

Multidisciplinary intervention in pediatric patients with rehabilitation statement gynecological

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BACKGROUND: L.O.M, 14 years old girl, diagnosed with anal canal alveolar rhabdomyosarcoma, was treated with chemotherapy and 28 radiotherapy fractions to the pelvis. Due to the radiotherapy it was expected acute side effects with diarrhea, cystitis, and skin changes (radiodermatitis). Late side effects as actinic proctitis and vaginal stenosis were long term hazards to this treatment. A gynecological examination was necessary for pre-radiotherapy clinical evaluation, but the patient was virgin, requiring scheduling surgery for rupture of the hymen. A very important long term side effect is vaginal stenosis and, due to this fact, it was necessary to orient the patient to conduct exercises with a vaginal dilator after the end of the treatment for an indefinite period. Because of the patient's age, her mother has been involved in all processes of treatment and post-treatment rehabilitation.

HYPOTHESIS: Experience Report.

METHODS: The multidisciplinary team had been called (doctors, nurses and psychologists). The physician advised on the importance of the gynecological examination for better clinical evaluation, and also orientated post-treatment vaginal exercises to avoid vaginal stenosis. The nursing staff scheduled the procedure under anesthesia so the patient wouldn't feel pain and would not experience that in a traumatic way either. The psychology team assessed the psychological dynamics of the patient's perception of the treatment, her relationship with her body, and guided the mother as well. For being such a specific case, the support staff involved was mobilized in order to provide the best possible treatment for the patient, reducing insecurity and family distress. After the treatment had been completed, conducting vaginal exercise was necessary, by using a dilator. In order to avoid family and patient's embarrassment, the care team bought the dilator in an external store.

RESULTS: The procedures that were conducted by the care team allowed the construction of an important bond with the patient and family. Trust between patient and staff, where her main needs were respected and valued, was established contributing to adherence to the treatment. The patient accepted the treatment with greater insight into her own body, took responsibility for carrying out the exercises, driven by the mother and supervised by staff, exceeding expectations! Currently, the patient is being monitored, performing the exercises with the dilator properly, showing no vaginal stenosis. Follow-up is conducted every three months for reevaluation.