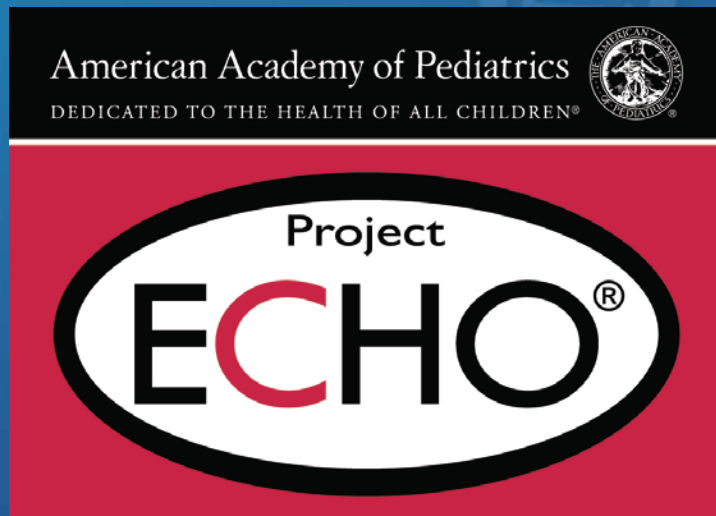


AAP ZIKA ECHO

(EXTENSION FOR COMMUNITY
HEALTHCARE OUTCOMES)



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



HOUSEKEEPING ITEMS

- For educational and quality improvement purposes, this ECHO session will be recorded
- Project ECHO® collects participation data for each ECHO session. This data allows Project ECHO to measure, analyze, and report on the ECHO movement's reach. Data is used in reports, on maps and visualizations, for research, for communications and surveys, for data quality assurance activities, and for decision-making related to new initiatives.
- To protect patient privacy, please do not provide any (PHI) protected health information.
- Please mute your microphone when not speaking. If you have video capability, please enable it.
- There is a chat function in Zoom that may be used to send messages to the group. For IT help, please chat to the AAP Admin and we will assist you.



ACKNOWLEDGMENTS

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Psychosocial Resources from the AAP

Presented May 29, 2018

American Academy of Pediatrics

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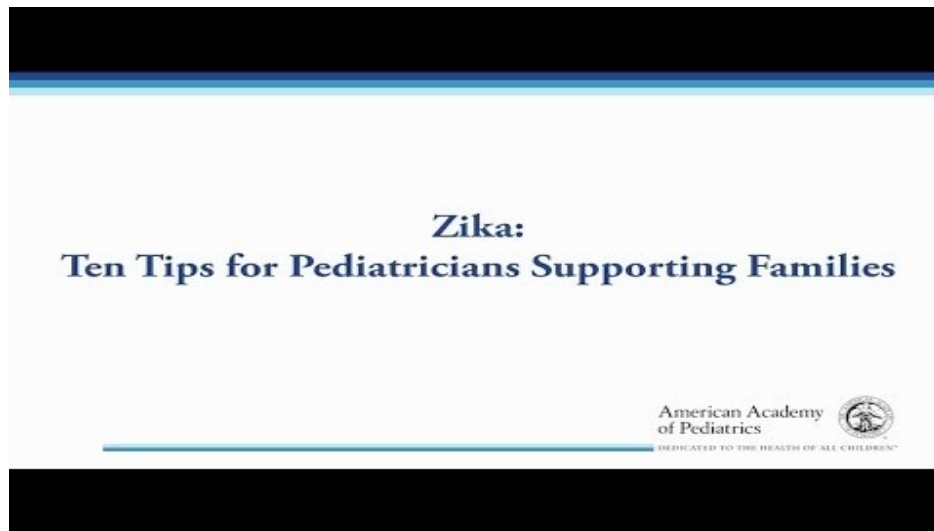
BACKGROUND: AAP RESOURCES FOR PEDIATRICIANS SUPPORTING FAMILIES

- Videos and resources created by AAP and its Disaster Preparedness Advisory Council with support of Cooperative Agreement Number, 5U38OT000167-04, funded by CDC.
- Resources intended to support obstetricians and pediatricians in their care for patients diagnosed with or affected by the Zika virus



RESOURCES TO HELP PEDIATRICIANS SUPPORT FAMILIES

- Video in English and Spanish with accompanying handout
- www.aap.org/zika




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ZIKA Virus: Ten Tips for Pediatricians Supporting Families

Pediatricians and other pediatric health care providers must provide critical support to expectant or new parents who are worried, or already know, that their infant or unborn child is infected with Zika virus. The brief video "Zika: Ten Tips for Pediatricians Supporting Families" found at www.aap.org/zika provides 10 key considerations that can help you do just that.

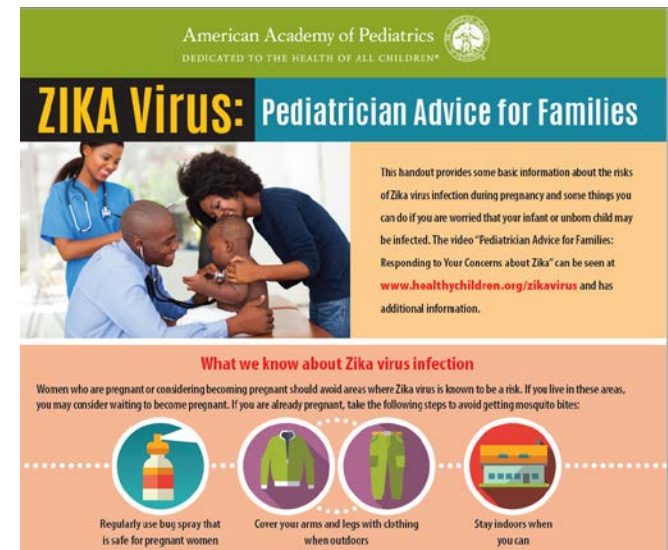
- 1 Families may be very concerned.** Parents are likely to have many questions, concerns, worries, and a range of strong feelings, including sadness, anger, and guilt. People who are struggling with these reactions may find it difficult to concentrate or make even simple decisions—but these families are generally faced with important and sometimes urgent decisions that may seem particularly overwhelming. These reactions may lead some families to avoid following recommendations for screening, testing, evaluation, and monitoring. Your support is going to be important to help families follow through on medical advice.
- 2 There is still a lot we don't know.** There is still limited information about the range of outcomes associated with fetal Zika virus infection, and it is particularly difficult to give precise and accurate predictions of risk for an individual family. Guidance is out there. Updated guidance is available from the Centers for Disease Control and Prevention (CDC) at www.cdc.gov/zika. The American Academy of Pediatrics (AAP) offers "Key Information for Pediatricians" at www.aap.org/zika-key. Part of the challenge of supporting families affected by Zika is not feeling sure of what the right next steps in management are. You don't need to memorize everything about Zika—just know where to find it.
- 3 When professionals don't know what to say, they often choose to say little or nothing.** But saying nothing says a lot—it may make families think you are unaware of their concerns or uninterested, unwilling, or unable to be of support. Tell families you hear their concerns and can be a source of support for them.
- 4 We are learning more about this virus all the time.** New findings are coming out continuously regarding Zika virus, how it is transmitted, and its effects. While there is still much we don't yet know about Zika virus infection, there is much we do know about other viral agents that infect and damage the central nervous system of fetuses—and this information may give us some important insights.
- 5 Your support matters.** Parents benefit a great deal from partnering with empathetic and concerned health care providers. While you may not know all the answers, just knowing that you are there to face the questions together—as they arise and throughout their baby's childhood—can be an enormous support to parents.
- 6 Don't say "Everything will be okay."** While it may be tempting to give blanket reassurance, this is often not helpful and may undermine a patient-physician relationship built on trust. Instead of telling parents they shouldn't feel worried, help them figure out approaches to deal with their distress. Emphasize that you are here to help and support them when they have questions and need guidance on what to do.
- 7 Do say "This is not your fault."** Guilt on the part of parents is likely to be common and should be addressed explicitly. It is important to reassure parents that the infection was not their fault.

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RESOURCES FOR FAMILIES, FROM PEDIATRICIANS

- Video in English and Spanish with handout
- <https://youtu.be/OlgKDkQWeHM>



BACKGROUND: PARTNERSHIP WITH ZERO TO THREE ON RESOURCES FOR FAMILIES

- Created by ZERO TO THREE and AAP with support of Cooperative Agreement Number, 6NU38OT000167-04-06 funded by CDC
- Awareness campaign for the public, specifically pregnant women who may travel to high risk areas
- Launched to public January 2018



VIDEOS FOR PREGNANT WOMEN

- Tips on Talking to Your Doctor if You're Pregnant: <https://youtu.be/-KRzpC1pfjQ>



VIDEOS FOR PARENTS/PREGNANT WOMEN

- Describes the importance of avoiding travel to areas affected by the Zika virus if you're pregnant: <https://youtu.be/wrMHD2sGrHk>



RESOURCES FOR PREGNANT WOMEN/PARENTS

- [Zika – What’s all the Buzz About?](#)
(Infographic, AAP/ZERO TO THREE)



RESOURCES FOR PARENTS AND FAMILIES

- [Zika Virus: What Parents Need to Know](#)
(healthychildren.org)

Zika Virus: What Parents Need to Know

Although Zika virus isn't always in the news anymore, parents may still have questions. View these 30-second videos describing the importance of **talking to your doctor** about Zika if you're pregnant and the importance of **avoiding travel to areas affected by the Zika virus** if you're pregnant.



Below are additional facts you need to know about this virus.

What is Zika?

Zika is a virus that can cause the following symptoms:

- Rash
- Fever
- Pink eye (conjunctivitis)
- Joint and/or muscle pain
- Headache

Symptoms usually clear up in less than a week, are mild, and rarely require hospitalization. However, because the disease affects people differently, only 1 in 5 of

ADDITIONAL RESOURCES FOR PREGNANT WOMEN AND FAMILIES

- [Road Map for Babies with Congenital Zika Infection](#) (CDC)
- [Road Map for Babies of Mothers Infected with Zika During Pregnancy But Appear Healthy](#) (CDC)
- [Tips For Communicating With Your Baby's Doctor or Healthcare Provider](#) (CDC)

