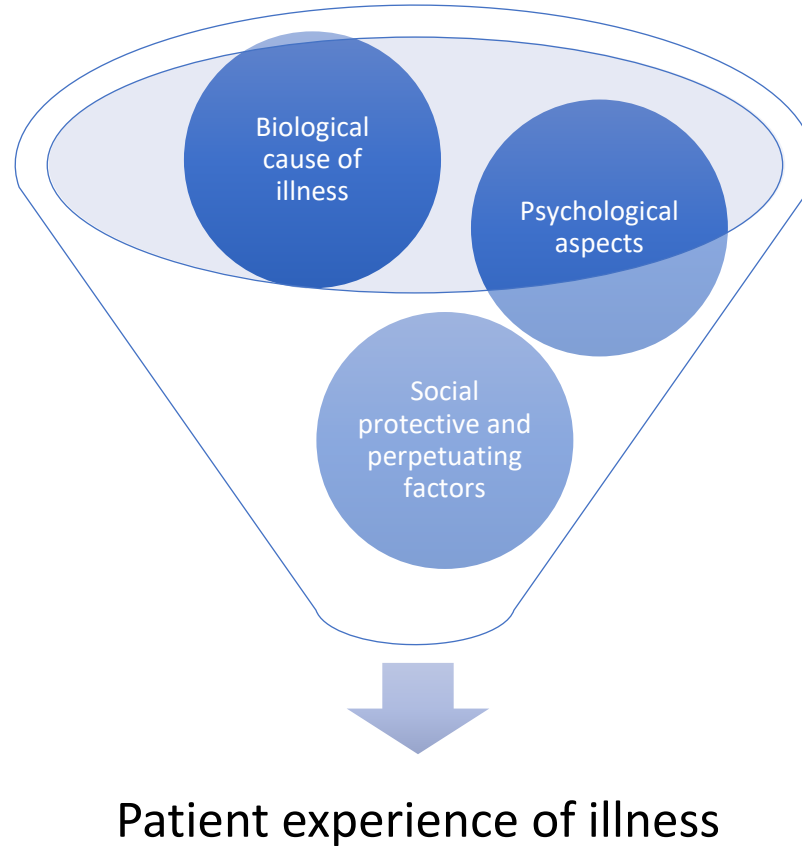


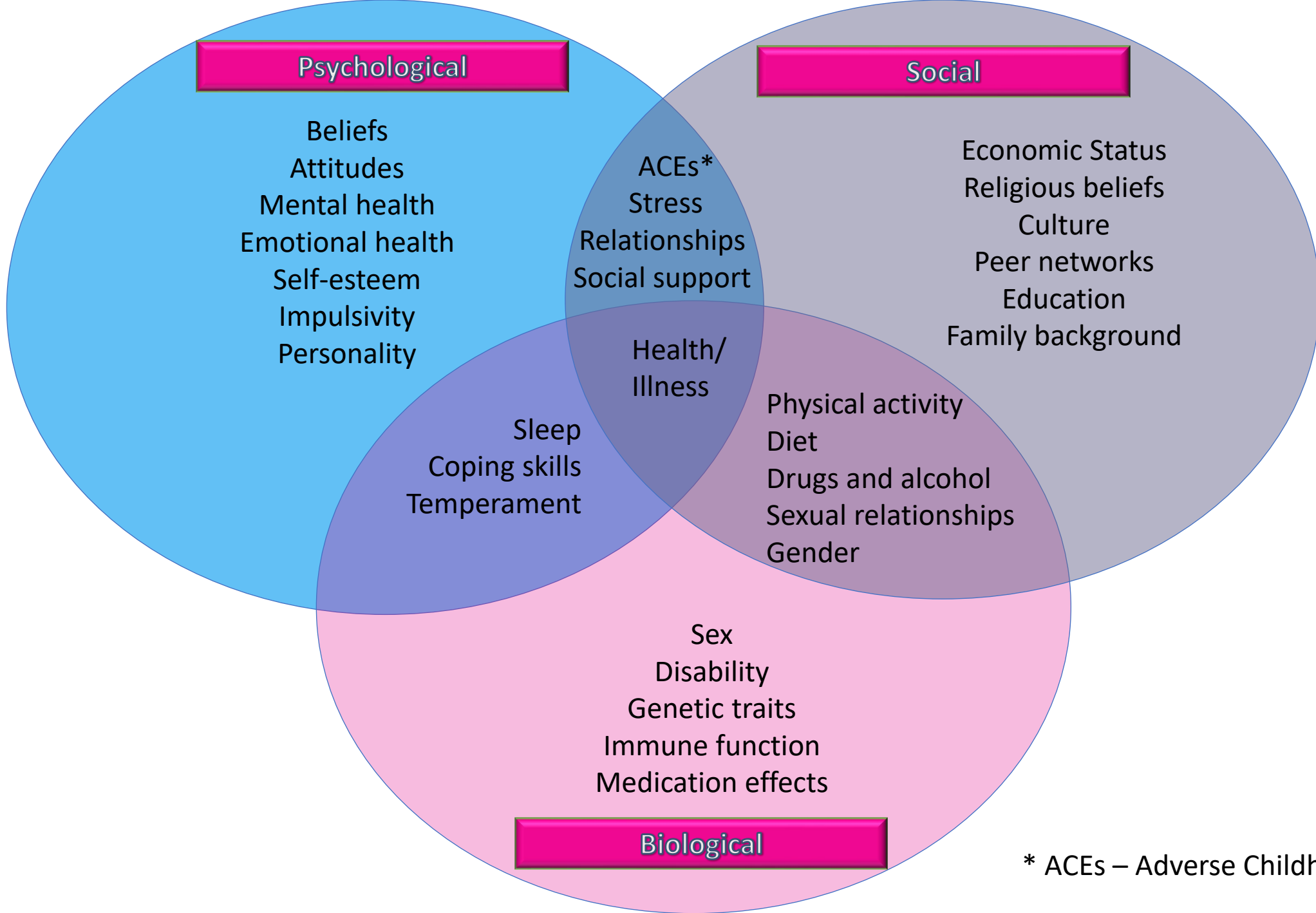
**Principle 5: A biopsychosocial approach is applied at all times**

# Principle 5: A biopsychosocial approach is applied at all times

- In paediatrics, good patient care requires an understanding of the biological mechanisms of health and illness. It also requires an awareness of the psychological and social aspects of the lives of the children and young people we meet.
- Becoming attuned to these aspects of the lives of our patients requires thought and practice.
- It is important to reflect on what we learn from engaging holistically with patients and their families.

# This diagram describes a patient's experience of their illness

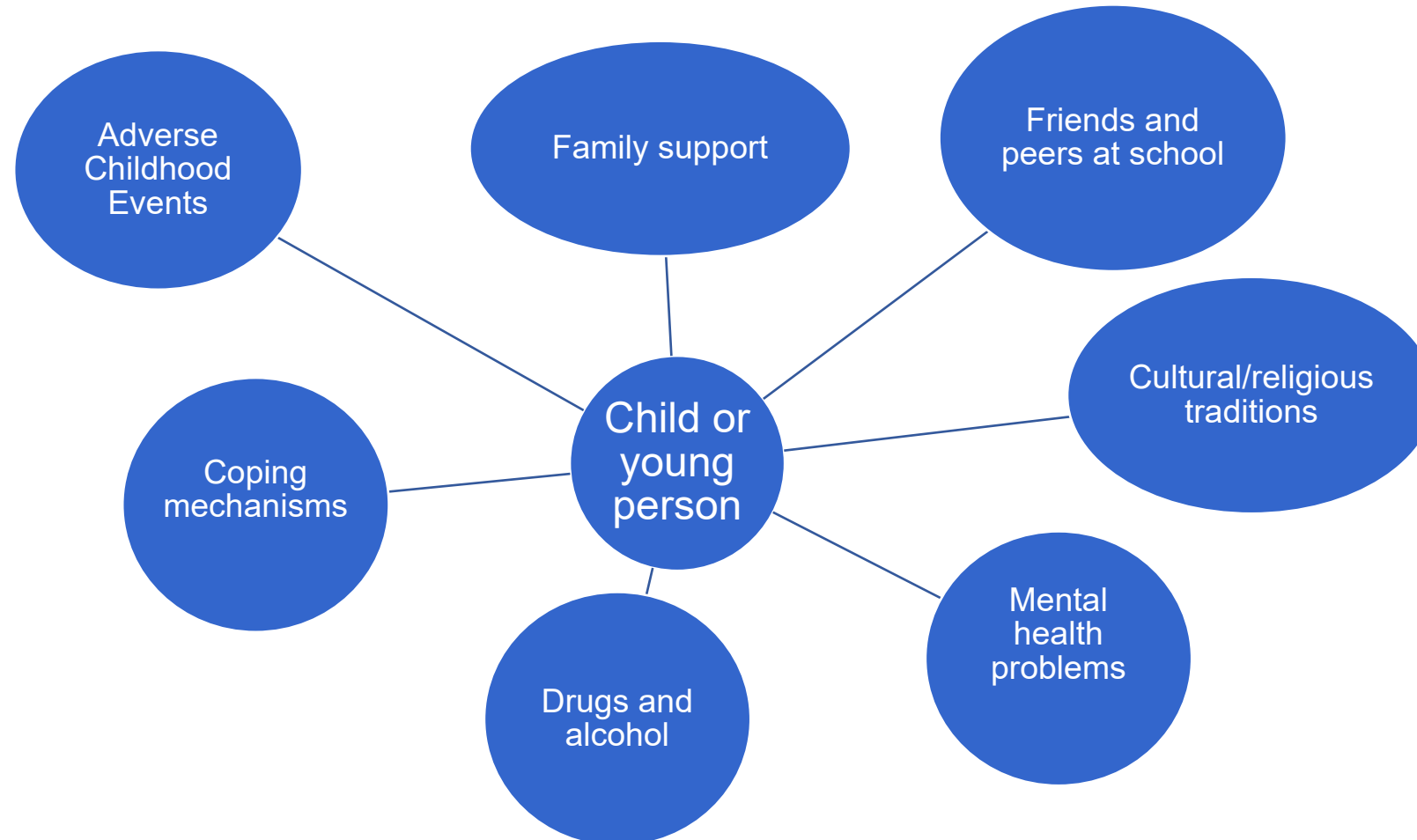




\* ACEs – Adverse Childhood Experiences

# Step 1: Select your case

What aspects of the psychosocial lives of our patients should we consider? – Here are some examples...



# Step 2: Reflect on what you learned from the case

- Consider what it was about the case that you found challenging and ask yourself why this was.
- Did you gain a different perspective by examining the psychological and social aspects of the patient's illness journey?
- How could the patient and family be better supported?
- Discuss patients with allied health professionals – psychologists, occupational therapists and social workers to understand their perspective and what they can offer.

# Step 3: Translate your experience into a learning opportunity

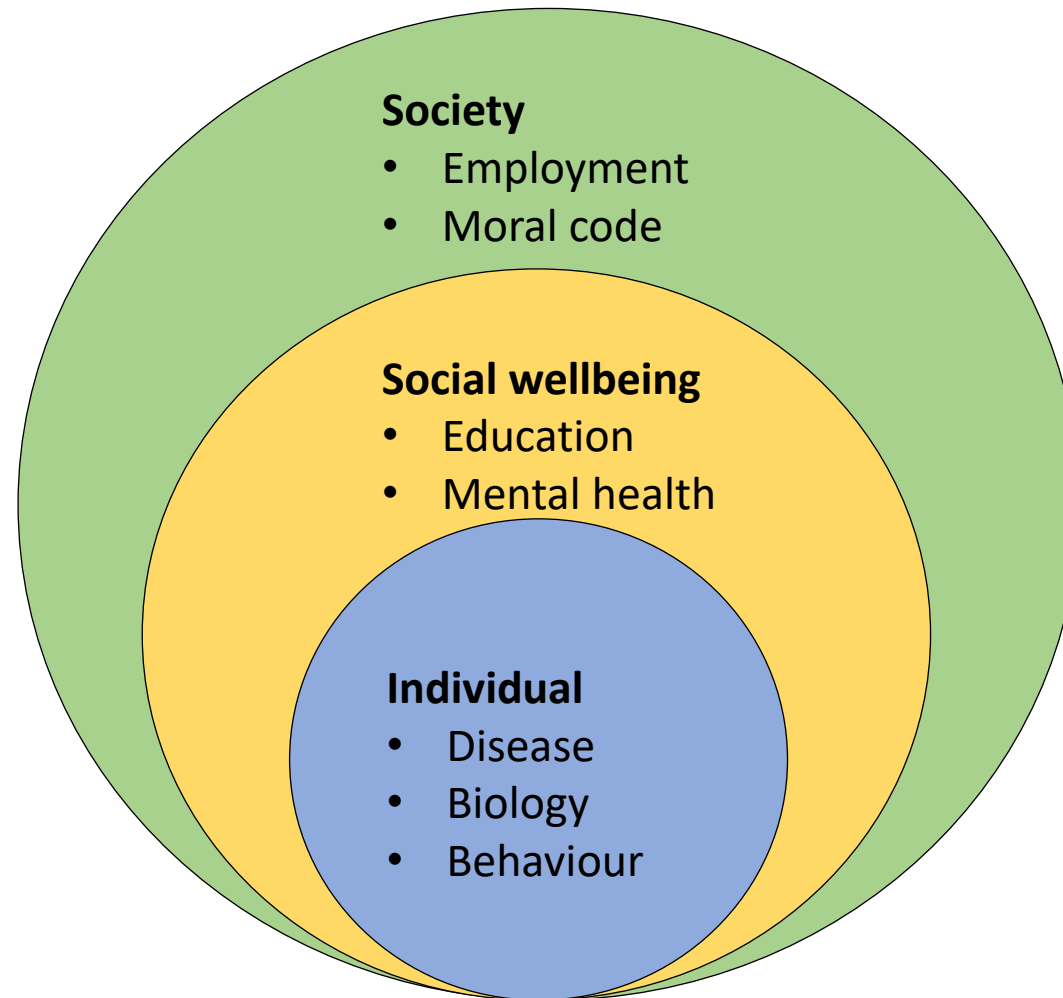
- Your trainer may complete a mini-cex or ACAT if you were directly observed managing an aspect of a case, or a CBD if you were discussing a case retrospectively.
- A DOC or HAT may also be a useful way of encouraging you as a trainee to consider and discuss biopsychosocial elements of patient care.
- For trainees, your personal reflection on how biopsychosocial factors have impacted on a patient and their condition can be a useful way to stimulate thought on this.

# Step 4: Link to the curriculum

- Look at the curriculum and link your assessment to the relevant domains.
- It's worth looking through all domains to see if there are any aspects you hadn't considered.



# Always think about the holistic long-term sequelae of illness on children!



**For more ideas, see the case studies  
for Principle 5**

[www.rcpch.ac.uk/training-principle-5](http://www.rcpch.ac.uk/training-principle-5)

Find out more on the  
RCPCH website

[www.rcpch.ac.uk/progressplus](http://www.rcpch.ac.uk/progressplus)

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