

Introduction

- Living with a severe disability or life-threatening illness can have a significant impact on quality of life, especially for children.
- Primary caregivers of these children, such as parents, also have many physical and mental health problems, impaired family dynamics, and a significant care burden (Caicedo, 2014).
- Wish fulfilment interventions have shown to significantly enhance positive emotions, satisfaction with life, and personal strength for seriously-ill children (Chaves et al., 2016). Additionally, after a wish was granted, parents reported increased benevolence and gratitude, which could help buffer their stressors (Chaves et al., 2016).
- The Sunshine Foundation is a charity that provides life-changing dream-like experiences for children living with severe disabilities or life-threatening illnesses.
- However, there is limited quantitative data displaying the significant positive impact that dream-like experiences have on participating children and families. Therefore, further evidence regarding the full impact of dream-like experiences is required for donor interest, promotions, and maintenance of the program.

Project Aims

- To synthesize empirical evidence that elucidates the benefits of providing dream-like experiences to children living with severe physical disabilities.
- To provide information regarding the association between severe physical disabilities and mental health, and evaluate the efficacy of psychosocial interventions to improve confidence, independence, and overall well-being.

Methods

Data Quantification

Pre- and post-assessment survey results from Sunshine dreamers and their guardians were provided. Survey questions were relating to confidence levels, changes in independence and behaviour, and the degree overall well-being. The ordinal data was collected and using each dreamer's unique identification code, we included dreamers who completed both surveys and paired the results. Ascending numerical values were given to survey responses depending on their implied frequency (Never=0, Sometimes=1, Always=3). The (n=15) dreamers and (n=22) guardian's responses were analyzed by the Wilcoxon signed-rank test to determine if the dream-like experience caused a significant change ($\alpha = 0.05$) in the participants' survey results.

Literature Review

Utilized Covidence to outline the significance and prevalence of mental health issues in children and families living with severe physical disabilities, with an additional focus on the efficacy of psychosocial interventions, including wish-granting procedures.

LITERATURE REVIEW METHODOLOGY

IDENTIFICATION

1. BREAK DOWN TOPIC INTO KEY CONCEPTS N=43
Concept Mapping Table

Intervention	Severe Physical Disability	Children	Mental Health
Psychosocial	Muscular dystrophy	Youth	Depression
Wish-granting	Cerebral Palsy	Adolescents	Anxiety
Gift-giving	Spina Bifida		Caregiver burden
Make A Wish			Stress

SCREENING

2. ABSTRACT SCREENING IN PUBMED N=38

- Utilize medical subject headings (MeSH Terms)
- Utilize Boolean operators (AND, OR, and NOT)
- Utilize truncated forms of words
 - Example: child* for children, childhood, children's

ELIGIBILITY

3. FULL TEXT SCREENING N=17

- Ensured the source was relevant to our topic
- Inclusion Criteria:
 - Focus on the effects of psychosocial interventions on children with chronic medical conditions

EXECUTION

4. INCLUSION & WRITING N=14

- Total of n=14 papers included in literature review
- Data extraction
- Writing the review



Results/Deliverables

Change In Responses to Assessment Surveys After Dream-Like Experience

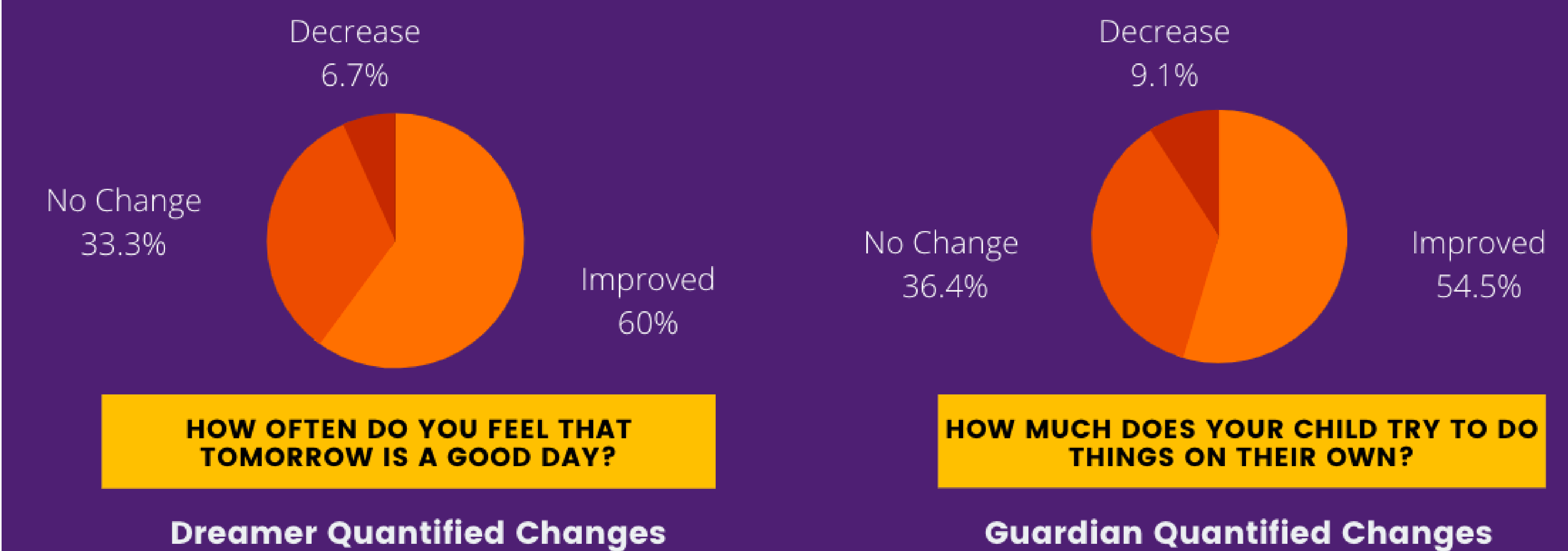


Fig 1. Pie chart representing the quantified change experienced by dreamers pre- and post- dream intervention based on response collected from dreamers (n=15) about how often they felt that tomorrow was a good day, where improved means that the dreamer indicated they feel more often that tomorrow will be a good day after their dream ($p < 0.02$). Fig 2. Pie chart representing the quantified change experienced by dreamers pre- and post- dream intervention based on response collected from guardians (n=22) about how much did their child try to do things on their own, where improved means that the dreamer indicated they feel more often that tomorrow will be a good day after their dream ($p < 0.01$).

Impact

The role of this project in the greater London community will be one of promoting a brighter and more hopeful future for young people living with severe physical disabilities. Through this project, Sunshine Foundation will be able to address any misconceptions surrounding their initiative by using our deliverables as proof to illustrate the long-term impact of dream-like experiences on children and their families. Consequently, this will result in higher engagement within the community and help make Sunshine Dreams a reality for more kids who need it.



Future Direction

Future Projects:

- Developing a strong body of evidence for the efficacy of their dream-like experiences.
- Identifying strategic relationships and marketing initiatives to disseminate Sunshine Foundation's vision to a wider audience.

Barriers Facing Sunshine Foundation:

- Difficulty of securing funding from philanthropists in the face of an uncertain economic environment.
- Need to constantly develop effective marketing campaigns to keep up with other non-profit organizations.

Solution:

- Using valid evidence and leveraging strategic relationships to reach a wider audience.

Limitations of our work:

- Small data set that was used for statistical analysis n=15.
- Non-normal distribution of responses made it difficult for the team to draw many conclusions with sufficient statistical power.
- Despite this, the team still developed a model for statistical analysis that can be used as additional data is accumulated over time.

Literature Cited & Acknowledgements

- Caicedo, C. (2014). Families with special needs children: family health, functioning, and care burden. *Journal of the American Psychiatric Nurses Association*. 20(6): 398-407. Doi: [10.1177/1078390314561326](https://doi.org/10.1177/1078390314561326)
 Chaves, C., Hervas, G., & Vazquez, C. (2016). Granting wishes of seriously ill children: effects on parent's well-being. *Journal of Health Psychology*. 21(10): 2314-2327. Doi: [10.1177/1359105315576348](https://doi.org/10.1177/1359105315576348)
 Chaves, C., Vazquez, C., & Hervas, G. (2016). Positive interventions in seriously-ill children: effects on well-being after granting a wish. *Journal of Health Psychology*. 21(9): 1870-1883. Doi: [10.1177/1359105314567768](https://doi.org/10.1177/1359105314567768)

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