

Upedia is an online peer-reviewed psychosocial resource library developed for child life specialists and those affiliated with child life, to share knowledge and practices that best support and enhance a child's ability to cope with health care experiences.

Benefits

- Provides a community of practice to support child life professionals on topics identified as most relevant.
- Enables child life professionals to devote more time to provide direct services to patients and families.
- Promotes the importance of the whole child and family in the assessment, intervention and evaluation process.



Need:

"Even in well-resourced countries, advances in medical and surgical knowledge have not always been accompanied by an equivalent attention to the child's broader physical and psychosocial (psychological, social and emotional) needs"¹

What is a Child Life Specialist?

Child life specialists (CLS) are a vital part of the hospitalized child's care team, promoting effective coping through play, preparation, education, and self-expression activities to provide emotional support for pediatric patients and their families.

Audience & Users:

Upedia's target audience includes child life specialists, health care professionals, and those involved in working with children, youth and families. Our growing database of 400+ registered users represents 90 organizations across Canada, the U.S. and globally.

Online Library of Child Life Resources and Policies:

- 700+ peer-reviewed tools and resources
- 75 contributing organizations including children's hospitals, pediatric centers and community organizations throughout Canada.

¹ Southall, DP., Burr, S., Smith, RD., Bull, DN, Radford, A., Williams, A., Nicholson, S. (2000). The Child-Friendly Healthcare Initiative (CFHI): Healthcare provision in accordance with the UN Convention on the Rights of the Child. Child Advocacy International. Department of Child and Adolescent Health and Development of the World Health Organization (WHO). Royal College of Nursing (UK). Nov;106(5):1054-64.

Upedia Areas of Focus:

- **Direct Child & Family Services:**
Resources relevant to the direct delivery of services to children and families
- **Programming & Services:**
Resources that address, promote & support the delivery of child life services & pediatric psychosocial care (e.g. journal articles, evidence-based statements, etc.)
- **Resources for Clinical Practice:**
Resources that will assist child life specialists & professionals in clinical work (e.g. assessment tools, preparation samples, support group models, etc.)
- **Diagnosis Specific:**
Resources that pertain to specific medical conditions or diagnoses
- **Resources for Caregivers:**
Resources to be shared with parents, caregivers and in supporting children & youth experiencing challenging events (e.g. children's developmental needs by age, impact of hospitalization, grief & loss, sibling issues)

Upedia Webinar Series:

- Launched in the fall of 2012.
- To date, 800+ attendees have participated in these interactive educational events.
- Created in response to an expressed need by Canadian CLS for more accessible and practice-specific professional development opportunities.
- Attendees overwhelmingly rate the quality of content and presenters as "excellent" or "very good."

Upedia Webinar Topics:

Below is a representative sample of Umind webinars presented thus far with more info-packed online events planned in the coming year!

- Supporting Children with Autism During Healthcare Experiences
- The Value of Online Support Networks for Children & Teens
- Powerful Play: Supporting Children and Youth with Mental Health Issues
- Quality Indicators: Ways to Quantify Success and Impact of Child Life Services
- Procedural support for Paediatric Patients
- Helping the Hospitalized Child Express Emotion
- Anxiety in Children and Youth
- Non-pharmacological Paediatric Pain Management Techniques
- Why Does Your Child Life Assessment Matter?
- Advocacy & Child Life: A Perfect Fit
- What About Me? Including & Supporting Grieving Children

"Health is...a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

World Health Organization

"Upedia is an excellent source of applicable information for child life specialists, as well as a FREE source for Professional Development Units."

- Child Life Specialist & Upedia Member

"The topic and webinar content was great and rarely addressed through other methods of online learning for child life specialists."

- Child Life Specialist & Upedia Member

About Kids' Health Links Foundation

Kids' Health Links Foundation (KHLF) is a registered Canadian charity that, through the use of technology, helps young hospital patients stay connected to their family, friends and schools, and with other patients across Canada (www.upopolis.com). Upopolis was developed in partnership with TELUS. KHLF has also developed and offers online resources for front line pediatric care professions (www.upedia.ca) and child and youth mental health professionals (www.UMIND.ca), across Canada. Find out more at www.kidshealthlinks.org. UPOPOLIS®, UPEDIA®, and UMIND® are registered trade-marks of Kids' Health Links Foundation.

