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Early Identification of Depression in Patients with Pediatric Epilepsy

Erin Fecske

Children's Mercy Hospital, edfecske@cmh.edu

Paul Glasier

Children's Mercy Hospital, pcglasier@cmh.edu

Lines Vargas Collado

Children's Mercy Hospital, lmvargascollado@cmh.edu

Elizabeth Rende

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Erin Fecske, MSN, RN, CNRN, CPNP^{1,2}; Paul Glasier, PHD¹, Lines Vargas, MD¹ Elizabeth Rende, DNP, APRN, CPNP-PC, PMHS-BC²
¹Children's Mercy Kansas City, Kansas City, Mo., ²Duke 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.

Methods

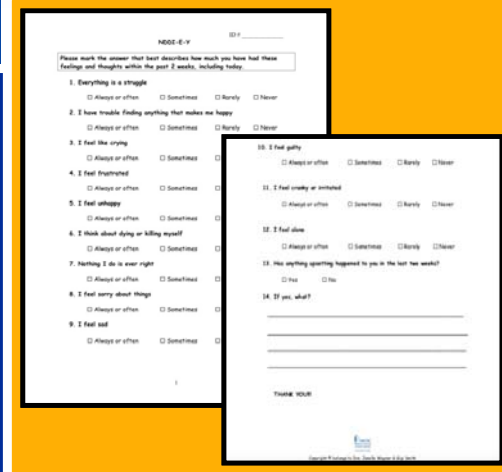
Patients in the epilepsy clinic, 12-17 years completed screening for NDDI-E-Y at each routine visit. Those with a diagnosis of epilepsy, English speaking, and reading at a 5th grade reading level, reported by family, completed the NDDI-E-Y. Tools were provided via a REDCap survey without personal health information. Scores ≥ 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	$\geq 5^{\text{th}}$ grade reading level	69.8% (n=124)
	<5 th 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 ≥ 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



The image shows a screenshot of the NDDI-E-Y screening tool. It consists of a header with the name and ID of the patient, followed by instructions to mark the answer that best describes how much the patient has had these feelings and thoughts in the past 2 weeks. The form contains 9 numbered questions, each with four radio button options: 'Always or often', 'Sometimes', 'Rarely', and 'Never'. The questions cover topics such as struggling, finding things that make one happy, crying, being frustrated, being unhappy, thinking about dying or killing oneself, things going wrong, worrying about things, and feeling sad.

Aims

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

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.