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NEBRASKA PARTNERSHIP

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NEP-MAP Year 2 Highlights

- Exhibit 2

Poster session at the virtual American Psychiatric Nurses Association August 2020

Mathews, T., Roberts, H., Klepper, C., Pfaf, M., Jordan, P., Mullarkey, J. (August, 2020). Screening for Behavioral Health in Pediatric Primary Care. Presented as a poster at the American Psychiatric Nurses Association annual meeting (held virtually). dhhs.ne.gov/NEPMAP

Screening for Behavioral Health in Pediatric Primary Care

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Background

The prevalence of mental health disorders in our society is approximately 1 in 5 children at a given time, and approximately 36% - 39% will have a behavioral health disorder diagnosed by the time they are 16. Rural residents particularly face extensive barriers to accessing behavioral health services resulting in significant health disparities for many families. The American Academy of Pediatrics (Weitzman et al., 2015) and the National Institute of Child Health Quality advocate for early screening for social emotional health in infants and children in primary care to promote optimal development and mental health. It is unknown how many PCPs are following these recommendations.

Purpose

The purpose of the study is to explore current screening practices for behavioral health in children 6 months to 18 years among pediatric and family medicine primary care providers (PCP) in a rural state.

Method

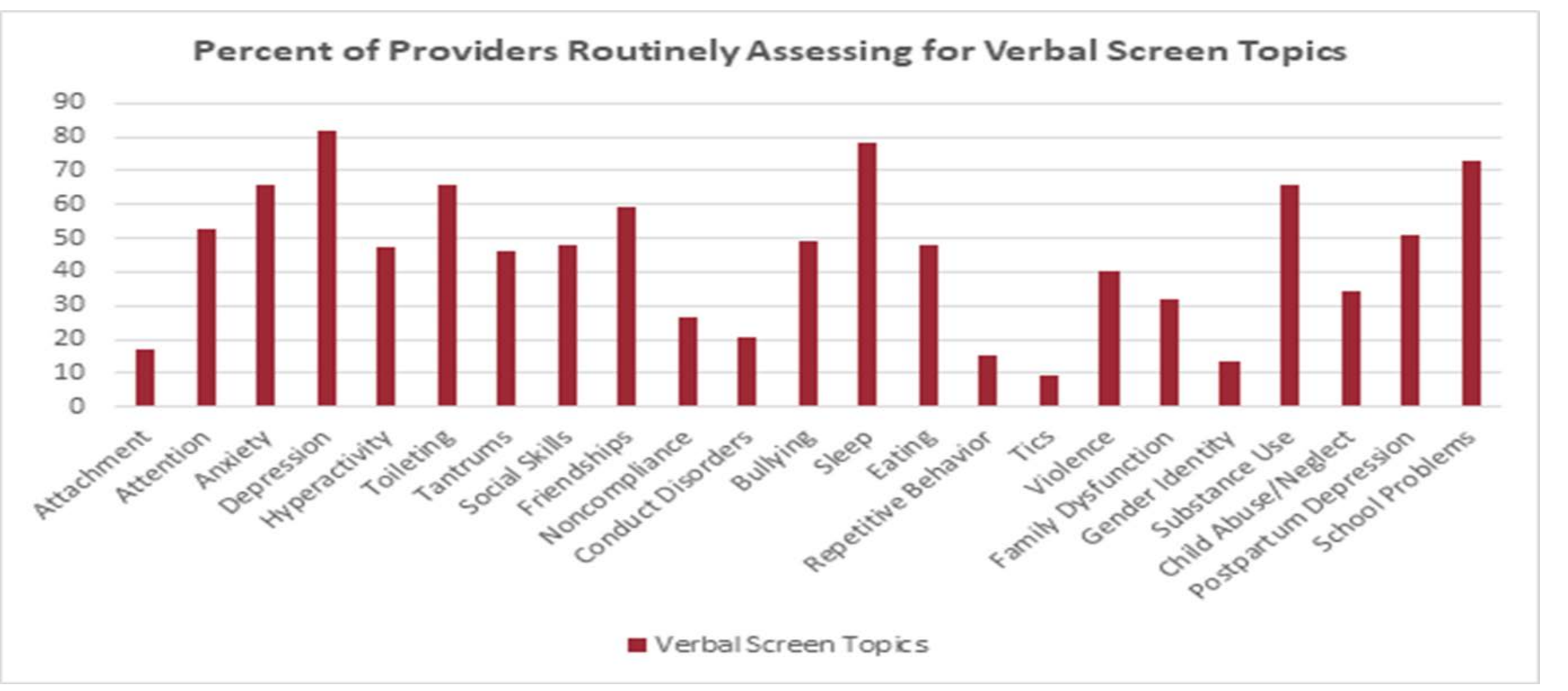
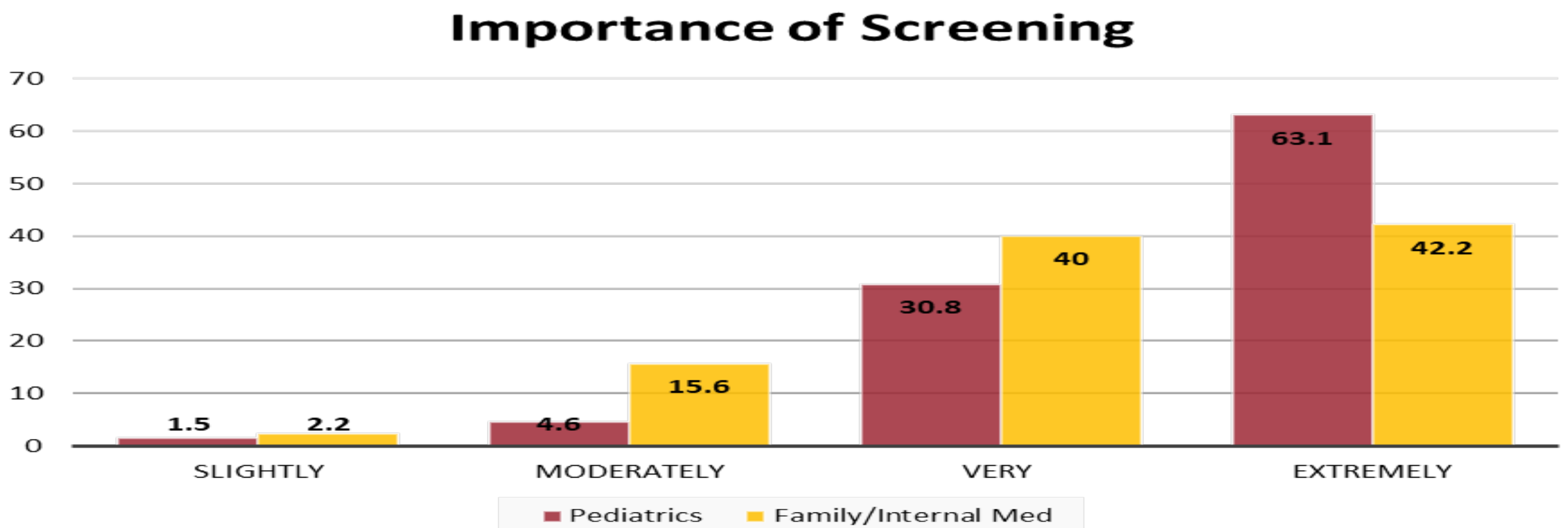
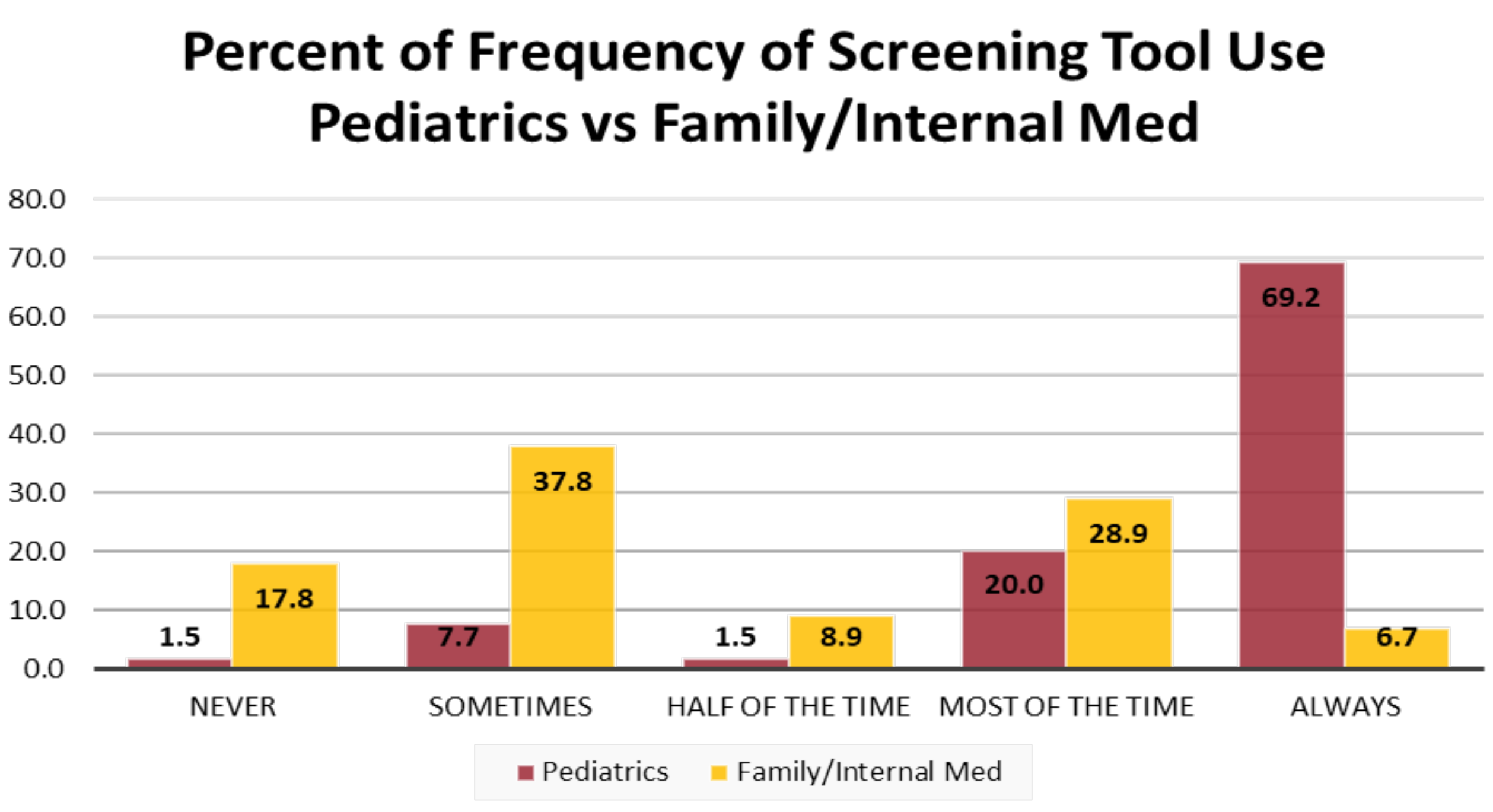
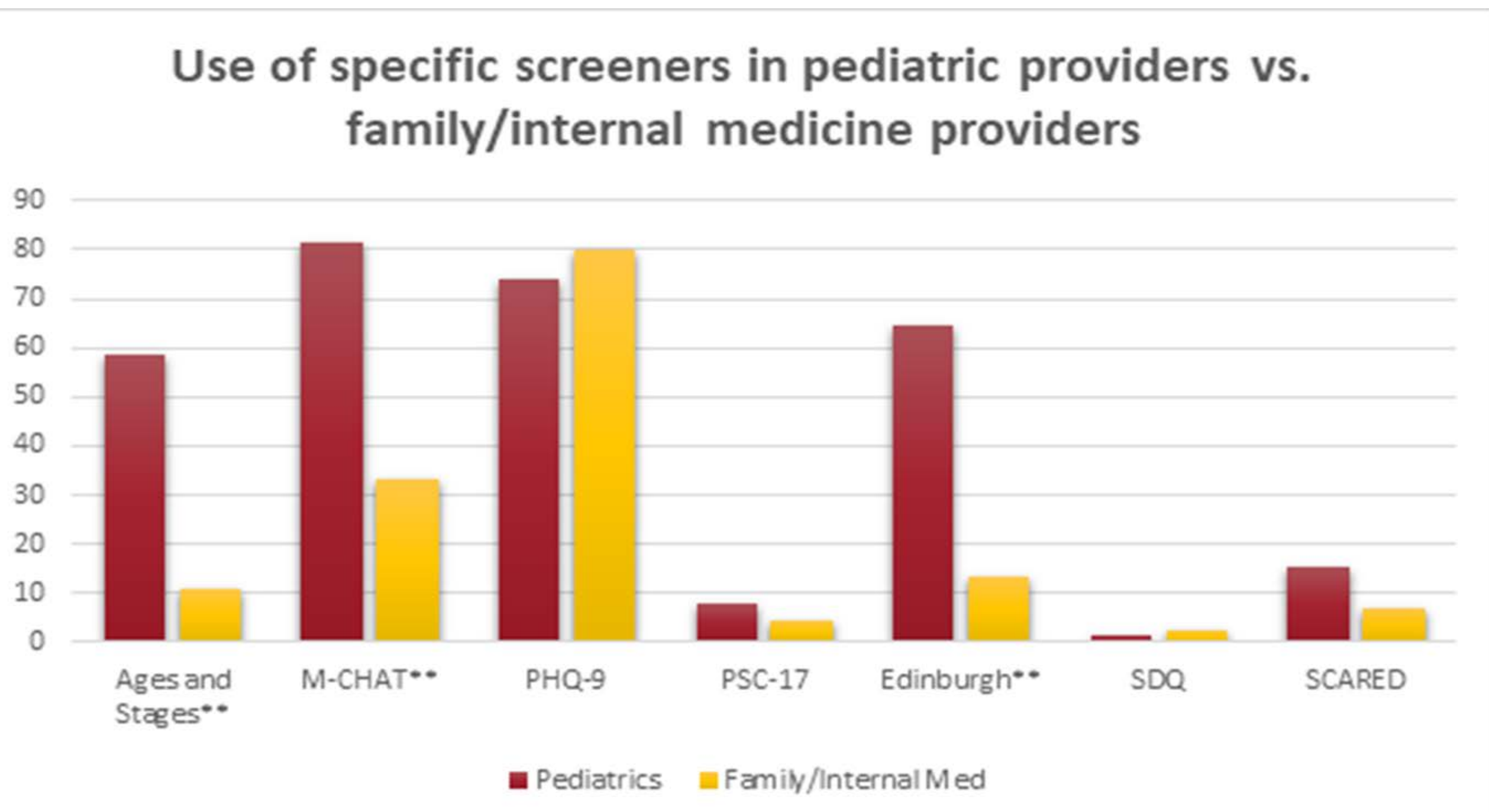
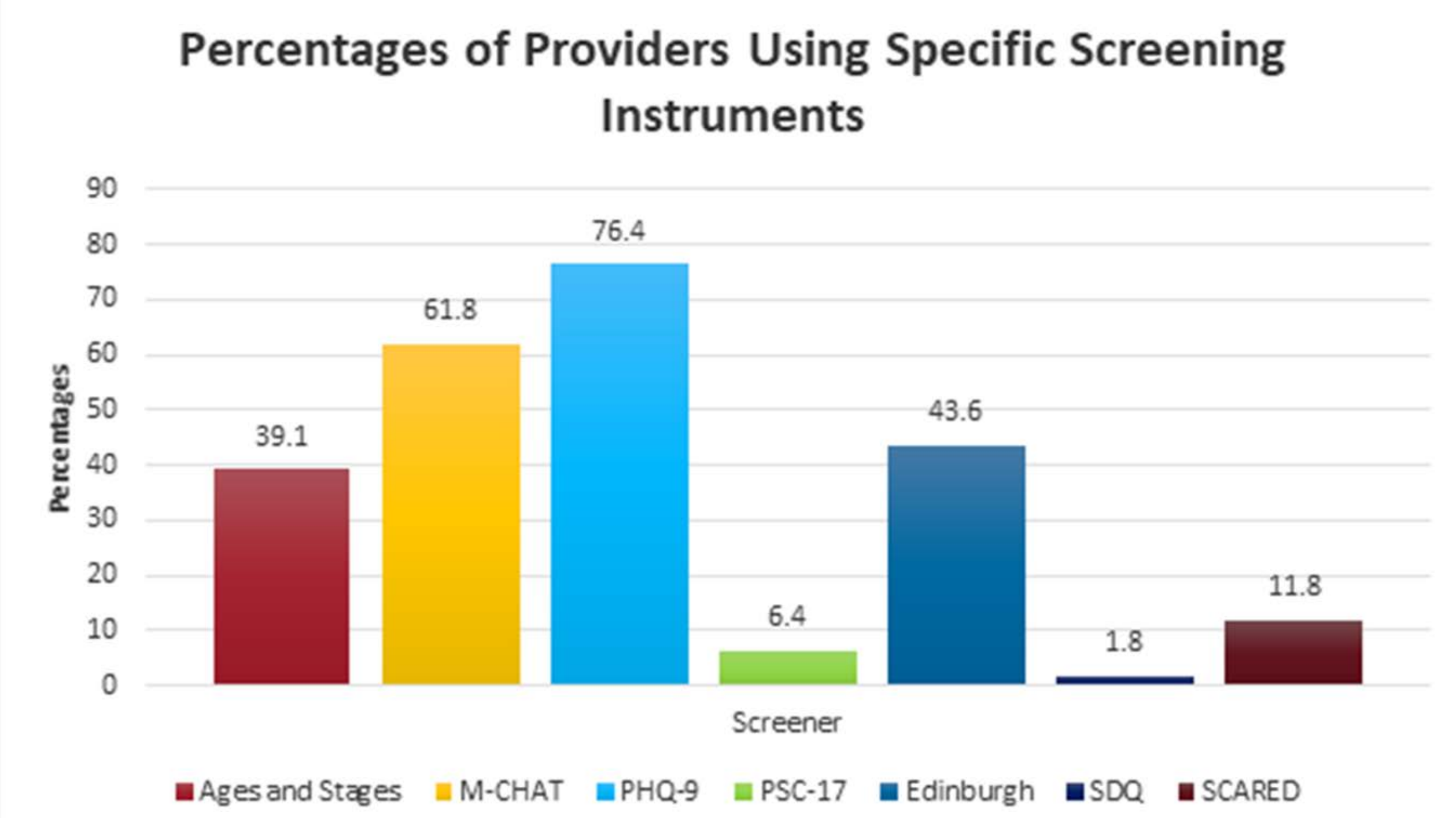
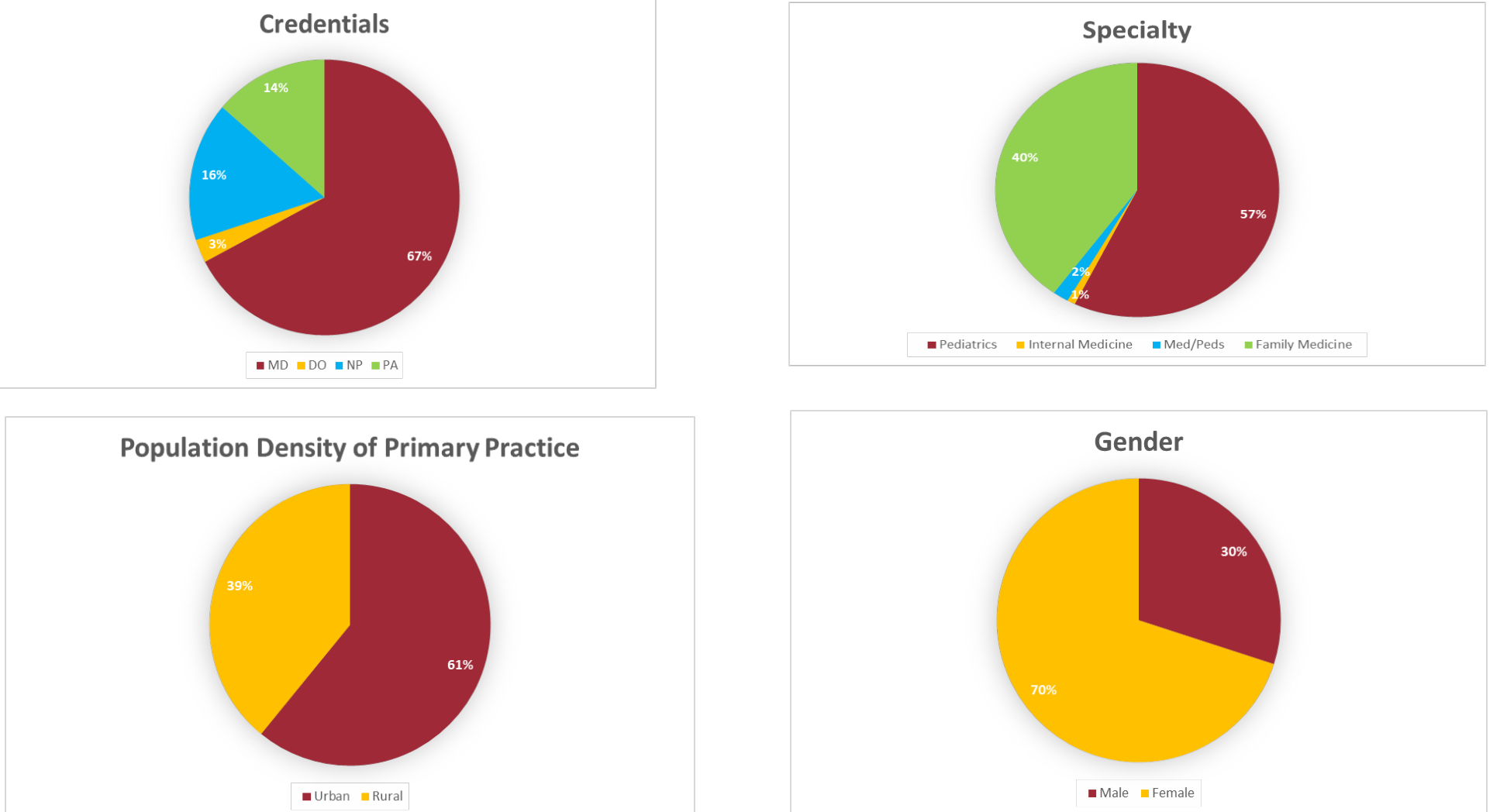
A survey inquiring about behavioral health screening practices (e.g., frequency and type of tools used, provider specialty, importance of screening, verbal screening) in primary care was sent to over 300 providers in a rural state. The surveys were sent through email using the Qualtrics survey platform. Selected providers used paper and pencil forms to complete the survey. The length of time to complete the survey was approximately 10 minutes. 110 surveys were completed and returned.

What is your primary practice specialty?

- Pediatrics
- Internal Medicine
- Med/Peds
- Family Medicine
- Other

- How important do you think screening is for behavioral health concerns in pediatrics?
- a. Not at all
 - b. Slightly Important
 - c. Moderately Important
 - d. Very Important
 - e. Extremely Important

Results



Discussion

The majority of providers screened for depression and autism spectrum disorders. There are well established guidelines by the AAP for screening for these disorders (Cheung et al., 2007, Hyman et al., 2020). Only 39.1% of providers screen for developmental delays in spite of guidelines that have been well established for screening with a developmental specific tool. The majority of pediatric providers endorse that screening for behavioral health concerns is very important.

Strengths

Approximately 36% return rate response of surveys.

Limitations

Behavioral health care providers were available in the clinic for 80.9% of the providers limiting the generalizability of most rural providers.

Clinical Implications

Although most providers believe it is important to screen for developmental and behavioral issues in primary care, the frequency of screening are below recommendations for surveyed providers. Consideration of integrated behavioral health collaborative care models, using APRNs & behavioral health care providers are indicated to assist with screening and referral mechanisms for follow up.

References

Cheung, A. H., Zuckerbrot, R. A., Jensen, P. S., Ghalib, K., Laraque, D., & Stein, R. E. (2007). Guidelines for adolescent depression in primary care (GLAD-PC): II. Treatment and ongoing management. *Pediatrics*, 120(5), e1313-e1326.

Hyman, S. L., Levy, S. E., & Myers, S. M. (2020). Identification, evaluation, and management of children with autism spectrum disorder. *Pediatrics*, 145(1).

Weitzman, C., & Wegner, L. (2015). Promoting optimal development: screening for behavioral and emotional problems. *Pediatrics*, 135(2), 384-395.