

Joint Event on

# PEDIATRICS, NUTRITION & PRIMARY HEALTHCARE NURSING

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## *Tatiana Estapé*

*Barcelona University, Spain*

### Coping with children when a mother has breast cancer

Cancer is a taboo disease that implies psychosocial repercussions on the patient and his family. These range from psychological problems such as anxiety and depression, to social, personal and relationship changes. Because of this, you do not have a disease that involves the affected person, but also the people in your environment. The family of the patient suffers the same psychosocial consequences, except physical suffering, besides having to take care of the sick person. It is very important to take into account the life cycle of the patient. One of the important focuses today is the attention when the sick person has to take care of their loved ones. No doubt this is the case when they have children. Today, motherhood in many western countries has been delayed at later ages. This brings us to a scenario in which cancer sometimes appears when there are still small children. We refer to women with breast cancer, as it is coinciding the birth of the first child with a stage in which the disease has increased their risk. Thus we find women who are diagnosed with breast cancer while still having small children. It is a new facet that we must address as psychologists. We will explain the need to adapt the information according to the development age of each child, as well as to be attentive to those changes that may happen in the children and how to approach them according to the stage of the child's life and of the family itself.

### Biography

Tatiana Estapé completed her Degree in Psychology in 1988, in the Autonomous University of Barcelona. In 1988, she attended the first APT (Adjuvant Psychological Therapy) for cancer patients in the Royal Marsden Hospital, directed by Dr. Maggie Watson, chief of Psychological Medicine Department. She is Clinical Observer in September-October 1988 in the Royal Marsden Hospital. She is Postgraduate in Statistical Methods in Health sciences, in 1989, Autonomous University of Barcelona. She is specialized in Clinical Psychology in 1991, in the Psychiatry Department, Clinic Hospital, Barcelona University. From 1992 to 1999 granted in the Oncology Department of the Hospital Clinic. She is de psychooncology director in FEFOC Foundation, Barcelona, Spain, from 1992 to present. She is associate professor in Open University of Catalonia, Manresa University and co-director of the Barcelona University Master on Psychooncology

[testape@fefoc.org](mailto:testape@fefoc.org)