Screening Tools – Recognising Patient needs

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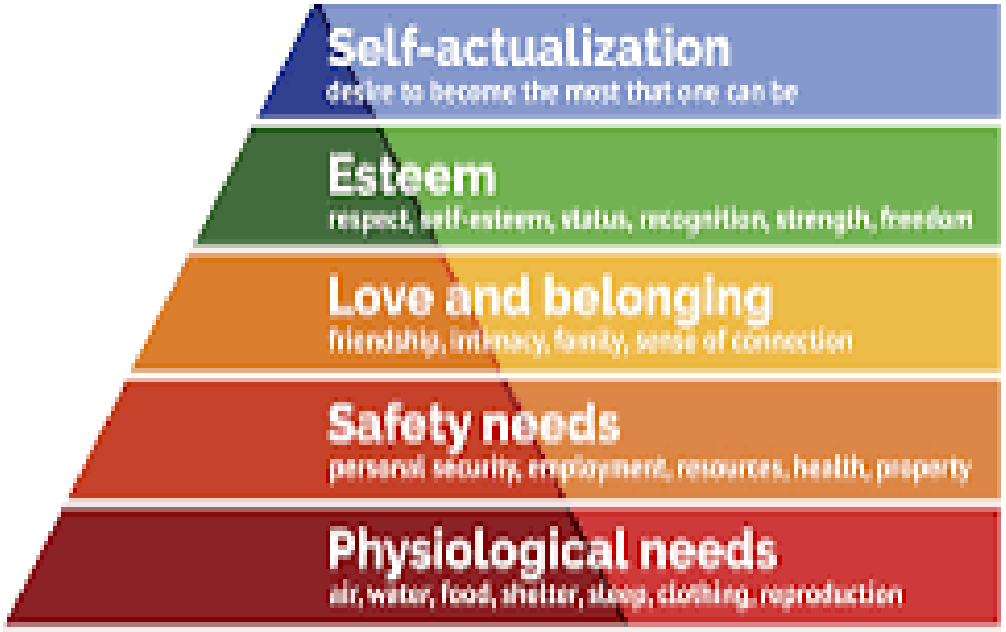
EKHUFT & **YSTHFT**

Why Psychosocial Screening is important: Presence of MH (Mental Health)

- Research tells us that CKD impacts an individual's mental health (MH);
- Pre-existing MH, dementia or intellectual disability conditions can lead to CKD and poorer outcomes;
- People with severe MH receive sub-optimal care, have fewer appts with nephrologists and are less likely to receive a kidney transplant;
- People with SMI have a life expectancy 15yrs less than general population and
- People with intellectual disabilities are at increased risk of mental illness
- Depression increases risk of dying in HD population by 50% and Tx by 65%;
- Anxiety can cause people to avoid situations that increases their distress such as medical conditions / hospitals.

Physiological, Safety Needs:

- Role changes
  - Change or alteration in Carer responsibilities
  - Ability / availability to work – Financial issues
- Taking care of the physiological needs improves emotional wellbeing
- Safeguarding concerns
  - Hospital discharges
  - Vulnerability



Maslow's hierarchy of needs

Not enough to rely on professional acumen:

- To detect issues or presence of distress
- Not everyone is comfortable sharing issues they may have; distress may not be evident
- They may not know who to speak to

- Enhances rapport and communication between individual and member of staff

- The most common mental disorders in both outpatient settings and the general population are depression and anxiety, which frequently coexist. Both of these disorders are associated with considerable disability. When the disorders co-occur, the disability is even greater.

Under-detection:



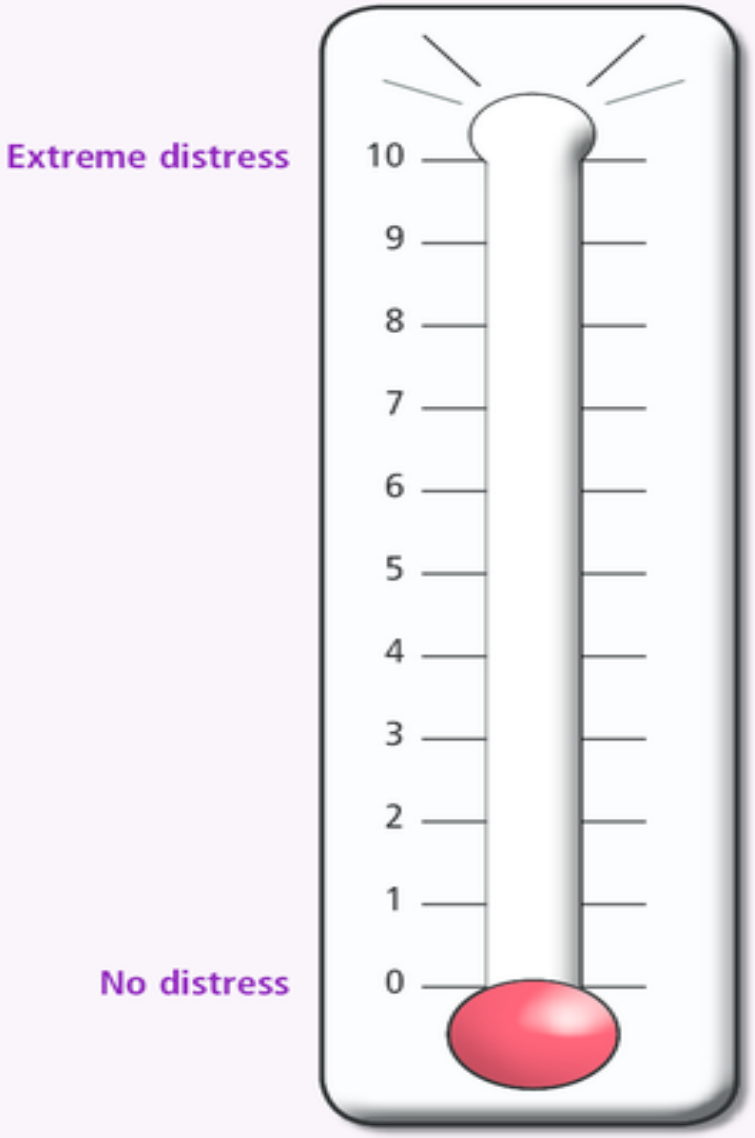
- Many renal units do not routinely screen patients
- Relying on clinical acumen rather than formal screening
- Barriers to screening
  - Not enough time / take too long
  - Stigma of MH/ SMI / Social Services
  - Limited access to resources or signposting to services – who do we refer to?
  - Lack of understanding around the Mental Capacity Act 2005
  - Lack of training

Seekles ML, Ormandy P (2022) Exploring the role of the UK renal social worker: The nexus between health and social care for renal patients. PLoS ONE 17(9): e0275007. https://doi.org/10.1371/journal.pone.0275007

Screening tools –Distress Thermometer (DT):

- Maximum score of 10
- A cut off of >/=7 to indicate case-ness; a cut off score of 4-5 indicates mild to moderate distress; clear pathway regarding onward referral
- Free access online in multiple languages
- Clinician can drill down with the client what are the 1-3 main issues that the client/patient is struggling with the most and discussion can occur
- Validated 1991

Instructions: First, please circle the number (0–10) that best describes how much distress you have been experiencing in the past week, including today.



Second, please indicate if any of the following has been a problem for you in the past week, including today. Be sure to check YES or NO for each.

YES	NO	Practical Problems
❒	❒	Child care
❒	❒	Housing
❒	❒	Insurance/financial
❒	❒	Transportation
❒	❒	Work/school
❒	❒	Treatment decisions

YES	NO	Family Problems
❒	❒	Dealing with children
❒	❒	Dealing with partner
❒	❒	Ability to have children
❒	❒	Family health issues

YES	NO	Emotional Problems
❒	❒	Depression
❒	❒	Fears
❒	❒	Nervousness
❒	❒	Sadness
❒	❒	Worry
❒	❒	Loss of interest in usual activities

YES	NO	Spiritual/Religious Concerns
❒	❒	

YES	NO	Physical Problems
❒	❒	Appearance
❒	❒	Bathing/dressing
❒	❒	Breathing
❒	❒	Changes in urination
❒	❒	Constipation
❒	❒	Diarrhea
❒	❒	Eating
❒	❒	Fatigue
❒	❒	Feeling swollen
❒	❒	Fevers
❒	❒	Getting around
❒	❒	Indigestion
❒	❒	Memory/concentration
❒	❒	Mouth sores
❒	❒	Nausea
❒	❒	Nose dry/congested
❒	❒	Pain
❒	❒	Sexual
❒	❒	Skin dry/itchy
❒	❒	Sleep
❒	❒	Substance abuse
❒	❒	Tingling in hands/feet

Other Problems: _____

_____

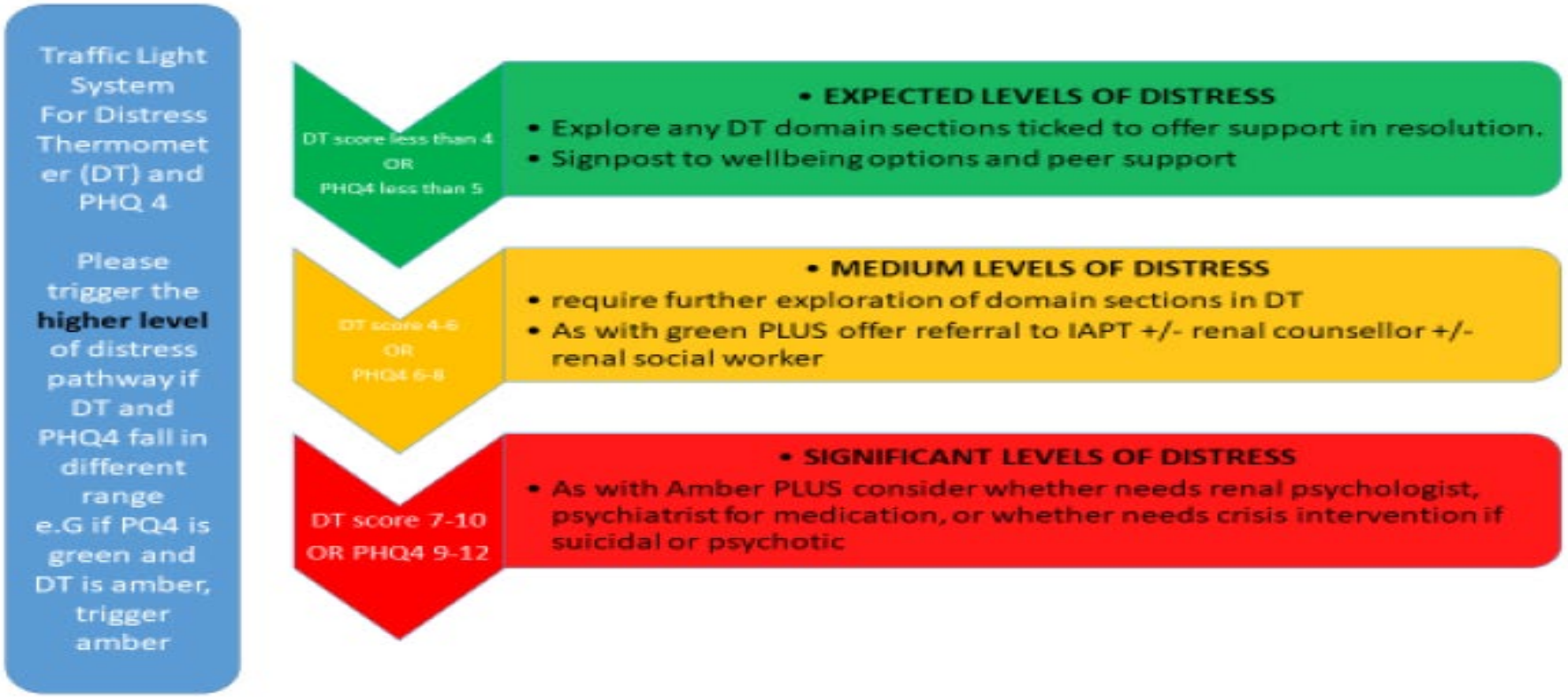
Screening tools
Patient Health Questionnaire 4 (PHQ 4)?

- PHQ 4 - PHQ 4 is **not diagnostic** of anxiety / depression, but is an indicator for further inquiry into the mental health of the person.
  - Maximum score of 12 - Cut off score of 3 or greater for each, for case-ness (i.e. the higher the score the more chance of a depression or anxiety disorder)
  - Free access online, and in multiple languages
  - Used in primary & secondary care
  - Validated in 2009
- No social or cognitive screening
- Doesn’t assess suicidality or bi-polarity or underlying general medical condition that accounts for mood disturbance

Over the last 2 weeks, how often have you been bothered by the following problems? *(circle one per question)*		Not at all	Several Days	More than half the days	Nearly every day
1	Feeling nervous, anxious, or on edge	0	1	2	3
2	Not being able to stop or control worrying	0	1	2	3
3	Little interest or pleasure in doing things	0	1	2	3
4	Feeling down, depressed, or hopeless	0	1	2	3

Pilot Project - 2023

- Two centres – North West London & Kent
- Busy low clearance clinic & Dialysis units – multiple sites x5 (main and satellite units)
- Traffic light system for signposting – cut-off scores for both questionnaires



Pilot Project - 2023

- Separate signposting sheet listing organisations – handout for individual
- Discussions with renal teams taking part (8 in total) - concerns etc
- Patient information leaflet (61 approached and 59 took part in study)
- Patient Questionnaire (post evaluation of experience- completing screening tool and conversation with staff member – combination of Likert scale and free text)
- Staff Experience Questionnaire – Likert scales and free text
- Outcomes:
  - 39.1 % low clearance in green vs 44.4% HD
  - 30.4% low clearance in red vs 19.4% HD (no patients required emergency interventions)
  - Both patients and staff agreed that regular screening was a good idea
  - Over 80% patients found the questionnaires straight-forward and comfortable to complete
  - Whilst in the low clearance clinic setting 25% staff (total 3 clinicians) reported time related barriers
  - Both groups felt they could complete the questionnaires in the waiting area before seeing the HCP

Sachar A, Urquhart A, Bevin A, Coyne E. Psychosocial screening for patients in the renal setting: is it feasible and acceptable to healthcare professionals and patients. J Kidn Care 2023;8(1):26-32. https://dor.org/10.12968/jokc.2023.8.1.26