

**How to break bad news (especially the suspicion of Down syndrome)
in the paediatric-obstetrical setting
a Hungarian experience
Original research**

*Orsolya Máté¹, Henriette Pusztafalvy², Zsuzsanna Kíves³,
János Méntneki⁴, János Sándor⁵.*

¹Doctoral School of Faculty of Health Sciences, University of Pécs,

²Department of Health Promotion, Institute of Public Health, Recreation and Health Promotion, Faculty of Health Sciences, University of Pécs,

³Department of Public Health and Epidemiology,
Institute of Public Health, Recreation and Health Promotion,
Faculty of Health Sciences, University of Pécs,

⁴National Center for Healthcare Audit and Inspection, Budapest,

⁵Department of Biostatistics and Epidemiology, Institute of Preventive Medicine,
Faculty of Public Health, University of Debrecen

Summary

Aim: For health care professionals breaking bad news postnatal to parents in the case of suspected Down syndrome is a difficult task to perform. The aim of the study was, to investigate the Hungarian practice as well as the deficiencies from the perspective of the physicians providing first information and improving the current system.

Methods: We have contrasted the practice of providing first information in Hungary (national coverage 74%) and for the better interpretability of the Hungarian results, 23 obstetrical institutions in Germany. In Germany communication training has already been incorporated into the curriculum of medical and health care higher education.

Results: It was found that 95 % of the Hungarian and German institutes have no protocol for providing information. In Germany the professionals get significantly more communication training ($p=0.06$) and more contact with civil organisations ($p<0.01$), while in Hungary information stressing the negative aspects of the situation is more often given ($p=0.024$), while less consolation ($p=0.017$) and printed brochures are provided for parents ($p<0.01$) Hungarian physicians feel more often ($p=0.022$) they are not capable of helping the parents.

Conclusion: The Hungarian practice of providing information needs improvement. Possible tools for improvement are the introduction of communication training in the graduate and postgraduate education of health professionals as well as working on and elaborating policies concerning the breaking of bad news.

Keywords: Down syndrom, breaking bad news, communication training, elaborating policies

Abbreviation: DS (Down Syndrome)

Rossz hírek közlése a magyarországi szülészeti nőgyógyászati intézményekben, különös tekintettel a Down szindróma gyanújára

Összefoglalás

Az egészségügyi szakemberek számára különösen nehéz és embert próbáló feladat a postnatálisan felismert Down-szindróma gyanújának közlése a szülőkkel. Kutatásunk célja a közlés körülményeinek vizsgálata volt, a hiányosságok feltárása és a tájékoztatás gyakorlatának javítása érdekében.

A magyarországi szülészeti/ gyermekgyógyászati intézmények tájékoztatási gyakorlatát (országos lefedettség 74%) az eredmények jobb interpretálhatósága érdekében 23 németországi szülészeti intézmény közlési gyakorlatával állítottuk szembe. Németországban kommunikációs képzések már részét képezik a graduális orvosi és az egészségügyi felsőoktatásnak.

A magyar és a német intézmények 95%-ban nincs intézményi protokoll a gyanú közlésére. Németországban a szakemberek gyakrabban vesznek részt kommunikációs tréningen ($p = 0,06$), és több civil szervezettel van kapcsolatuk ($p < 0,01$) is. Magyarországon az első közlés alkalmával negatív információk is elhangzanak ($p = 0,024$), és a magyar szülők kevesebb lelki támogatást ($p = 0,017$) és a nyomtatott kiadványt kapnak a tájékoztatás során ($p = < 0,01$). A magyar orvosok gyakrabban érezték úgy, hogy intézményi szinten nem tudták megadni a kellő támogatást az érintett szülőknek.

A magyar tájékoztatási gyakorlat fejlesztésre szorul. Ennek lehetséges eszköze lehetne a kommunikációs képzés bevezetése a graduális és posztgraduális képzésbe és a közlési protokollok kidolgozása a rossz hírek közlésében részt vevő egészségügyi szakemberek számára.

Kulcsszavak: Down szindróma, rossz hírek közlése, kommunikációs kurzus, közlési protokoll

Rövidítés: DS (Down Syndrome)

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