

# RADEEP & ERN-EUROBLOODNET PATIENTS' SESSIONS AT ASCAT 2026

## *"Mental Health and Quality of Life in Sickle Cell Disease"*

**7-10**
OCTOBER 2026

Key topics of the sessions:

- The impact of mental health on daily life and disease management.
- Practical strategies and support tools to improve well-being.
- Patient-reported outcomes (PROMs), quality of life, and access to mental health care.
- Patient-led discussions and development of key messages to be presented during the ASCAT plenary session.

ASCAT Conference 2026
7-10 October, Central Hall Westminster, London
Room: John Tudor

RADeep

ebn
ERN | EuroBloodNet

# RADeep & ERN-EuroBloodNet Patients' sessions:

*"Mental Health and Quality of Life in Sickle Cell Disease"*

## PROGRAM

### DAY 1: WEDNESDAY 7TH

Understanding the mental health burden of SCD

**Mental health Impact on daily life and functioning | 14:00 - 15:30**

- Interaction between physical symptoms (p.e. pain, fatigue) and psychological distress
- Impact on education, work, and social participation
- Recognizing mental health needs in routine care
- Patient perspective: living with SCD, disease unpredictability, coping strategies and resilience.

**Practical Strategies to Improve Well-being |15:30 - 17:00**

- Strategies to be aware and self-assess mental health burden in patients and caregivers.
- Psychological interventions, support strategies and self-management tools for patients
- Physical therapy and other non-pharmacological interventions.
- Improving communication with healthcare professionals

### DAY 2: THURSDAY 8TH

Assessing Mental Health in Sickle Cell Disease: Patient-Reported Outcomes (PROMs) and Access to Care

**Patient-Reported Outcomes and Quality of Life | 14:00 - 15:30**

- How PROMs capture patients' needs in SCD
- Measuring mental health, overall well-being and QoL
- How to use of PROMs in clinical practice and research

**Access to Mental Health Care for the SCD community | 15:30 - 17:00**

- Availability of mental health services in SCD care
- Barriers to access (structural, cultural, stigma-related)
- Lived experience of navigating healthcare systems and it's impact on mental health.
- Advocacy for integrated mental health care and co-creation of care with patients

### DAY 3: FRIDAY 9TH

Patient Perspectives in Practice

**Workshop | 14:00h - 17:00h**

- Preparation of the ppt and presentation for the plenary (Saturday morning).
- Recording of the presentation video.

### SATURDAY 10TH

**Presentation of the outcomes at the Plenary Session | 10:00 – 10:45**

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