



Anxiety and Depression Screening in Oncology Patients

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Clinic Preceptor: Robert Hall, MSN
Clinic Site: Hematology and Oncology Stem Cell Clinic



Setting

- Vanderbilt Hematology/Oncology Stem Cell Clinic
- Consists of a variety of providers including MD's, NP's, Residents, among others who provide care to patients diagnosed with hematologic malignancies.

Background

- Depression affects up to 20% and anxiety up to 10% of patients with cancer¹.
- There was not a mental health screening process for patients prior to our implementation
- Prevention, treatment, and management of mental health improves the quality of life of these patients.

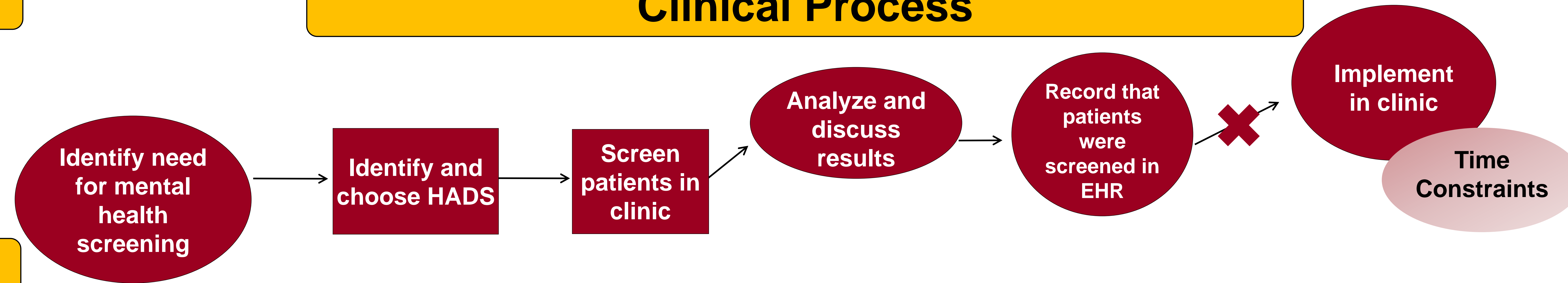
Aims

- Document screening for anxiety and depression in 75% of the patients seen in the Hematology Oncology clinic by Robert Hall on Wednesday afternoons.

Interventions and Measures

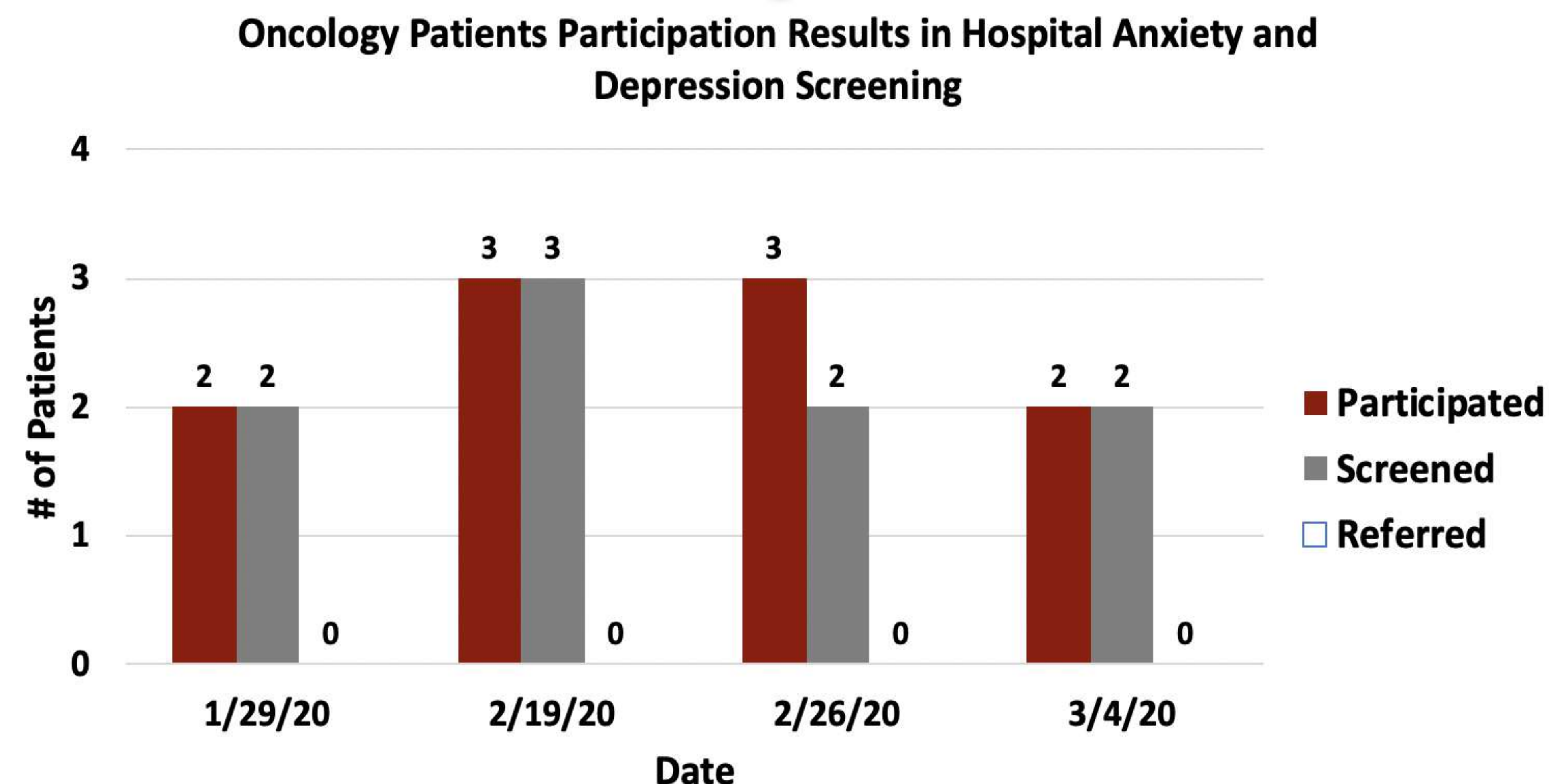
- Patients completed the Hospital Anxiety and Depression Scale survey.
- Anxiety and depression were analyzed as separate entities.
- A score of 0-7 was considered normal, 8-10 was considered borderline abnormal, 11-21 was considered abnormal.
- Acute interventions included medication, referral to a psychiatric provider, or both.

Clinical Process



Results

- Screened 9 out of the 10 participants within a span of 5 weeks.
- No acute interventions or referrals required for screened participants.
- Average HADS anxiety score = 3.33
- Average HADS depression score = 4



Conclusions

- Based on our findings, the implementation of a basic screening method proved to be an effective way to increase documentation of mental health in our patient population.
- The screening method was only adopted by the clinic to be used on Wednesday afternoons for the VPIL cohort.

Lessons Learned

- Our team learned that all patients we screened did not have any prior documentation of mental health status on the EHR.
- One limitation of the study was the small sample size and short time period to collect data.

Future Work

- In the future, our team hopes to implement the screening process amongst other providers at the clinic in order to increase our sample size and variability of our subjects.

1. Pitman Alexandra, Suleman Sahil, Hyde Nicholas, Hodgkiss Andrew. Depression and anxiety in patients with cancer BMJ 2018

Hospital Anxiety and Depression Scale (HADS)

Tick the box beside the reply that is closest to how you have been feeling in the past week.
Don't take too long over you replies: your immediate is best.

D	A		D	A	
		I feel tense or 'wound up':			I feel as if I am slowed down:
	3	Most of the time	3		Nearly all the time
	2	A lot of the time	2		Very often
	1	From time to time, occasionally	1		Sometimes
	0	Not at all	0		Not at all
		I still enjoy the things I used to enjoy:			I get a sort of frightened feeling like 'butterflies' in the stomach:
0		Definitely as much		0	Not at all
1		Not quite so much		1	Occasionally
2		Only a little		2	Quite Often
3		Hardly at all		3	Very Often
		I get a sort of frightened feeling as if something awful is about to happen:			I have lost interest in my appearance:
	3	Very definitely and quite badly	3		Definitely
	2	Yes, but not too badly	2		I don't take as much care as I should
	1	A little, but it doesn't worry me	1		I may not take quite as much care
	0	Not at all	0		I take just as much care as ever
		I can laugh and see the funny side of things:			I feel restless as I have to be on the move:
0		As much as I always could		3	Very much indeed
1		Not quite so much now		2	Quite a lot
2		Definitely not so much now		1	Not very much
3		Not at all		0	Not at all
		Worrying thoughts go through my mind:			I look forward with enjoyment to things:
	3	A great deal of the time	0		As much as I ever did
	2	A lot of the time	1		Rather less than I used to
	1	From time to time, but not too often	2		Definitely less than I used to
	0	Only occasionally	3		Hardly at all
		I feel cheerful:			I get sudden feelings of panic:
3		Not at all		3	Very often indeed
2		Not often		2	Quite often
1		Sometimes		1	Not very often
0		Most of the time		0	Not at all
		I can sit at ease and feel relaxed:			I can enjoy a good book or radio or TV program:
	0	Definitely	0		Often
	1	Usually	1		Sometimes
	2	Not Often	2		Not often
	3	Not at all	3		Very seldom

Please check you have answered all the questions

Scoring:

Total score: Depression (D) _____ Anxiety (A) _____

0-7 = Normal

8-10 = Borderline abnormal (borderline case)

11-21 = Abnormal (case)