

#289 Sindhura Kasturi

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Implementation of practice of annual depression screening in pediatric patients with Inflammatory Bowel Disease.

Introduction: Pediatric inflammatory bowel disease (IBD) is a chronic condition having both medical and behavioral perspectives. Adolescents make up the majority of diagnosed pediatric cases and the screening studies suggest that 25% of adolescents with IBD may display symptoms of depression, a burden 2 to 3 times higher than in the general population and 97 % of these patients would go unrecognized if not specifically queried. American Academy of Pediatrics (AAP) and United States psychosocial screening task force (USPSTF) guidelines recommend annual screening for youth 12 and older diagnosed with IBD (Mackner et al., 2019) which is not regularly followed in clinical practices. We sought to implement these guidelines in pediatric gastroenterology practice at our Institution.

Intervention: Patients were called or screened during clinic visits during a period of 3 months (September - November 2020). Validated tools for depression screening were used. We used PHQ-9 (patient health questionnaire) for kids 11 years and above and CSE-DC (Center for Epidemiological Studies Depression Scale for Children) Questionnaire for Kids younger than 11 years.

Results: We were able to screen 23 out of the 31 patients (about 74.19% screening). Out of 31 patients with Inflammatory Bowel Disease, 1 patient had scores significant for severe depression, 4 for moderate depression, 2 for mild depression, 10 for minimal depression, 7 with no depression. None of our patients exhibited suicidal ideation. Out of the 8 patients we were not able to screen, 5 were unreachable and 3 of them did not want to participate in the study.

Conclusion: A large number of IBD patients were affected by depression and many go unrecognized. Active depression negatively affects disease outcomes in these patients. Prompt diagnosis and management are important. Our study recommends implementing annual screening in clinical practice to achieve 100% screening.

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