
HEALTH TREASURES:

SUPPORTING CHILDREN AND YOUTH WITH SICKLE CELL ANEMIA

A collection of articles, essays, books and videos
compiled by Pearls of Wisdom



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<http://www.PearlsOfWisdomForAbundantLife.com>

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Parent Perspective

Articles and Essays:

[A Basic Glossary for Parents of Children With Special Needs by Peter Mangiola](#)

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[5 Ways To Be Equitable When Raising A Child Suffering From Sickel Cell Anemia With Siblings by Lamaro Schoenleber, Ph.d](#)

[Bedwetting \(enuresis\) in children with sickle cell disease by Evelina London and Guy's and St. Thomas' NHS Foundation Trust](#)

Sibling/Friend Perspective

Articles and Essays:

[When A Sibling Is Seriously Ill by Kidshealth.org](#)

[My Friend Has Sickel Cell Disease. How Can I Help? by Kidshealth.org](#)

[My Friend Has Sickel Cell by Crimsonbowng](#)

Sibling/Friend Perspective

Articles and Essays:

Title: When A Sibling Is Seriously Ill

Date: August, 2015

Author: Kidshealth.org; Reviewed by: D'Arcy Lyness, PhD

Summary: The article discusses some of the strong, sometimes conflicting emotions teens have to a sibling's illness; actions that can be taken to cope with and/or resolve these emotions; ways that siblings can help their family or themselves; and various ways to minimize stress.

Link: <http://bit.ly/2uQafel>

Title: My Friend Has Sickle Cell Disease. How Can I Help?

Date: October, 2013

Author: Kidshealth.org; Reviewed by: D'Arcy Lyness, PhD

Summary: The article provides a general explanation of what sickle cell disease is and the experience a friend that has it is likely going through, including fatigue; difficulty fighting infections; diet, vitamins, hydration, exercise and rest requirements; frequent doctor visits; missed school; pain crises; and other physical challenges. Actions friends can take to help are outlined, including visits when school is missed or they're in the hospital, examples of healthy habits that they can encourage and warning signs that they can learn.

Link: <http://bit.ly/2v22HVj>

Title: My Friend Has Sickle Cell

Date: March 19, 2015

Author: Crimsonbowng

Summary: The author recounts a true story of the night he became friends with someone who has sickle cell disease and includes some lessons for those who have a loved one living with the Sickle Cell condition. The author emphasizes that the lessons outlined are literally life-saving. Explanations of various aspects of how a friend can help and support a sibling, a friend, a child, a roommate, anyone they know who has Sickle Cell Disease are given.

Link: <http://bit.ly/2wU6Fl3>

SUCCESS IN EDUCATION

Articles and Essays:

Title: Balancing Schoolwork and Hospital Stays

Date: October, 2016

Author: by Kidshealth.org; Reviewed by: Alycia M. Taggi, CBIS

Summary: The article encourages students to stay positive when facing classes, homework, special projects and term papers in the midst of complications due to an illness. Practical suggestions are given for testing how well you feel to do schoolwork and coping with stress. Tips for managing schoolwork are discussed, including asking doctors the likely duration of illness and effect of treatments on ability to do schoolwork; talking to teachers; setting realistic goals, including an Individual Education Plan; asking parents, teachers, friends, your doctor, nurse, or social worker for help; various ways to develop good planning and study habits; and how to maintain a reasonable social life.

Link: <http://bit.ly/2wggrQK>

Title: I Have Sickle Cell Disease. What Should I Know About Going Away To College?

Date: January, 2015

Author: by Kidshealth.org; Reviewed by: Steven Dowshen, MD

Summary: The article provides tips for planning one's care based upon how severe one's symptoms can be, the effect of climate upon symptoms and the ease with which one can find doctors familiar with treating sickle cell disease. Tips discussed include ongoing communication with one's at-home hematology team, locating a doctor in the student college health department, obtaining a copy of one's medical records and asking for special housing if needed.

Link: <http://bit.ly/2fQsiyC>

Title: Sickle Cell Disease Special Needs Factsheet: What Teachers Should Know

Date: August, 2013

Author: by Kidshealth.org; Reviewed by: Mary L. Gavin, MD

Summary: The summary provides teachers with general information about sickle cell disease and how complications may affect a student's life during school hours. It then suggests ways that a teacher can support a student, including special consideration regarding missed classes, assignments and testing; assessing motivation to learn during fatigue or pain; participation in sports; accommodation regarding water intake and bathroom breaks; and planning for immediate medical attention that may arise in future.

Link: <http://bit.ly/2icD2Z5>