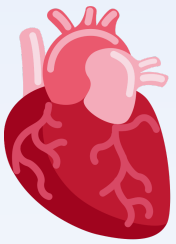
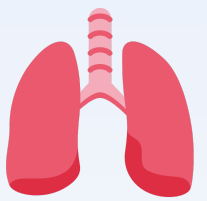


'MY TRANSPLANTED SELF'



POST-TRAUMATIC GROWTH FOLLOWING PEDIATRIC THORACIC TRANSPLANT



Thoracic transplant (Tx) is life-saving therapy for children and adolescents with end-stage heart and lung disease.

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We interviewed 32 adolescent Tx recipients to capture their experience of life changes following thoracic Tx.

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THREE THEMES OF GROWTH EMERGED:

Personal Growth



An increased **awareness** of personal strengths and coping abilities

Relationship Growth



A greater **appreciation** for their family and friends

Introspective Growth



A developing **life philosophy** and meaning-making of the Tx

"I had to deal with so much. I think as a person, I'm a **lot stronger**... I always try to have faith in what I'm capable of doing."

"I used to think my scar was so ugly... but it's nothing to be ashamed of. **It's something you've been through.**"

"My family and I are spending **more time together**. It seems like a **treasure.**"

"I think my friends are very proud of me... I'm proud of them... Without all my friends, I don't think I would be here. **They've been such a big help to me.**"

"Every day is really a **gift** and you shouldn't really take it for granted."

"**The heart saved my life.** It's a responsibility. I have been given this wonderful gift and I have to take care of it. **I don't want to waste what the family gave.**"

CONCLUSION



Many adolescent patients described the experience of pediatric thoracic Tx as **transformative**

Findings illustrate that patients who endure adversity can experience positive growth, aligning with **post-traumatic growth theory**

To foster growth, healthcare providers should consider adopting a **strength-based approach**



TO LEARN MORE, PLEASE VISIT OUR WEBSITE:
<https://lab.research.sickkids.ca/anthony>
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