Improving Communication with Adolescent CML Patients

Tips for a developmentally appropriate practice

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KEY FEATURES OF ADOLESCENCE

Formal operations
- The growth of self-awareness: a quest for identity

Physical changes
- They want to be part of groups: a growing sense of others
Tips for parents

1. Don't lecture your teen, have a conversation.

2. Don't attack.

3. Show respect for your teen's opinions.

4. Keep it short and simple.

5. Be yourself.

6. Seize the moment.
Tips for Doctors and Organizations

1. Talk disclosure/privacy issues
2. Negotiate the agenda
3. Explain your role
4. Use simple language
5. Be direct
6. Normalize
Tips for Doctors and Organizations

7. Listen

8. Be respectful of the adolescent's experience and autonomy

9. Consider emotional content

10. Offer an opportunity for questions

11. Leave the door open

12. Offer options
Activities that work with adolescents

01 SOCIAL MEDIA
Create an adolescent group

02 FIELD TRIPS
Helps create group cohesion

03 ENCOURAGE ADVOCACY
Teens are strong on social justice

04 SPECIAL MEETINGS
Arrange “only teen patients” meetings

05 BE CONSISTENT
Don’t give up even if they don’t participate at first