

Abstract

Title: Adolescent Depression Screening: A Care Guideline Approach in Primary Care

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Description:

Adolescent depression is common. Numerous factors have been identified contributing to the increase in mental health illness in adolescents. Most adolescents continue to have some type of impairment related to depression as an adult. Identifying adolescents with depression has been suboptimal in the primary care setting. Primary care providers are placed on the forefront to identify at risk adolescents for depression. Current national guidelines suggest depression screenings in adolescents age 12-18 annually. An adolescent depression screening is essential to identify adolescents at risk and provide early intervention. In this quality improvement project, the PHQ-9 was implemented on all preventative exams aged 12-18 for depression screening at the project site which was a primary care clinic. The protocol development was supported by national guidelines and current evidence found in the literature. This quality improvement project evaluated if an adolescent depression screening guideline improved screening for adolescent depression during preventative exams. The guideline assisted advanced practice providers in increasing the number of adolescents screened for depression during preventative exams.

Purpose:

Adolescent depression has an impact socially and economically. If depression is unrecognized symptoms can impinge not only the adolescent, but later the young adult quality of life. During this poster presentation, the audience will gain an understanding of the importance of routine primary care adolescent depression screening. The audience will obtain knowledge on the use of the depression screening tool PHQ-9 and interpretation. Referral to adolescent mental health services continue to be a challenge due to the shortage of qualified mental health care providers. Mental health services are limited and scarce, especially in the rural areas. This project implemented telemedicine psychiatry services in a rural area to address the mental health shortage. From the presentation, the audience will see the impact of re-organization and change in practice to promote healthy outcomes.

Biography:

Kari Cox, FNP-C, MSN, APRN is family nurse practitioner at Plains Clinic in Plains, TX. She is currently earning her DNP at Touro University and received her post-masters certification from West Texas A & M in Canyon, TX. She has been practicing as a family nurse practitioner for seven years and as a registered nurse for twenty five years. She is a native of Texas. Texas rural medicine is her current interest.

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