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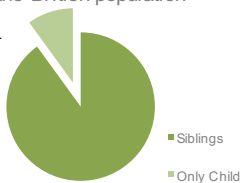
The Experiences of Siblings of Hospitalised Children

An Integrative Literature Review

Context

Prevalence

Up to 90% of the British population have a sibling.



2,080,142 Children were admitted to hospital in 2018.

Key Facts

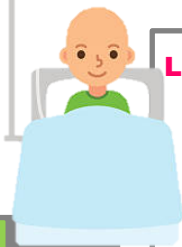
- Sibling relationships influence social and emotional development and are used to model relationships later in life.
- Children are particularly at risk of adverse effects of hospitalisation.

Current Literature

- No current review on siblings experiences.
- Other family members of hospitalised children experience increased depression and anxiety.
- Siblings of children with chronic conditions experience increased internalising and externalising emotions and fewer positive self attributes.

Aim

To Better Understand the experiences of siblings to enable the provision of comprehensive family centred care.

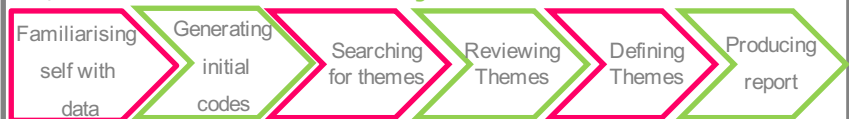


Methodology

Literature Searching

- **Six** psychological and Healthcare databases were searched.
- Predefined **inclusion criteria** were implemented.
- **Seven papers** were identified and included for review
- **Snowball** and **internet** searching were carried out to heighten likelihood of relevant research being identified.
- CASP and McMaster's tools were used to **critically appraise** studies.

Adapted Process of **Thematic Analysis**



Findings

Emotional Turmoil

- Three common emotions; **anger**, **depression** and **anxiety**.
- Anxiety more common in younger children manifesting in **three paradigms of expression**.
- More **generalised** anxiety in older children.
- Identified to display **internalising behaviours**.

Keeping the Family Together

- **Separation** is a major negative aspect of hospitalisation.
- **Fear** associated with unfamiliarity and disruption to routine along with **loneliness** and **sadness**.
- Negative effects counteracted by **visitation** (in older children) and one parent **staying home** (in younger children).

Growth through Experience

- **Support** took forms including peer, religion, family and health care professionals.
- Some parents doubted their ability of giving information with most withholding negative **information**.
- Sibling **personal growth** increased with appropriate explanations.
- Sibling **responsibility** increased with higher **expectations** and less **supervision**.
- Children displayed behaviours **advanced** of their age.
- Siblings demonstrated increased **empathy**, **resilience**, improved **sibling relationship** and decreased **self-centredness**.

Suggestions for future research

Age Differences

Differences in protective factors and emotion expression have been identified.

Longitudinal Study

May be beneficial to identify any long term effects later in life.

Information Sources

Interview other people in the child's life to identify more effects.

Implications for Practice

Open Visiting Policy

- Specifically stipulating siblings.
- Minimising separation and associated negative emotions and behaviours.

Information Resource

- Aiming to meet the information needs of siblings.
- Empower parents to disclose information.

Awareness

Training for nursing staff to enable increased sensitivity to emotional and associated behavioural needs of siblings.

- ## References
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