

# INFUSING

BONDED BY BLOOD | SUMMER 2023



## Passing the Baton — Transitioning Medical Responsibility — Page 6

Emotional  
Intelligence

Transitioning  
Medical Responsibility

Scholarship  
Award Winners



## WE'RE IN THIS TOGETHER.

**Sunday 2:16 pm**

Jogging in the park with his girlfriend

Ben, living with hemophilia A

Not an actual patient

### Let's make today brilliant.

Takeda is here to support you throughout your journey and help you embrace life's possibilities. Our focus on factor treatments and educational programs, and our dedication to the bleeding disorders community, remain unchanged. And our commitment to patients, inspired by our vision for a bleed-free world, is stronger than ever.

**[bleedingdisorders.com](https://bleedingdisorders.com)**



# FROM THE EDITOR

As we enter the third quarter of the year, we bring you our current newsletter, which includes enlightening pieces on emotional intelligence and passing medical responsibility to your teen.



Stay healthy and safe,  
—Kelle Carthey, RN  
Editor

We are particularly pleased to recognize the accomplishments and milestones of three distinguished individuals from the bleeding disorders community who have been awarded the 2023 Brothers Healthcare scholarship. We aspire to assist our awardees in making a big contribution in their respective industries.

As we approach the end of the year, we remain committed to providing a newsletter that not only informs and entertains, but also inspires and encourages connections.

I wish you a stimulating and rewarding voyage through the pages of this newsletter and beyond. 🌊



INFUSING LIFE  
Summer 2023

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## ASK US!

Call or email us with any questions you have about sports, life, relationships or your managing your medical condition and we will lend our expertise to help you in any possible way.

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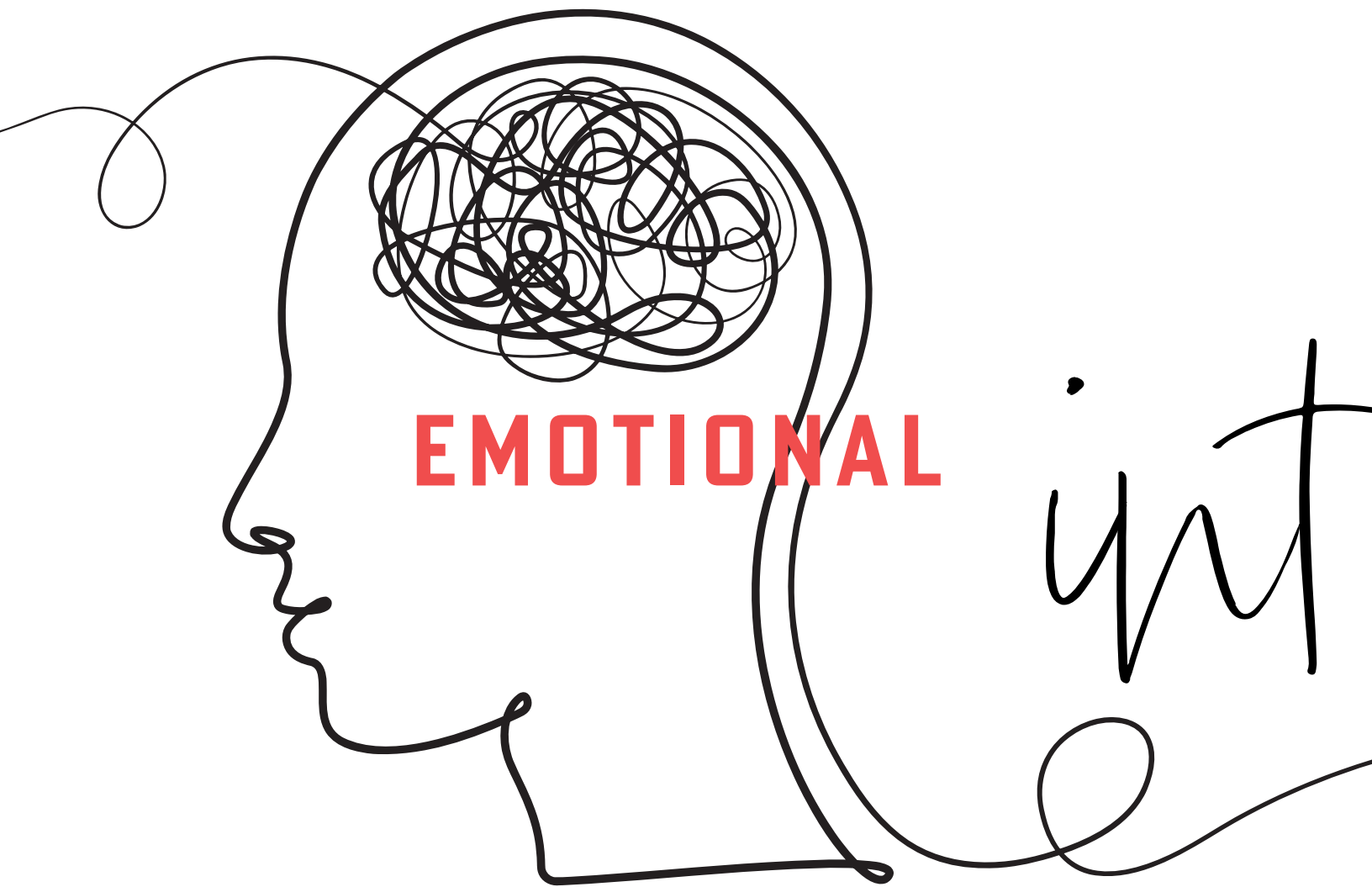
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TO KEEP UP WITH THE LATEST  
UPDATES ON OUR EVENTS,  
PROGRAMS AND ACTIVITIES.





**Emotional intelligence (EQ)** is the ability to understand and handle emotions in oneself and others. It is an important ability for children and teenagers to learn because it can help them negotiate the complex social world in which they live, create solid relationships, and achieve success in all areas of life.

In this article, we will discuss the significance of emotional intelligence and offer practical advice and tactics that parents and caregivers may use to assist children and teens in developing their EQ.

#### **WHY EMOTIONAL INTELLIGENCE IS IMPORTANT**

Emotional intelligence is required for normal social and emotional development. When children and teenagers have a high EQ, they are better able to control their emotions, form solid connections,

and make sound judgments. They are also more likely to have favorable mental health outcomes, such as less anxiety and higher self-esteem.

Furthermore, emotional intelligence is an important trait for adult success. According to a TalentSmart research, 90% of great achievers have high emotional intelligence in the workplace, while just 20% of low performers have. EQ is also linked to greater leadership capacity, improved communication skills, and more resilience in the face of stress and adversity.

Emotional intelligence is much more important for children and teenagers who have

chronic illnesses. Physical pain, social isolation, and feelings of grief and frustration are among obstacles that these youngsters confront. Emotional intelligence training can assist individuals in navigating these problems, managing their emotions, and developing a feeling of resilience and self-compassion.

Emotional intelligence has been linked to improved health outcomes in children and adolescents with chronic illnesses, according to research. According to a study published in the *Journal of Child Health Care*, having emotional intelligence is associated with higher levels of self-esteem, less anxiety and

**“ EMOTIONAL INTELLIGENCE IS A NECESSARY SKILL FOR CHILDREN AND TEENS TO DEVELOP, AND IT IS ESPECIALLY IMPORTANT FOR PEOPLE SUFFERING FROM CHRONIC MEDICAL CONDITIONS.”**

# Intelligence

sadness, and better coping abilities in kids with chronic health disorders. Children and adolescents with chronic illnesses frequently encounter social stigma and prejudice, which can negatively affect their mental health and well-being. Having and Learning Emotional intelligence can assist children in developing the necessary social skills and self-confidence to manage these hurdles and form healthy relationships with peers and caregivers.

OKAY- Lets get to it!  
HOW do we teach and develop EQ

## **ASSIST CHILDREN AND TEENAGERS IN IDENTIFYING THEIR EMOTIONS**

The first step in developing emotional intelligence is to assist children and adolescents in identifying their emotions. This can be accomplished by

teaching children how to label and express their emotions in a healthy manner. To assist children and teens with identifying and labeling their feelings, parents and caregivers can utilize aids such as emotion charts or feeling wheels.



## **EMPATHY SHOULD BE ENCOURAGED**

The ability to comprehend and share the sentiments of others is referred to as empathy. It is an essential component of emotional intelligence since it assists children and teenagers in developing good connections as well as a sense of compassion and care for others. Parents and caregivers can foster empathy by modeling it, prais-

ing it, and encouraging children and teens to put themselves in the shoes of others.

## **TEACH COPING STRATEGIES**

Coping skills are methods that children and adolescents can use to manage their emotions and deal with stressful situations. Deep breathing, visualization, and positive self-talk are examples of coping methods. Parents and caregivers can teach these skills to their children and teenagers by demonstrating and practicing them with them.

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PASSING THE BATON —

# TRANSITIONING MEDICAL RESPONSIBILITY TO YOUR TEEN

Its time for your teen to  
take over their care.

**Here's why.**

Growing up can be challenging for teenagers transitioning from childhood to adulthood. Therefore, we must carefully consider the shift toward our teens taking charge of their medical care. Encouraging young people to participate in decisions about their medical care and take responsibility for their health needs is a significant achievement. This piece aims to emphasize the importance of teenagers being responsible for their health care and its positive impact on their overall well-being. By acknowledging that teenagers have their own ideas and skills, we can empower them to make informed choices, take responsibility, and cultivate independence.

## HOW DO WE DO THIS?

First, we create opportunities for our kids to learn these essential skills for life.



It's crucial to provide teenagers with opportunities to be independent. When teens are empowered to participate in their medical care, they become more confident in expressing their needs. When doctors and teens communicate openly, patients can express their concerns, ask questions about their care, and share their perspectives. This exchange helps young people express their health preferences and needs more effectively.

## LEARNING DECISION-MAKING SKILLS

Giving teenagers more control over their medical care helps them learn to make decisions about their own health. They develop crucial decision-making skills by actively participating in treatment plans, managing medications, and making lifestyle choices. This teaches them to consider their options, contemplate the consequences, and be accountable for their own health and happiness.

We help kids become more responsible and accountable for their medical care by gradually giving them more responsibility. When teenagers are responsible for things like scheduling appointments, managing their medication refills, and following their treatment plans, they learn that they can manage their health effectively and independently. Furthermore, through these practiced experiences, they acquire the necessary abilities to be self-sufficient and look after themselves in the future.

Learning Trust. Empowering teenagers to take charge of their medical care fosters trust between them, their parents, and healthcare providers. When

teens feel valued and, heard, encouraged to participate in their healthcare, they tend to share their health concerns more openly. As a result, treatment protocols are followed more regularly, outcomes improve, and overall health improves.

Adolescents who manage their own health acquire valuable abilities that can be applied beyond the realm of healthcare. For example, as teenagers learn to advocate for themselves, they also develop essential skills like time management, critical thinking, and problem-solving. This includes learning to communicate their needs and comprehend medical information. These skills benefit individuals in all aspects of their lives, including health, academics, career, and social interactions.

## PREPARING FOR ADULT HEALTH CARE

As teens become young adults, they transition from receiving pediatric care to adult care. When teenagers are asked and allowed to take an active role in their medical care during adolescence, they get to know how the healthcare system operates and become more familiar with their care teams and health history. They learn how to transition from pediatric to adult care with ease, familiarizing themselves with new providers and offices. In addition, teens who frequently receive medical attention are exposed to various health-related information and terminology. To enhance their understanding of medical treatments, they can chat with healthcare professionals, research health-related subjects, and gain insight into their own medical conditions.




With this knowledge, they can actively participate in health discussions and make informed decisions. This continuity of care ensures that healthcare services are uninterrupted as this critical life transition happens.

## ADVOCATING FOR LIBERTY

Allowing teenagers to manage their health empowers them to discover their identity, cultivate independence, and make decisions that align with their values and aspirations. This process enables teens to develop as individuals, leading to increased confidence and a stronger sense of self-value. In addition, it indicates their growth and transition into young adulthood, further facilitating their ability to live independently.

Growing up from being taken care of to becoming a teenager with independence is a crucial and empowering journey that must be nurtured. Learning to care for their medical needs helps teenagers transition smoothly into adulthood. This is great for teenagers' overall health and prepares them for life's challenges. We

empower teenagers to take charge of their medical care by encouraging them to speak up for themselves, develop decision-making skills, establish trust, and maintain open communication. As a result, they gain knowledge on self-care and personal growth. In addition, when teenagers have a say in their own health care, they become more capable of navigating the system and making decisions that benefit their well-being.

We must acknowledge that teenagers have unique medical needs, capabilities, and entitlements. As caregivers, medical workers, and members of society, we must understand and respect them. By collaborating and using teamwork, we can empower teenagers with the necessary skills and confidence to manage their health and achieve independence. As caregivers, let's embrace this change and collaborate to build a space where teenagers feel encouraged and appreciated for taking an active role in their health decisions. Then, we can work together to empower the next generation to be knowledgeable, self-sufficient, and resilient healthcare consumers. 



## Explore Head-to-Head Pharmacokinetic (PK) Study Data

See half-life, clearance, and other PK data from the crossover study comparing Kovaltry® and Advate®.

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Antihemophilic Factor (Recombinant)

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### ACTIVE LISTENING SHOULD BE PRACTICED

Active listening is the practice of hearing with the intention of understanding rather than responding. It is an important ability for developing emotional intelligence since it helps children and teenagers develop excellent communication skills and better understand the viewpoints of others. Active listening can be shown by parents and caregivers by paying attention to what their children and teens are saying, asking clarifying questions, and reflecting back what they have heard.

### ENCOURAGE EMOTIONAL CONTROL

The ability to manage one's own emotions in a healthy man-

ner is referred to as emotional regulation. It is an essential component of emotional intelligence since it assists children and teenagers in avoiding impulsive behavior and making better judgments. Parents and caregivers can help children and teens regulate their emotions by teaching them relaxation techniques, encouraging physical activity, and assisting them in identifying triggers for unpleasant emotions.

### DEMONSTRATE APPROPRIATE EMOTIONAL EXPRESSION

Because children and teenagers learn by example, it is critical for parents and caregivers to demonstrate healthy emotional expression. This includes expressing emotions in a healthy way, such as using


## “EMOTIONAL INTELLIGENCE HAS BEEN LINKED TO IMPROVED HEALTH OUTCOMES IN CHILDREN AND ADOLESCENTS WITH CHRONIC ILLNESSES, ACCORDING TO RESEARCH.”

“I” words, accepting responsibility for one's own sentiments, and refraining from blaming or shaming others. It also entails demonstrating appropriate ways to cope with tough emotions, such as through self-care activities such as exercise, meditation, or hobbies.

### MAKE OPPORTUNITIES FOR SOCIAL INTERACTION AVAILABLE

Social engagement is an important component of emotional intelligence because it helps children and teens develop strong social skills and meaningful relationships. By

encouraging children and teens to participate, parents and caregivers can create opportunities for social connection.

To summarize, emotional intelligence is a necessary skill for children and teens to develop, and it is especially important for people suffering from chronic medical conditions. Parents and caregivers can help children and teens build the basis for a lifetime of emotional health and success by teaching them to identify and control their emotions, develop empathy, develop coping skills, and practice healthy emotional expression. 



## SCHOLARSHIP

# Winners

Congratulations!

## PEYTON BRUSH

**Peyton Brush** is a rising junior at the University of Texas at Austin. Born in 2002 in the Dallas-Fort Worth area of Texas, he was born with severe Hemophilia B. This would help foster a love of writing when he was stuck in bed while injured. As such, he is an aspiring writer who is majoring in English with a minor in film studies. His life with Hemophilia has made him a hard worker who focuses on overcoming any challenges that life has for him. Peyton would like to thank Brother's Healthcare for this amazing scholarship and opportunity!



## ERIN SMITH

My name is **Erin Smith** and I'm just finishing up my freshman year at Colorado State University. I'm pursuing an undergraduate degree in Biological Sciences and aiming to attend physical therapy school afterward. I recently completed my phlebotomy certification and will be working as a phlebotomist throughout college. I was diagnosed with Von Willebrand Disease when I was a year old and most of my family is affected by bleeding disorders. I'm from Corvallis, Oregon and I've been involved in the Oregon bleeding disorders community since my family moved there in 2013.

## RYAN HOLLAND

My name is **Ryan Holland**. I am 18 years old and I am from Hudsonville Michigan. I come from a family of six people. I have two older sisters and one younger brother. I was diagnosed with Severe Hemophilia A when I was 6 months old. My brother also has Severe Hemophilia A and my oldest sister is a carrier of the disease. Even though growing up with Severe Hemophilia had its challenges, it has shaped me into someone that I never thought I'd be in such a positive way. This disease revealed the trade field to me early on, and because of that I am where I am today.

I attended the Careerline Tech Center my junior and senior year of high school. I chose and got accepted in the Diesel/Heavy Equipment Mechanic Program. I spent half of my school days at the Tech Center learning so many things about diesel engines and trucks. Our junior year we even got to disassemble, rebuild, and then run our diesel engine. Our group got our first one done and actually did a second engine in two weeks. Throughout the two years that I've been there, I have learned and gained so much valuable information and skills. I was also hired at a local diesel shop my junior year and am still currently there. I am going to Owens Community College this fall to get further training in the field. I am very excited to continue in the diesel field and I would not be in this position if it were not due to me having hemophilia.





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