

Family issues of women with bleeding disorders and importance of psychological help in overcoming them

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ABSTRACT

Family plays an important role in overall development of an individual. The family contributes in making women with bleeding disorders more empowered and self sufficient. These women face family issues such as parental neglect, sibling rivalry, adjustment problems and others. Unresolved family issues lead to distorted self image, guilt, low confidence in women with bleeding disorders. Seeking help from Psychologist proves to be of great value in not only resolving family issues but also in enhancing psychological functioning of afflicted women.

Every family faces challenges in their own and specific ways. But complications may arise for women with bleeding disorders in a family set up. The issues for such women are quite different from normal women. It is not only about sharing, giving and caring for other family members but to survive and make others acknowledge about their bleeding disorder.

1. Denying the diagnosis

This is mostly seen in families of newly diagnosed patients. Some families that fail to accept the condition of the woman despite of knowing about it for many years even after getting a diagnosis. Reacting to their denial, the woman will be forming a perception about her disorder. Constant denial might develop guilt in the afflicted woman.



IMPORTANCE OF PSYCHOLOGICAL HELP

1. Psychological interventions at primary level helps in preventing or minimizing such family issues and also helps family members to attain thorough knowledge about the woman's disorder and how it affects various aspects of her life.

2. Sessions with family members addresses underlying fears and apprehensions related to the woman's condition.



3. Issues associated with low self esteem, confidence and distorted self image can also be addressed by working in close collaboration with the psychologist.



4. Helps the woman and the family to come close and work in a symbiotic association with each other while acknowledging the bleeding disorder of the afflicted.

CONCLUSION

Unresolved family issues can prevent such women from living a satisfying life. Thus, psychological help could be positively influential in making family environment, dynamics and relationships more fruitful for women with bleeding disorders.

5. Issues related to marriage

Families tend to pressure the suffering woman to get married, even when they know about her bleeding disorder. In an Indian family setting, having a daughter with bleeding disorder is considered to be taboo. Sometimes parents might not reveal the disorder of their daughter when marrying her off in another family. This creates problems in future not only for the woman but for the parents and other family members too. Making adjustments in family needs support from other family members as well. For a woman with bleeding disorder starting a new family life after marriage might be extremely challenging especially when she has become a part of a family which had no information about and exposure to bleeding disorder.

6. Issues surrounding child birth



The root cause of sibling jealousy takes birth from the extra care, affection, attention and concern provided to the afflicted one. Normal siblings develop interpersonal problems with the diseased sibling and tend to resent her. Normal siblings in the family may feel neglected and distanced from their parents because they believe their diseased sibling has more love from the parents. They may exclude their suffering sibling in games, play activities and other sources of enjoyment.

4. Financial problems

The expenses spent on treatment of such women might be an important issue for the family as well as for the patient too. At times, families with low economic status fail to provide quality treatment to the afflicted woman. This in turn, creates other medical complications for women with bleeding disorders.

3. Indifferent attitude of one of the parents

