

Assessing Adherence to Posttraumatic Stress Disorder Screening in Young Stroke Survivors

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Problem Statement

- Stroke affects 795,000 people annually in the United States
- Incidence of young stroke (age 18-50) is increasing
- Posttraumatic stress disorder (PTSD) is known to be prevalent in stroke survivors at a rate of 10-20%
- PTSD can disrupt compliance with secondary stroke prevention and outcome optimization
- A young adult stroke clinic (YASC) screened zero stroke survivors for PTSD over a 10-month period

Purpose of Project and Goals

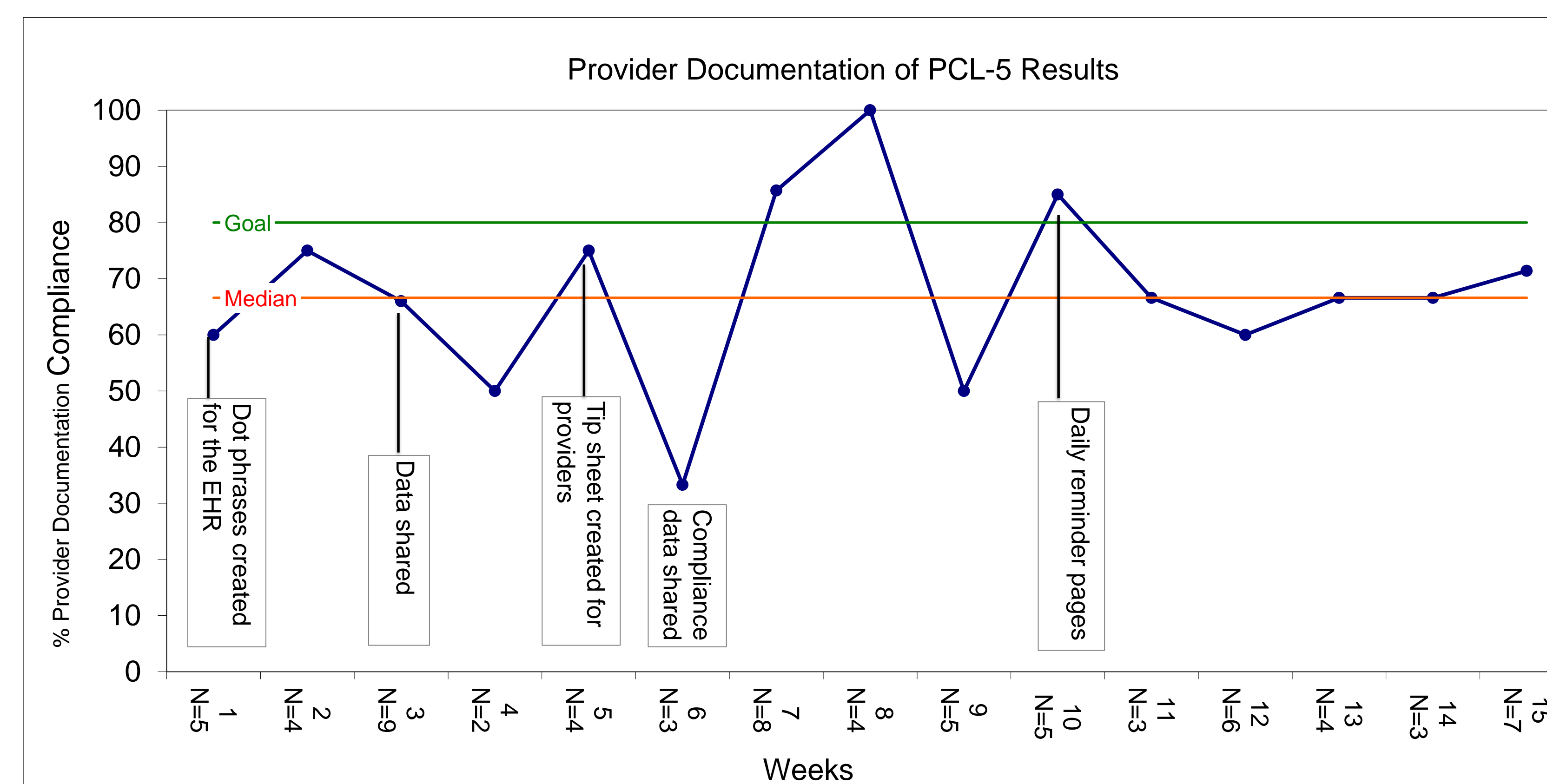
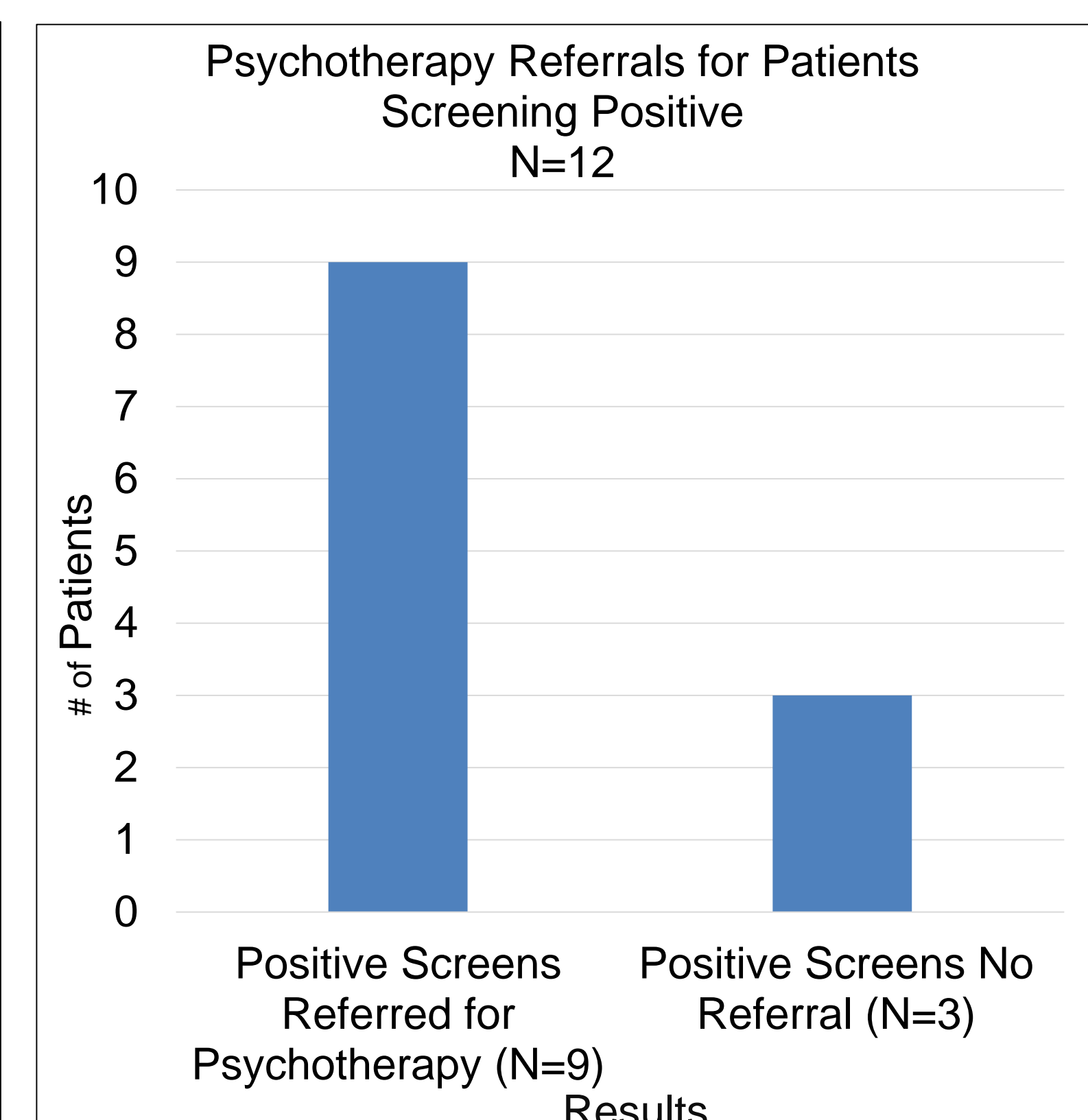
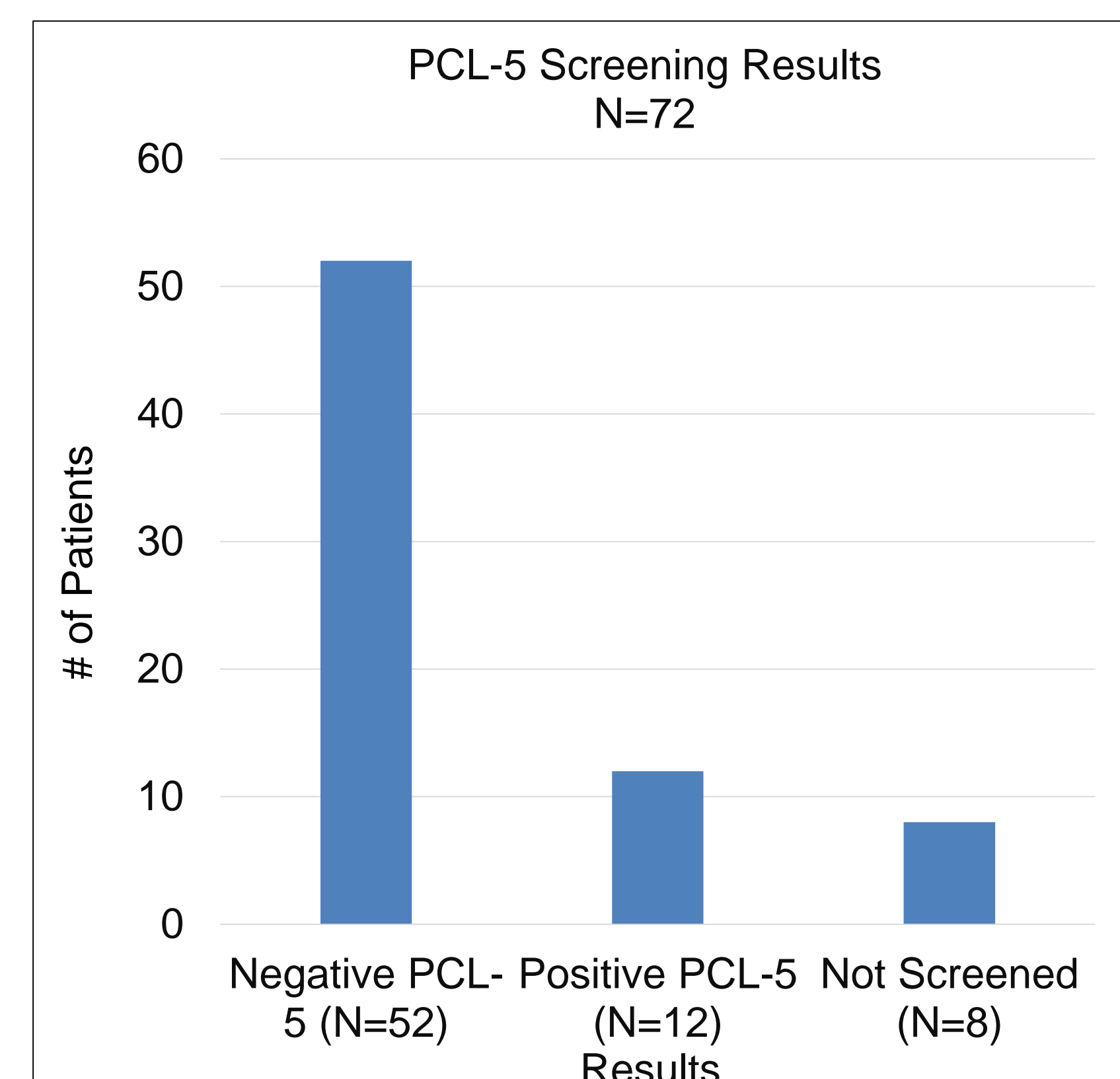
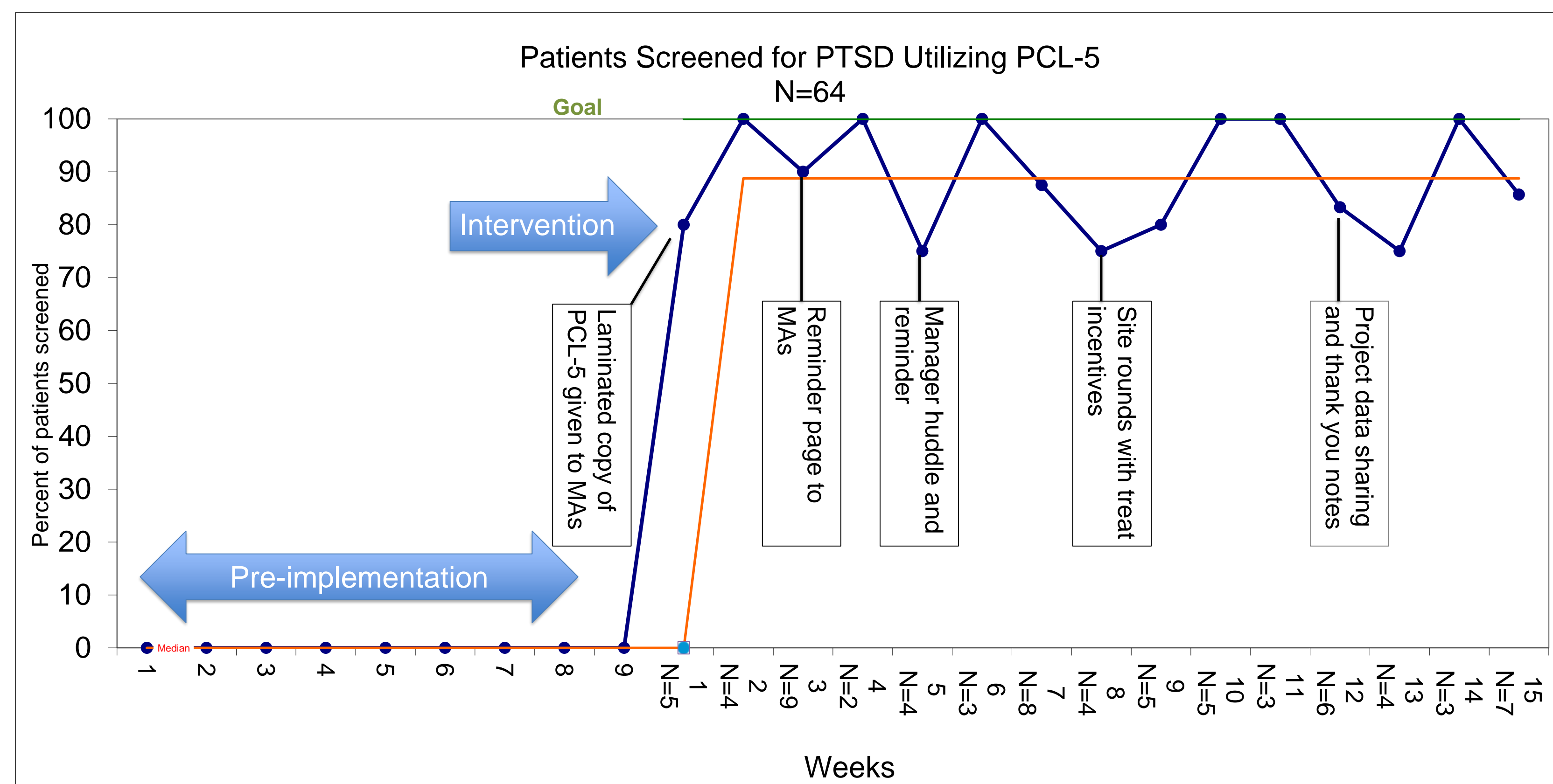
- Purpose:**
- To implement a quality improvement project to screen and identify YASC patients with signs and symptoms of PTSD
- Goals:**
- Screen 100% of YASC patients for PTSD
 - Identify 100% of YASC patients with symptoms of PTSD related to their stroke
 - For providers to be 80% compliant in discussing and documenting screening results
 - Provide mental health service referrals and follow up calls for 100% of patients with positive screens

Methods

- Setting:** Outpatient clinic serving many neurologic specialties and affiliated with a large urban academic tertiary hospital
- Population:** Young adult stroke survivors aged 18-50 years
- Intervention:**
- Identify all YASC patients with a yellow "dot"
 - Utilizing a valid screening tool (PCL-5) to screen via:
 - Electronic health record (EHR)
 - In-person screening by medical assistants (MAs)
 - Documentation of screening results by clinic providers
 - Trauma focused mental health referral for positive screens
- Implementation Strategies:**
- Educational plan, accountability via verbal agreement, incentivization and buy-in through data sharing

Measures	Data
PTSD Screening	%= # screened/YASC patient
PCL-5 Results	(+) = ≥ 31 (-) = < 31
Provider documentation	% = # charts with documentation/# YASC patients
Positive screens given referral	%=# referrals/ # (+) screens
Positive screens given follow up call	%=# follow up call / # (+) screens

Figures



Results

- Compliance for identifying YASC patients with a yellow "dot" was 94.4% (68/72)
- PTSD screening was completed for 88.9% (64/72) of YASC patients
- Of those screened, 32.8% (21/64) completed the PCL-5 via the EHR and 67.2% (43/64) completed in-person screening
- A total of 18.8% (12/64) screened positive for having signs and symptoms of PTSD
- Providers documented PCL-5 results for 69.1% (47/68) patients
- Those with positive screens:
 - 75% (9/12) were given a referral for psychotherapy
 - 83.3% (10/12) received a follow-up phone call within 48 hours

Discussion

- Through use of the yellow "dot" system, YASC were identifiable by clinic staff serving a wide range of neurologic patients
- The majority of YASC were successfully screened through easy identification of this population
- PTSD in young stroke survivors is consistent with findings in the literature
- Screening for PTSD identified those struggling to cope after stroke. Most had a discussion with the provider and were offered referrals for evidence-based services
- Limitations:** Not all patients utilize their patient portal and required in-person screening leaving opportunity for patients to be missed. Additionally, stroke deficits such as aphasia prevent patient from completing the screening.

Conclusion

- Contribution:** This project has increased awareness of the risk for PTSD post-stroke, identified an effective screening requirement, and increased interdisciplinary communication between MA, provider and clinic social worker
- Additional healthcare costs for a young stroke survivor can potentially be avoided through PTSD treatment referral
- Implications for practice:** PTSD screening is feasible as a standard part of the assessment of stroke survivors
- Spread and sustainability:** Consideration of expanding screening to not only the YASC, but general stroke clinic. The EHR will continue to be leveraged and I-pads will be placed in clinic waiting area to allow self-screening in waiting room

References and Acknowledgement

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