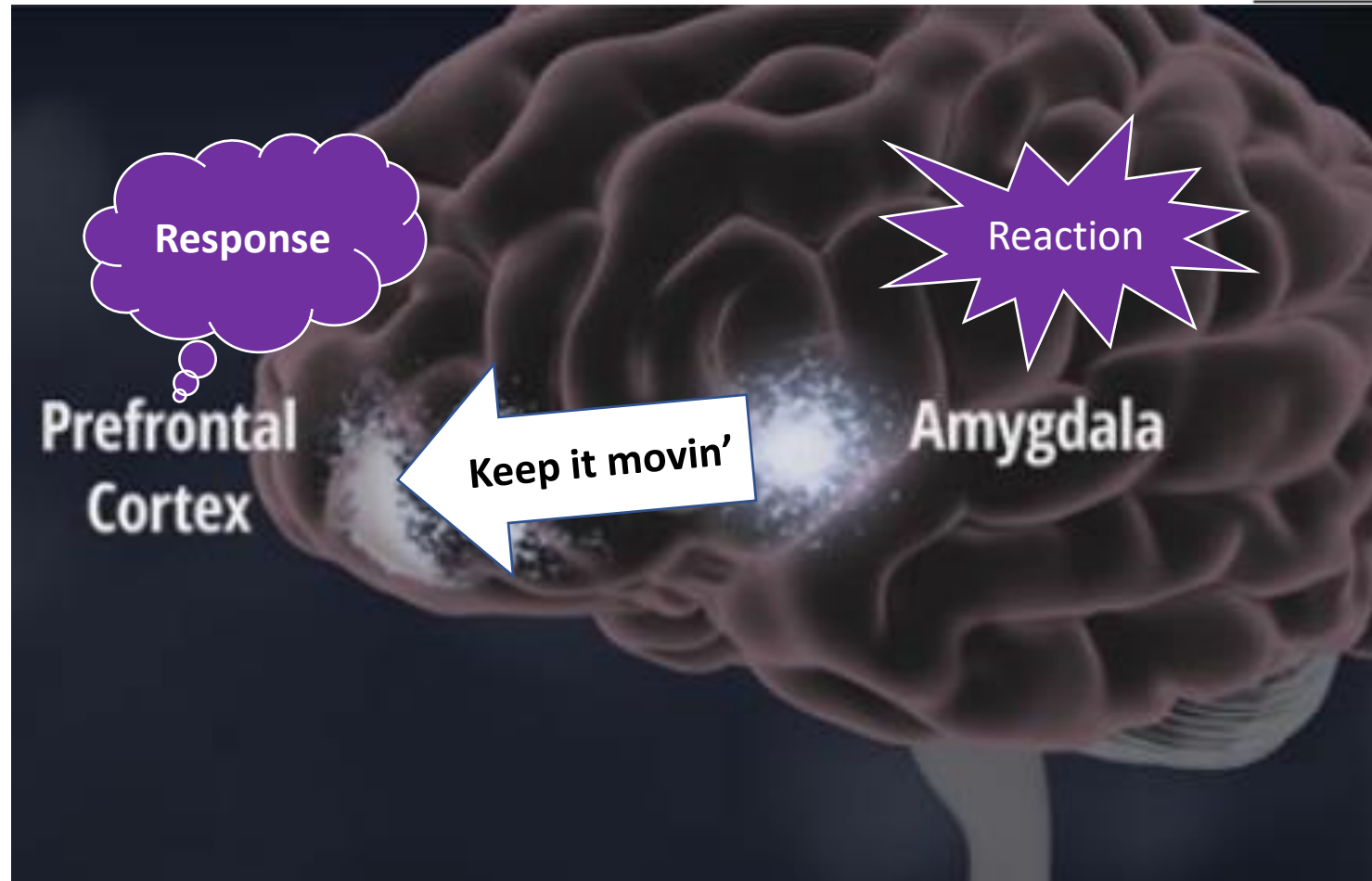


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Response v Reaction



Prefrontal Cort-r-ex



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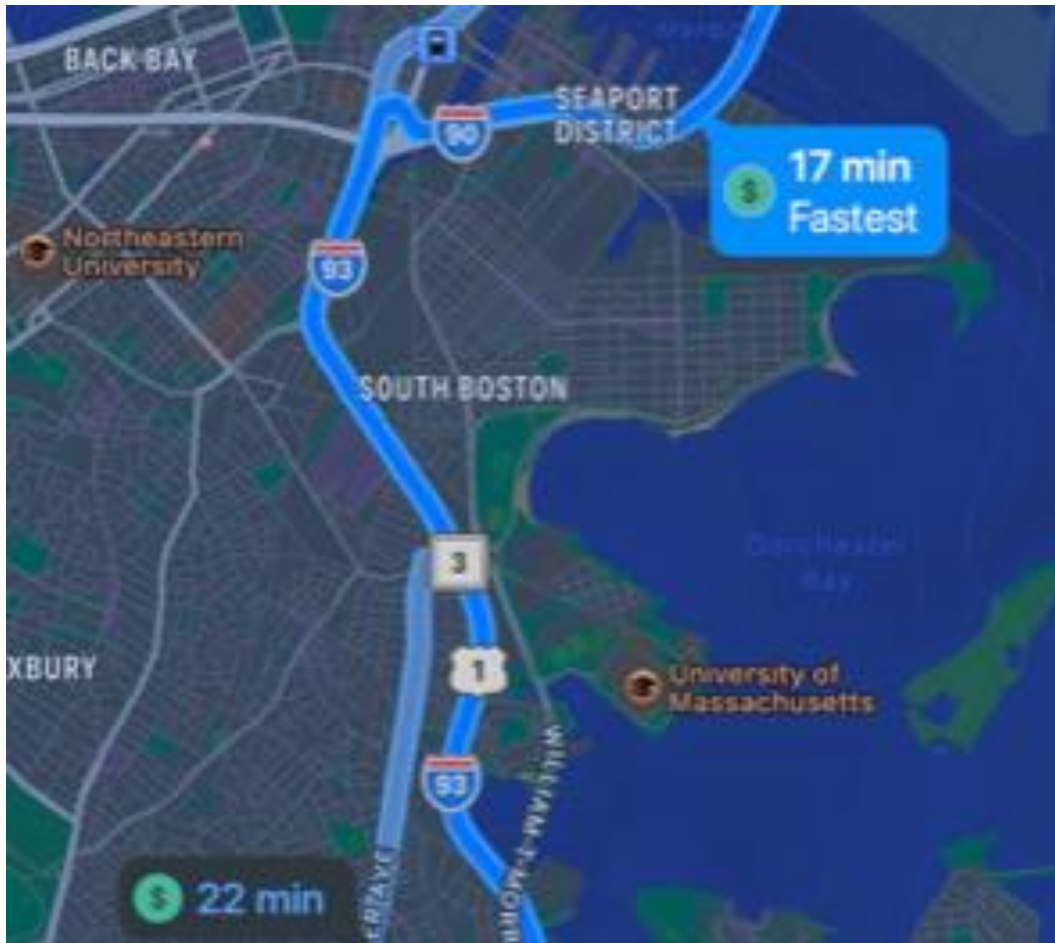


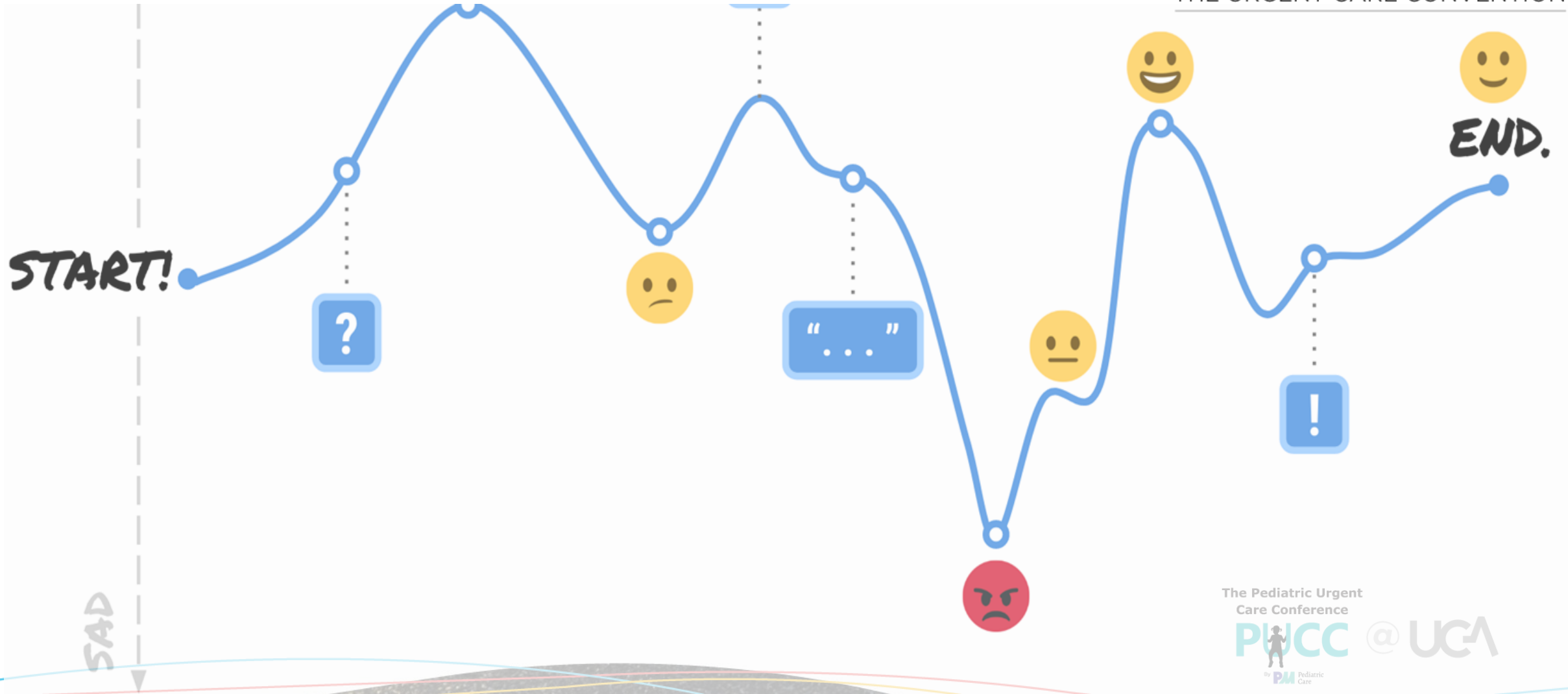
Discussion

- What were some things Dr. Krauss did in the video?
- What did the child do?
- What did the parent do?



Speak to the parent





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What do you do to manage a parent/patient interaction?



Summary

- Check in with yourself
- Explain process to the parent, engage with the child
- Find interaction points with parents & children on their journey through your system

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Session Evaluation

- Your feedback is valuable, take a moment to complete the survey for this session.
- To claim CME, you must complete a separate survey available after the convention.

* How likely are you to recommend this **content** to a colleague?

Not likely at all Neutral Extremely likely

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What did you find most valuable about this **content**?

What would have made this **content** better?