

Children's Mercy Kansas City

SHARE @ Children's Mercy

Posters

4-2022

Caregiver Mental Health Screening in a Pediatric Feeding Clinic

Dana Bakula

Children's Mercy Hospital

Laura Slosky

Children's Mercy Hospital

Kelsey Dean

Children's Mercy Hospital

Ann M. Davis

Children's Mercy Hospital

Sarah T. Edwards

Children's Mercy Hospital

Let us know how access to this publication benefits you

Follow this and additional works at: <https://scholarlyexchange.childrensmercy.org/posters>



Part of the [Gastroenterology Commons](#), and the [Pediatrics Commons](#)

Recommended Citation

Bakula, Dana; Slosky, Laura; Dean, Kelsey; Davis, Ann M.; and Edwards, Sarah T., "Caregiver Mental Health Screening in a Pediatric Feeding Clinic" (2022). *Posters*. 262.

<https://scholarlyexchange.childrensmercy.org/posters/262>

This Poster is brought to you for free and open access by SHARE @ Children's Mercy. It has been accepted for inclusion in Posters by an authorized administrator of SHARE @ Children's Mercy. For more information, please contact hlsteel@cmh.edu.

Caregiver Mental Health Screening in a Pediatric Feeding Clinic

Dana Bakula, PhD,^{1,2} Laura Slosky, PhD,^{1,3} Kelsey Dean, MS, RD, CCRP,^{2,4}
Ann M. Davis, PhD, MPH, ABPP,^{2,4} Sarah Edwards, DO^{1,2,3}

¹Children's Mercy Kansas City; ²Center for Children's Healthy Lifestyles & Nutrition; ³University of Missouri Kansas City, School of Medicine; ⁴University of Kansas Medical Center

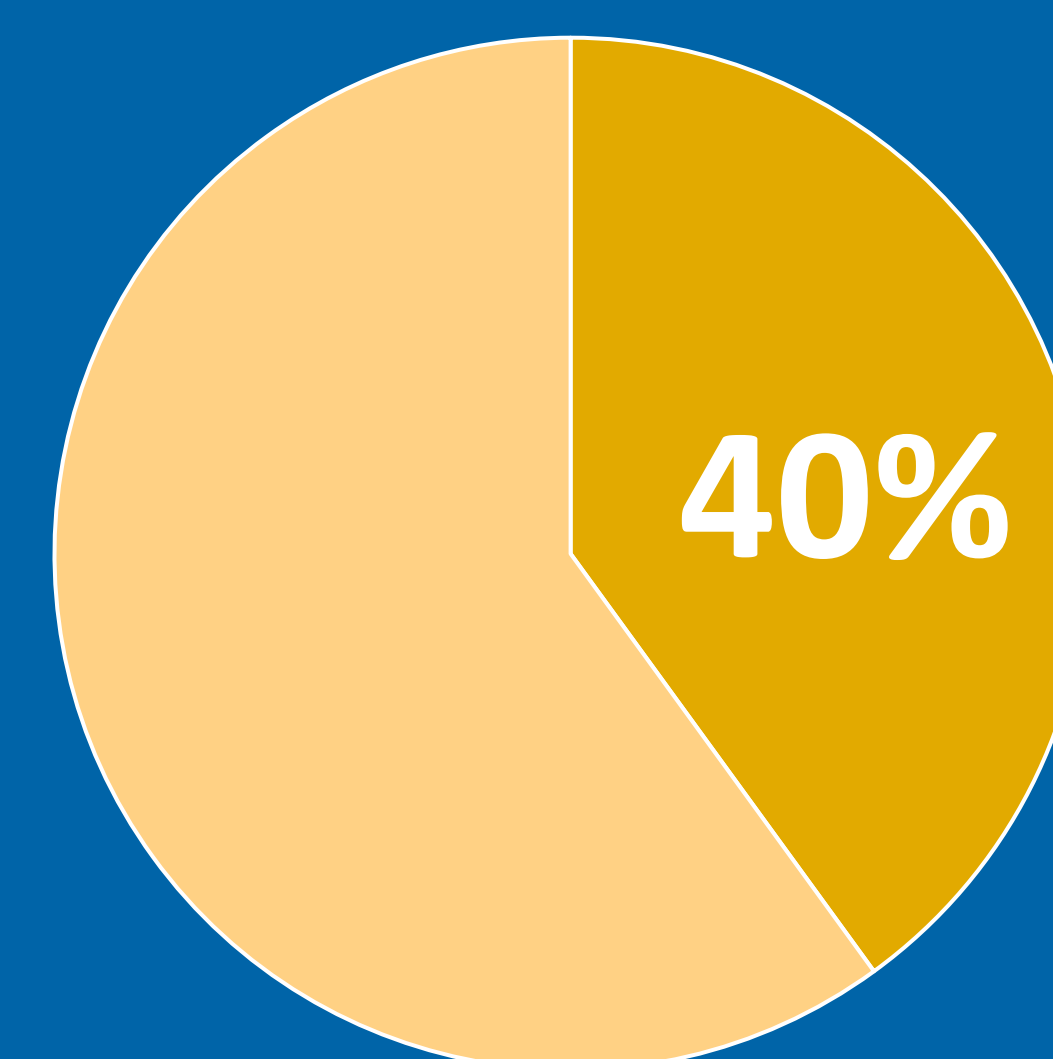
INTRODUCTION

- 1 in 4 adults have a mental health (MH) condition.
- Caregivers of children with feeding problems are at elevated risk for MH problems.
- Caregiver MH problems have a negative impact on child quality of life.
- It can be challenging to screen for caregiver MH problems in a busy pediatric feeding clinic.
- Feasible and brief methods of caregiver MH screening are essential.

METHOD

- From 2019-present our multidisciplinary feeding clinic has been administering a 2-item MH screener to caregivers of children at the new visit.
- The questionnaire asks: "Does the parent/caretaker have a history of mental health diagnosis (i.e., anxiety, depression, postpartum depression)". A follow up item asks what diagnoses each caregiver has.
- We descriptively evaluated these screenings.

40% of caregivers reported a MH problem on universal screenings.



This 2-item screener is not a perfect measure of MH but is feasible to implement and can be used to identify caregivers in need of support.

Regular caregiver MH screenings paired with point-of-care interventions are needed in pediatric feeding clinics.

RESULTS

- N=327 caregivers of children presenting for a new visit in feeding clinic.
- 40% of caregivers endorsed a MH problem.
- Rates of MH problems were higher for caregivers of infants (<12 months; 45%).
- The most common MH problems were anxiety and mood disorders.
- 22% of MH problems were identified as having post-partum onset.
- These rates of MH problems are comparable to the literature (20-40%).

Caregiver MH Diagnoses

Anxiety Disorders	Mood Disorders	PTSD	ADHD	Other
75%	68%	7%	4%	5%

DISCUSSION

- This two-item screener shows promise and was easily integrated into new visit paperwork.
- More research is needed to refine best practices in caregiver MH screening in pediatric feeding clinics, and to evaluate the sensitivity and specificity of this measure.
- Given these high rates of MH problems, point of care interventions to address caregiver MH in clinic are needed, as they would reduce barriers to seeking care in the community.
- This type of intervention may be particularly important for caregivers of infants, given high rates of postpartum MH problems.

LOVE WILL.