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Erin Fecske
Children's Mercy Hospital

Paul Glasier
Children's Mercy Hospital

Lines Vargas Collado
Children's Mercy Hospital

Elizabeth Rende

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Early Identification of Depression in Patients with Pediatric Epilepsy

Erin Fecske, MSN, RN, CNRN, CPNP[1,2]; Paul Glasier, PHD[1], Lines Vargas, MD[1]   **Elizabeth Rende**, DNP, APRN, CPNP-PC, PMHS-BC[2]

[1]Children's Mercy Kansas City, Kansas City, Mo.,   [2]Duke University School of Nursing, Durham, NC

Background

- Depression is a comorbidity of epilepsy that is under-assessed and under-reported. Impacts quality of life, seizure control and increases risk for suicidal ideation.
- Tools, such as Neurological Disorders Depression Inventory-Epilepsy-Youth (NDDI-E-Y), assist in screening and identification of those at risk for depression.
- Recommend implementation of routine NDDI-E-Y screening of epilepsy patients.

Aims

- $\geq$ 75% of youth, 12-17 years, meeting inclusion criteria, complete NDDI-E-Y at chronic care visits
- 100% of those scoring $\geq$32 receive mental health referrals
- $\geq$75% of patients receive standardized education regarding depression risk
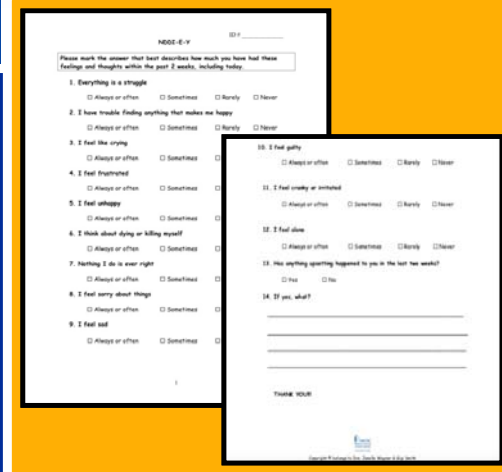
Methods

Patients in the epilepsy clinic, 12-17 years completed screening for NDDI-E-Y at each routine visit. Those with a diagnosis of epilepsy, English speaking, and reading at a 5th grade reading level, reported by family, completed the NDDI-E-Y. Tools were provided via a REDCap survey without personal health information. Scores $\geq$ 32 received social work evaluation and mental health resources. Education was provided in standard discharge paperwork.

Demographics		
Gender	Male	59.7% (n=105)
	Female	40.3% (n=71)
Age	12-14 years	62.5% (110)
	15-17 years	37.5 (n=66)
Cognition	$\geq$5th grade reading level	69.8% (n=124)
	<5th grade reading level	30.2% (n=52)

Results

- N=176 patients were evaluated and n=112 met criteria for the NDDI-E-Y.
- All qualified patients (n=112) completed screening (100%)
- 30.2% of patients (n=52) were unable to complete due to cognitive limitations.
- 2.8% (n=5), excluded due to being non-English speaking.
- 15% (n=17) of patients were positive, defined as $\geq$ 32, suggesting that these patients had a high likelihood of having a diagnosis of depression.
- All 17 patients with a positive screen were evaluated by social work and received mental health referrals.
- 100% patients received standard depression education

Conclusion

- The NDDI-E-Y is an effective screening tool for depression that can be implemented successfully in a comprehensive epilepsy center.
- The tool can provide guidance for appropriate education and referrals.
- Implementation of standardized workflow may improve adoption.

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